French Conversation

parlez-vous français? If you answer “Oui, je parle français” (Yes, I speak French), then this course is for you. Malcolm Green, OLLI president for the past four years, will be teaching Conversational French. This class is intended for students who have some knowledge of French and are interested in advancing their conversational skills to the point where they feel comfortable with the language. Malcolm will start the class by speaking half in English and half in French. By the conclusion of the class, he will speak only French.

Malcolm worked in the aerospace industry for thirty years. During that time, he lived in New York, Washington D.C., France and Singapore. While living in Europe, he worked on aerospace technology for the European Airbus and European defense cooperative projects. He and his family lived in Paris, France, and their daughters attended local French schools.

Everyone will be able to partake in speaking French, as there will be questions from the instructor followed by individual answers. The class will hear popular music in French. They will also see short French TV shows that include travelogues and some cartoons. If you have traveled to a foreign country, you remember the necessity of asking pertinent questions. Knowing the right words helps you ask for and understand directions and order meals using the language spoken in that country. This will be covered and much more. Discussions will include highlights of French culture and history. Malcolm will also discuss how French culture differs from that of other European countries, particularly Italy and Spain.

Whether you are preparing to travel and speak French or you just want to excel in the language, be prepared to enjoy this class. Au revoir, mes amis.
THOUGHT FOR TODAY: We have probed the earth, excavated it, burned it, ripped things from it, buried things in it, chopped down its forests, leveled its hills, muddied its waters, and dirtied its air. That does not fit my definition of a good tenant. If we were here on a month-to-month basis, we would have been evicted long ago.

~ Rose Bird, Chief Justice of California Supreme Court

We welcome two new reporters to The SUN staff, Ed Dignan and Ina Levin. Thanks for volunteering!

The New York Times (January 2, 2016) had a feature on senior education using OLLI at Johns Hopkins University as its example. Per the article, of the many positives cited, recent research indicates that stimulating the mind lowers the chances of getting Alzheimer’s.

Don Friedman, the long-time backbone of the curriculum committee, now resides at Bixby Towers. His arthritic condition requires him to have assisted living. He misses OLLI, and we miss him here. He sends his regards to all and would welcome correspondence from his former colleagues. His address is Don Friedman, Bixby Knoll Towers, 3747 Atlantic Ave., Room 614B, Long Beach, CA 90807.

It’s the 70th anniversary for the Baby Boomer generation. Let’s invite more of them to enroll at OLLI!

In the winter session, nineteen classes were filled to capacity. What an achievement!

March Equinox, March 19, 2016; 9:30 pm PDT

Dear OLLI friends,

Thank you for the kind words (article in the Winter SUN) but you have it backwards. I was blessed by OLLI. I came to Senior University after the prolonged illness of my husband and was a mere shell of myself. The volunteer instructors brought out the hidden core of my being and awakened so many interests. I became alive again, better than I ever had been. What a wonderful experience it was. I owe it all to OLLI. I will forever be grateful to have been able to give a little back to the great school. I MISS OLLI VERY MUCH.

Betty Hutchens
While we recognize those who are able to give more, we pledge to be good stewards of each and every contribution.

Thank you to the members who donated to our annual fundraiser this past fall for the new OLLI Scholarship/Grant for a CSULB student. We netted almost $11,000. Your Governing Council approved an award of $1,500 to a student to support a project or thesis related to the field of aging. This year a committee of OLLI members will select a recipient following review of applications. The student will be expected to present the results of his/her work to OLLI members when it is completed. Our Governing Council has also approved depositing the remaining funds into an Endowment Build-Up account. When we reach a minimum of $25,000 we will endow the scholarship in the name of OLLI @ CSULB. With your generosity we will build this fund to endowment status to support students doing work in the field of aging.

The Donor Wall. You cannot spend time in our OLLI lobby without noticing the new three-panel Donor Recognition Wall between the computer lab door and my office. This Wall is the result of a generous donation by an OLLI member. While we will continue to recognize our members in each edition of The SUN, the Wall will celebrate the cumulative donations of our members and friends.

On the left side of the wall we will recognize our Founding Members and Founding Donors. This will be a permanent panel. The right panel of the wall will be updated every two years to recognize growing donations from members and friends of OLLI. Benefactors are those who have donated $10,000 or more, cumulatively, since the inception of OLLI in 1996. Supporters are those who have donated $500 to $9,999 over a two-year period. The lists of Benefactors and Supporters will be updated every two years. Our first list of Benefactors will include donations from August 2013 through June 2015. Legacy donations will be recognized as they are received.

We are grateful for every donation, no matter the amount. It all supports lifelong learning at CSULB.

Bill Fitzpatrick

From the Executive Director

The President’s Corner

In the Winter 2016 SUN, I wrote about being a new OLLI member. Here’s the second part of the story.

That first literature class whetted my appetite for more. Listening to hallway chatter, I surmised that the gold standard of OLLI courses was the Shakespeare class led by CSULB Carpenter Center Executive Director Michele Roberge. The hallway talk was right. What a terrific teacher! She opened my vision to 16th/17th century England, iambic pentameter, the superstitions regarding the Scottish Play, why Elizabeth Taylor wasn’t the greatest of classical actresses, and so much more.

After a few quarters of Shakespeare’s plays and poetry, I was confident enough for a further challenge. Then The SUN delivered the news of the class that would change my OLLI fortunes.

The class was William Butler Yeats: The Great Poet. The class leader was Emeritus Professor of English Les Mittleman. For me, it was the perfect storm of material, subject, and class leader. My long-standing interest in Ireland, my new-found interest in poetry, plus my admiration for an extremely knowledgeable and entertaining class leader all coalesced. When Yeats referenced Glasnevin, I recognized the place. When he drew portraits of the leaders of the 1916 Rising, I knew the personalities. I found my voice frequently asking, and occasionally answering, questions. Yeats became my favorite 90 minutes of the week. Les tolerated, then encouraged me. He prodded me to offer my own OLLI class on Irish history. I’m still grateful that he persisted until I said yes.

Course leaders, you are indispensable to OLLI. We wouldn’t be here without you. Thank you. And to those of you who might aspire to stand in front of the classroom and share your passion, I offer the same challenge that Dr. Mittleman so subtly hinted at: “If you’re so smart, Fitzpatrick, why don’t you teach a class?” Take the challenge. It’s worth it.

Bill Fitzpatrick

Dr. Barbara White

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Bill Fitzpatrick

Dr. Barbara White
To all OLLI members, their families and everyone in our lives — happy and healthy New Year! The turmoil around us is a reminder that we should honor and respect cultural and religious diversity. In the tragedy in Paris, human lives were taken out of religious intolerance. Nohemi Gonzalez, a CSULB Design Dept. student, was murdered. An on-campus vigil was held in her honor on November 14, attended by some two thousand students and friends.

Last semester OLLI registered 168 new students. Kim Steinhart gave a lecture on Sea Otters. The Long Beach Trauma Recovery Center explained traumas that may occur in our lives and what we can do about them. Representatives of the Mobül store (on Bellflower Blvd.) gave a presentation on devices that can help seniors in everyday living. Tips included getting out of chairs and improving your balance.

Not for everyone, but attracting a “biker crowd” is the OLLI bicycle riding group. Ask about joining the fun! During the holidays, Muriel Pendleton’s recorder class entertained patrons at three local libraries (El Dorado, Los Altos, and Burnett) with an hour-long program of Baroque recorder holiday music. The Ukulele class is preparing for a show in February, and our OLLI Chorus sang holiday music for the residents at Crofton Manor and Bixby Towers. Many of our classes get involved with community outreach.

Many thanks to late member Ralph Staunton for his generous legacy donation to OLLI for our continued success.

Dr. Paulino Lim has been recognized for his development of Philippine literature and continues to offer his expertise to OLLI members too!

A New-Member reception was held November 16. It was a huge success and provided an orientation about OLLI, its history, and the opportunities it provides. Another is planned for May. (See page 6 for story)

Yours truly flew to New York to see daughter (Camryn Manheim) star in a Broadway musical Spring Awaking; it was a magnificent experience.

Be thankful for each new challenge, for it builds strength and character. Be thankful for your mistakes for they teach you valuable lessons. Be thankful when you don’t know something, for it gives you the opportunity to learn.

Have a wonderful semester and do something delicious.

OLLI at CSULB - 2016

Class Sessions

Spring April 11 - June 6
Summer June 27 - August 22
Fall Sept. 23 - Nov. 18
Winter 2017 Jan. 9 - March 6

Holidays—No OLLI Classes

Campus & Office Closed

March 31 Cesar Chavez Day
May 30 Memorial Day
July 4 Independence Day
September 5 Labor Day
November 11 Veterans Day
Nov. 21-25 Thanksgiving Break
Dec. 23 - Jan. 2 Winter Break
Thanks to digital technology, everyone is taking more pictures these days with cameras, tablets, and cell phones. Waiting to see your developed prints is a thing of the past as you can delete your mistakes instantly. Viewing, editing, and saving your pictures on your computer or laptop is easier than ever. If you would like to step up your photography skills, then Terry Fiskin’s class Taking Better Photos will help you. Terry is a Long Beach native, who went to school in Long Beach and USC prior to serving two years in the U.S. Army. In 1956, he opened Terry’s Auto Parts in Wilmington, a business he operated for thirty years. For the next fifteen years he served as Executive Director of the Southern California Auto Dismantlers Association until he retired in 2000. Today, his Long Beach home is a veritable museum, displaying years of his photographic work on walls in every room and in strategically placed display bins. He modestly claims his skills are self-taught, but proudly admits that he studied with the world famous nature photographer Ansel Adams.

Do you want to know where to place your horizon or how to create impact with powerful colors? These practical skills, along with a keen sense of composition, deem Terry well suited to teach shutterbugs of all skill levels how to take better photos. He says: “I always look forward to answering students’ questions and critiquing their work.”

Hello Terry,

I was lucky enough to attend an OLLI Taking Better Photos class instructed by you at CSULB a few semesters ago. I enjoyed & learned a lot from your classes.

I just wanted to let you know that a photo of mine from a recent vacation through Ireland was selected to be printed in the LA Times. My photo of the Cliffs of Moher, Ireland, was featured in “Your Scene” in the LA Times Travel section (back page) on Sunday, November 29th. I’m so flattered. Very cool!

Catherine Paez
New Member Meet and Greet

by Suzanne Walsh

Summer and Fall registrations at OLLI resulted in a record number of new members. In November, the Member Services Working Group and the Governing Council held the first-ever New Member Social to welcome them. If the conversational noise level and engaged, smiling faces are any indication, the event was a roaring success!

Bill Fitzpatrick, and Carl Curtis detailed the connections between OLLI and the University, the history of OLLI, highlights of future plans, the differences between our OLLI and those in other locations, and the association with the Bernard Osher Institute. OLLI president Bill Fitzpatrick introduced the OLLI leaders and members of the Governing Council who were present.

A highlight of the afternoon was the yellow New Member folders that were explained by Patty Worsham. They included information that all new members would welcome: upcoming events, a campus map, application forms for transit TAP cards, CSULB student ID cards, parking information, volunteer applications, OLLI contact information, and much more. Questions and answers followed the presentations. It was explained that the CSULB student ID card allows full campus library privileges and other local discounts. There was also a demonstration of the OLLI website and discussion of the scholarship program that assures that no student is turned away for inability to pay.

The OLLI Member Services team was delighted with the success of and enthusiasm for this event to establish stronger support for new members. Their plan is to welcome future incoming OLLI members at similar twice-yearly events. Look for notice of the next meeting to be held in May 2016.

About thirty-five new members accepted the invitation and welcomed the chance to learn more about OLLI, meet new people, and have their questions answered. Before and after the formal presentations, new members interacted with each other and with Governing Council members and OLLI leaders. Coffee, lemonade, and cookies were served. Short presentations by Barbara White,
Memoir Writing

Dr. Scott J. Mighell is a delightful storyteller, as evidenced in his poem below and in his book, *My Friend, St. Peter and Other Short Stories* (2001). His book takes us on many illuminating journeys before, during, and after his service as a U.S. Army Medical Officer.

Setting the book in the Philippines near the end of World War II, Dr. Mighell has written a refreshing personal essay as he meanders locally, then globally with his romping true-life tales. We also share his pride when his career begins with his own surgical practice in Long Beach, California, in 1954. He happily retired forty years later. In Dr. Mighell’s description below of successfully learning how to write poetry, he also opens our hearts to a continuing love story.

A Novel Approach to Memoir Writing is one of the longest running classes at OLLI. American English is not required. Class members have come from all over the world. They all share life experiences through their memoirs read before their peers and enjoyed by all.

Composing A Poem

Several years ago I enrolled in a course entitled *Poetry, Reading, Writing and Appreciation* instructed by Jerry Ball.

In the third session he said, “Let me give you a little exercise. Everybody, take a clean sheet of paper and then sit there for a few moments. You may close your eyes, if you like. Think of something—anything. Now, keeping what you thought of to very few words, write down those words.” Jerry helped members of the class learn to abbreviate this line as he inquired what each member had written.

I had written “An empty beach.” Jerry continued. “Now write the first three lines of your poem with brief thoughts that go with your first line. Write your thought on three lines and then another brief thought evoked by the original line on the same line. Now you have three lines of your poem.”

I wrote:

An empty beach. A time of war.
An empty beach. A time away.
An empty beach. A time to yearn.

“Now write down a title for your poem,” Jerry instructed. I wrote “Memories.” “Now the rest of the poem you will do during the week for our next class. For your fourth line write a summary of the above three lines. The fifth line is a summary of lines one through four. The sixth line is a summary of all above it. Your seventh line is the first thought that you wrote on the paper. And remove that line from lines one, two and three.”

Then I realized that Jerry's exercise had transformed me to a time years ago. Upon completion of my internship, Mary and I were wed. I had already been called to active duty as a medical officer. The first four months of our marriage were idyllic as I was serving at Mitchell Field on Long Island. Then I was sent overseas to the Philippines, and we were separated for a year and a half. I enjoyed my duty in the Philippines and learned to appreciate the beauty of that country, but I was lonely for my bride.

MEMORIES

A time of war,
A time away,
A time to yearn.
Mary’s groom is a soldier.
Scott’s bride is far away.
Only memories on
An empty beach.

by Dr. Scott Mighell

by Judy Granger
Zen Meditation
by Sylvia Manheim

The Spring Zen Meditation class will be taught by an exceptionally well-qualified young man, the Reverend Yukinori Yokoyama. This interview was conducted in a Japanese temple in Long Beach. Yukinori Gyokei Yokoyama was born thirty-seven years ago in Shinshiro, a small village in Japan. Growing up in a very religious family, he was ordained at the age of ten. His father was a bishop of a seven-hundred-year-old temple in Japan. When Yokoyama was about twenty years old, his father died. Yokoyama took his place on the City Council and became its youngest council member. Because being a bishop is a bloodline role in the Japanese culture, at his father’s death Yokoyama took over his father’s positions as minister and bishop.

Some priests in the temple were not very happy that Yokoyama became a bishop at such a young age. Because of the resulting controversy, Yokoyama stayed at this post for only a short time. During this period, he fell in love with a Canadian woman living in Japan and married her. Because temple membership in Japan has been declining, Yokoyama wanted to create a renewed urgency of interest through a new approach to Buddhism. Deciding that he could not accomplish this in Japan, he moved to Canada because he wanted to become part of the North American Buddhist communities. After a few years in Canada, he found a position at a Long Beach temple where they wanted a minister who spoke Japanese as a primary language and English as a secondary.

The class at OLLI will consist of lectures, scriptures of the Zen masters, and meditation. Yokoyama hopes that students will learn that Zen Buddhism is a method that allows them to look at issues with open mindedness, without judgment or pre-judgment, and not as a matter of black and white. Incorporating these practices of Zen Buddhism into daily life can result in a greater inner peace.

→ See class description on page 25

In the Computer Lab
by Kathy Winkenwerder

We’re filling student requests this term. Over the years many of you have said you wanted to take a class in the computer lab but our schedule and the schedule of the other OLLI classes, which tend to last ninety minutes, overlapped. As a result, students had to choose between a computer class and a lecture class. Well, we’ve fixed that. In many cases, you can now take both. Beginning this term, all classes in the computer lab will be ninety minutes long. This new class length will coordinate with many, but not all, OLLI class schedules.

For you Mac users, Gail Meredith, who taught the Windows Word class last fall, will be teaching Word for the Mac this term. The class will include how to use the popular application’s features to help you create letters, fliers, newsletters, and more.

Social Media is another requested class now on our schedule. Here’s your chance to find out what your family and friends are up to, as well as to open and maintain your own accounts. Emily Sopo from the LifeFit Center will show you how to use Facebook, Twitter, Instagram, and Pinterest.

Longtime digital-camera class instructor Larry Hicks will be teaching the four-week class Basic Photographic Composition. You’ll learn what it takes to create really good photos using your camera, smartphone or tablet.

And finally, Craig Lowe will be teaching Buy and Sell Online, which includes how to use eBay, Amazon.com, and Craigslist. The classes will also cover setting up accounts, as well as using the sites safely.

For more information about these and other computer classes, check the computer lab schedule.

→ See class descriptions on pages 31-33

Do you use Facebook, Twitter, Pinterest, or Instagram?
Want to help teach others to use it too?
Coaches are needed for our new social media class.
Interested or know someone who might be?
For details go to the OLLI office.
Last term, OLLI members took part in a survey that asked what computers, remote devices, and software they are using or were interested in using. Similar surveys were conducted in 2010 and 2014, but only with students in computer lab classes. This information not only helps identify new classes to offer in the computer lab, but also gives members a way to suggest classes they would like to take.

The 173 survey participants were a diverse group: 66% had a Windows computer; 16% had two Windows computers; 34% had a Mac computer; 5% had two Mac computers; 10% had both Windows and Mac computers; 1% had a Linux computer.

![Image](image_url)

### Portable digital devices used by OLLI Members

<table>
<thead>
<tr>
<th>Device</th>
<th>2010*</th>
<th>2014*</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital Camera</td>
<td>89%</td>
<td>71%</td>
<td>65%</td>
</tr>
<tr>
<td>Smartphone</td>
<td>14%</td>
<td>51%</td>
<td>68%  total (iPhone 39%, Samsung 20%, other 9%)</td>
</tr>
<tr>
<td>iPod</td>
<td>50%</td>
<td>27%</td>
<td>26%</td>
</tr>
<tr>
<td>iPad tablet</td>
<td>2%</td>
<td>43%</td>
<td>40%</td>
</tr>
<tr>
<td>Other tablets</td>
<td>0%</td>
<td>6%</td>
<td>16%  total (Android 13%, Other 3%)</td>
</tr>
<tr>
<td>eReader</td>
<td>5%</td>
<td>21%</td>
<td>39%</td>
</tr>
<tr>
<td>Health/Fitness Trackers</td>
<td>7%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Computer lab student surveys, 2010, 2014

When computer class students were surveyed in 2010, the increase in the number of remote devices was just beginning. Digital cameras and iPods were what many were buying. The Kindle e-reader was launched in 2007. The iPhone went on sale that same year, but smartphones weren’t yet on most people’s must-have lists. The iPad had just launched when the 2010 survey was conducted. “Health and fitness trackers” was a new category in the 2015 survey. These popular, wearable devices contain sensors that track steps, distance walked or run, sleep activity, and even calories burned!

In the rapidly expanding world of portable devices, our use of smartphones at 68% is exactly the same as the national average. One year ago, we offered the first iPhone class. Now we offer two. Last year the first Android smartphone class appeared in the schedule and has been conducted every term since.

Our total tablet use is 56%, higher than the national usage. The computer lab has offered iPad classes since 2011, conducting as many as four classes per term.

When OLLI students were asked to compare their computer and mobile use, the results showed most of them hadn’t abandoned their traditional computers, but they were using their mobile devices in addition to their PCs.

| 95-100% computer only | 3% |
| 75% computer vs. 25% mobile devices | 37% |
| 50% computer vs. 50% mobile devices | 23% |
| 25% computer vs. 75% mobile devices | 16% |
| 95-100% mobile devices only | 4% |

When students were asked what apps they used the most, the answers were extremely varied. That makes sense because at last count there were about two million apps. However, there were a few that got more than five mentions: Facebook, Maps, Weather, Google Search, Waze, and Yelp.

Mobile devices were most used for: taking pictures, emailing, searching the Web, getting map directions, texting, and checking the weather.

Personal computers were most used for emailing, searching the Web, travel planning, shopping, editing/storing photos, social media, and reading news.

These survey results reflect changes in the way we use our computing devices. Most of us can synchronize with our other devices so we can see the same thing on any of them. Our smartphones are usually with us, so they get used for the most immediate tasks. Tablets are more portable than laptops and are used for longer sessions than smartphones. Traditional computers may be used for jobs that are more complicated or where we need big screens. It will be interesting to see what happens next.

Thank you to everyone who took part in the study. Your participation was invaluable.
James Baldwin
“20th Century Icon”
by Sydelle Pomi

Hoping to revive an interest in the literary genius of James Baldwin, Elizabeth Reinhart will be guiding us through his works of fiction, as well as his role as a civil rights activist. Elizabeth has taught for the last two years at OLLI in Leisure World. She has a stunning list of credentials: a B.A. from UC Santa Cruz, M.A. from CSU Los Angeles, as well as a J.D. from the USC Law Center. As a result of having a family that kept records, Elizabeth is able to trace her ancestry to the 12th century and discovered that she comes from a long line of rabbis! Her husband of 27 years is a retired engineer from Fox films.

The class discussions will focus on Baldwin’s essays regarding race, class, and sexual attitudes in the United States. Baldwin left the United States for the south of France and lived there for many years. As a result, the man who once was on the cover of Time magazine faded from popular interest.

Elizabeth has titled her course Why James Baldwin? and who but she can tell us why, as she brings us to understand his vibrant works. The class will include excerpts from The Amen Corner, Native Son, The Dangerous Road Before Martin Luther King, Many Thousand Gone, The Outing, and Sonny’s Blues. It will be an exciting and interesting course.

The class will be taught in Leisure World on Tuesdays, with a limit of 18 students. Sign up and learn more about this icon.

→ See class description on page 24

15th Annual
OLLI Holiday Party
by Sydelle Pomi

The Marriott Hotel was the scene of the fifteenth annual OLLI holiday extravaganza on December 13, thanks to the ongoing efforts of Janie Payan. This was another awesome party, which came together through her dedication and hard work along with help from other members. The main party planning from start to finish—including such items as entertainment, menu selection, and gifts for the raffle—were all put together by Janie and her crew.

Robert Fields provided the dance music, and in no time he had us up on our feet as usual. When Alan Rosen and Sylvia Manheim took to the floor and did a swaying foxtrot, things really got moving. Alan also danced with Dolores Volpe, and he even had “moi” swaying to the rhythm. The women enjoyed spinning on the dance floor with him as their partner. Everyone quickly got into the holiday spirit, and good cheer filled the room.

John Donohue was our very own Santa Claus and wore a terrific red hat, which looked fabulous with his full mane of white hair. Jeanae Noble, who played the guitar and sang, also entertained us.

There were a number of appealing gifts for those lucky winners of the raffle. The last gift was won by Cheryl Clark. It was a small icon statue with the words "Joy to the World" on it. What a lovely way to end the afternoon with that thought and hope for the New Year.
Naida Tushnet with Dick and Grace Blankenship in “formal” holiday dress!

Barbara White (center) with Harold and Noreta Drab

Sylvia Manheim and Alan Rosen

Dolores Volpe and Joan Smith

Prize for Fern Ramirez with Patty Worsham

Jane Adair and Georgiana Fox

Patricia (left) and friends

Barbara White (center) with Harold and Noreta Drab

Naida Tushnet with Dick and Grace Blankenship in “formal” holiday dress!

Cecilia and Penelope rock out!

Reporter Sydelle Pomi and Alan Rosen
Acting - It’s Showtime!

If acting has ever been your dream or even a curiosity, Nancy Hathcock can help you check an item off your Bucket List. What good is it to take an acting class if you don’t act? Show Time is a participation class that puts on a performance at the end of the term. This class creates an acting troupe that grows together and hones their acting skills. On the first class meeting, they will set the cast and begin blocking (planning physical movement around the stage) for a short play. Future classes work on preparing to “dim the lights and raise the curtain.”

This is not an intimidating group. In fact, you don’t even need to memorize to perform. It is about the experience and having fun as you loosen up and maybe even show off a little. Many of her students initially wanted to act, but got side tracked earning a living in another career. They still have the opportunity to be spelen. This class provides a non-threatening environment with a friendly and encouraging teacher/director.

Nancy was raised in a theater family. Her father was a graduate of the Pasadena Playhouse. As a child Nancy danced and performed in community theater. At the age of twelve she started a weekly radio program Teen- age Tunes & Topics. It ran ten years and saw her through her teen years.

In high school she was in an all-girls singing group that performed all over California. She earned a B.A. and an M.A. in Theater at CSULB! Go Beach! When life’s challenges made theater a tough option, she went to work in the real estate business as a trainer for a national company. She used roll-playing and improvisation to help agents gain confidence and learn how to answer questions. Be brave, be creative, and find your inner actor!

→ See class description on page 23

Keys To Cleaning Clutter

Have you ever entered a home and found it so uncluttered that you thought, “Where does this family put all those things that clutter a home?” Maybe you think of drawers filled with things that you’ve just shoved in there. Things that you remembered you still had and didn’t get rid of, closets hung with clothes no longer worn and things no longer used with no space for current purchases. Are there newspapers and books lying about . . . some read . . . some unread?

Don’t despair. Tere Sievers’s class on Keys To Cleaning Clutter will change your life. She believes “learning to let go of things you don’t want or need and finding places for everything you own is doable.” She will teach techniques for clearing that clutter and that a clean and well-ordered space can be achieved. Tere feels that it is possible to learn to let go of the things you don’t need or want and find a home for the things you do want. The learning takes place step-by-step so that organized house you’ve always wished for can be achieved.

→ See class description on page 23
The LifeFit Center @ The Beach had a big year in 2015. Not only did we celebrate our third birthday, but a record number of talented fitness students and professionals took part in our programs. LifeFit Center now has more than four hundred active members! Looking forward, we are thrilled to offer new programs and services, which include additional state-of-the-art fitness equipment, innovative classes focusing on flexibility and balance, and additional options for one-on-one personal training. Our Strength for Living program has expanded to four small-group training cohorts that exercise with personal trainers in a sixteen-week program.

Mark your calendar for April 11-15 to attend the College of Health and Human Services 2016 Wellness Week. The theme is “Exercise is Medicine.” We at the LifeFit Center know this to be true!

Daily events during this week will offer opportunities to join a campus-wide walk, to practice mind-body classes, to receive health and fitness assessments, and to hear from University and government officials about how “Exercise is Medicine” can be implemented.

Wellness Week events will be free and open to everyone: community members, alumni, CSULB employees, students and more. Bring your friends and family members to the 2016 Wellness Week to see how exercise can become medicine!

We invite you to join us to improve your health and fitness by becoming part of the LifeFit Center family. To learn more about the LifeFit Center, stop by for a tour or contact Assistant Director Emily Sopo either at (562) 985-2087 or email emily.sopo@csulb.edu.

Move More - Live Longer!

Cranial Challenge

You have nine balls, equally big, equally heavy—except for one, which is a little heavier.

How would you identify the heavier ball if you could use a pair of balance scales only twice?

➔ See answer on page 14
Divide the nine balls into three groups of three. Use the balance to compare the weight of two of those groups. The heavier group should then be obvious. It will either tip the scales, or, if the scales stay balanced, then it is the group you didn’t include.

Now, choose two balls from this group and compare their weights, and using the same logic as before, the heavier ball will be obvious.

Cranial Challenge Answer
(from page 13)

Tea Leaves
At midnight or moments after God or her sister appeared in my teacup.

She was small, supple, brown. for a moment’s measure, she floated, then hooked her small heels over the cup’s edge and like an acrobat leaped.

In a single, spangled movement, she stood, toes gripping the saucer’s edge, small, supple, brown snug as a tumbler, silent as tea and as transitory, leaving only leaves to read.

by Joanne Yockey
(the last poem she wrote)
**WINTER 2016 CONTRIBUTORS**

**With thanks to ALL of you including our 13 Anonymous Donors.**

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

Thank you very much!

Jane Adair
Barbara Alpert
Ruth & Erwin Anisman
Vivian Arluk
Jefferson Asher
Beverly August
Carol & Charles Austin
Marilyn Austin
Kathleen & Eugene Aza

*In memory of Shirley Meyer*

Robert Barmeyer
Helen Barrad
Maxine Barton-Bauman
Sheriden Beebe
Barbara Bell
Ruth & Larry Bender
Patricia Beyer
Linda Bolt
Steve Borges
Susan Bousis
Catherine Braatvedt
Lorain & Donald Brault
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Sherry Cragg
Karen Cressy

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Sally Geiger
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Jeffrey Gholson
Rick Gonser
Phyllis Goodwin
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*In celebration of Mom’s 96th Birthday*

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Sherry & Len Jacobson
Anne Jacobus

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Judy Mattson
Richard McCabe
Gretchen McCausland
Allen McDaniels

*Pine Ave. In memory of Phyllis Ciscle-McDaniels*

Susan & Curt Metz
Horst Meyer
Anita Miller
Gordon Millman
Sheila Morgan
Simona Morris
Gary Murph
Joseph Murray
Helgard Niewisch
Oksana Orel
Deborah Osborn
Vicki O’Toole
Linda Palitz
Nancy Paradise
Marcia Peters
Rob Pigott
Sonya Pinto
Donald Preuss
Karen Pruett
Jody Ramsey
Suzanne Read
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Eileen Ringerman
Karen Schluntz
Sigrid Schmidt
Trina Schneider
Charles Schumacher
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Leslie Silverman
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Bonnie Strutin
Alexandra Sullivan
Judy Swaal
Larry Swafford
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Bernadette & John Tellez
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Patricia Tibbs
Kathleen Togle
Jack Upshaw
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Janie Von Seggern
Diana Wagner
Frances Wang
Harriet Warner
Jerald Warren
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Linda Wheeler
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Catherine Winans
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Barbara Wolfe
Pat & Bob Wrenn
Rae & Milford Wyman
Carol & Richard Zuck
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 (April 1 to September 30).
• Computer class tuition for an 8-week class is $35; 4 week 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, March 5
8:30 - 11:30

How to Register
Check off the list!
√ Complete personal information on both sides
√ Check the classes that you want to take.
√ Make payments by check or cash.
√ Make checks payable to:
  CSULB Foundation for classes/membership
  and a separate check for . . .
  CSULB Parking Services for parking permit
√ Bring your registration form with you to the OLLI office or mail your form and payment to the address on the back of the registration form.
√ An OLLI name tag will be available the first week of classes. It is your proof of membership for the year.
√ Call the office with any questions, 562-985-8237.

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

Scholarships
OLLI @ CSULB offers scholarships for those who clearly need financial assistance to participate in our classes. If you would like further information, please call or 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 Registration  SPRING 2016  April 11 - June 6

Name: ___________________________ Date: ____________________

Address: ___________________________ City: ___________ Zip: _________

Home Phone #: ___________________________ Email: ______________________

Cell phone #: ___________________________

OLLI Membership                      $20.00  $ ________
  One half    Annual Fee  (April - Sept)

Non-Computer Class Tuition          $10.00  $ ________

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 # ________

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

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>OS</th>
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<td>MONDAYS, April 11 - June 6</td>
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<tr>
<td>8:30-10:00</td>
<td>iPhone</td>
<td>ios</td>
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<td>10:15-11:45</td>
<td>Beg. Photoshop Elements-I</td>
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<td>Introduction to Windows</td>
<td>PC</td>
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<td>Samsung Smartphone Basics</td>
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<td>PC</td>
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<td>PC/Mac</td>
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<td>3:30-5:00</td>
<td>Intro to Windows 10 (4 wks)</td>
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<td>Exploring the iPad</td>
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<td>It’s Your Mac - I</td>
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<td>It’s your Mac - II</td>
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<td>8:30-10:00</td>
<td>Basic Photography Composition</td>
<td>All</td>
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<td>Buy and Sell Online</td>
<td>PC/Mac</td>
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<td>The Best of Google</td>
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<td>Manage Photos with Picasa</td>
<td>PC</td>
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<td>Intro to Windows 10 (4 wks-Apr)</td>
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<td>3:30-5:00</td>
<td>Windows Skills Review (4 wks)</td>
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<td>FRIDAYS, April 15 - June 3</td>
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<td>10:00-5:00</td>
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TIME COMPUTER CLASSES SITE X

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<tr>
<td>8:15-9:45</td>
<td>Spanish: Reading, Pronunciation</td>
<td>C-101</td>
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<td>10:00-11:30</td>
<td>Feel Great Again (6 wks)</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Longevity Stick</td>
<td>PA-To</td>
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<td>10:00-1:00</td>
<td>Eight Classic Movie Detectives</td>
<td>PA</td>
<td></td>
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<tr>
<td>12:00-2:00</td>
<td>Cards, Cards, Cards</td>
<td>C-119</td>
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<tr>
<td>11:45-1:15</td>
<td>Ukulele for All Levels</td>
<td>C-101</td>
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<td>1:30-3:00</td>
<td>Foundations of Investing</td>
<td>PA</td>
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<tr>
<td>1:30-3:00</td>
<td>Masterpieces of Asian Art II</td>
<td>C-101</td>
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<tr>
<td>2:30-4:00</td>
<td>Crime Scene Investigation</td>
<td>C-119</td>
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<tr>
<td>2:30-4:00</td>
<td>Short Stories</td>
<td>LW</td>
<td></td>
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<td>3:15-4:45</td>
<td>The Recorder Consort</td>
<td>C-101</td>
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<td>10:30-12:30</td>
<td>Ageless Archery Beg.</td>
<td>ARCH</td>
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<td>1:00-2:50</td>
<td>Bowling Beg.</td>
<td>USU</td>
<td></td>
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<tr>
<td>1:00-3:00</td>
<td>Drawing for All</td>
<td>LW</td>
<td></td>
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<tr>
<td>1:45-3:15</td>
<td>LA Opera (4/12, 4/26, 5/10, 5/24)</td>
<td>C-101</td>
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<td>1:45-3:15</td>
<td>Road Scholar - Event (5/17)</td>
<td>C-101</td>
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<td>2:30-4:00</td>
<td>Why James Baldwin?</td>
<td>LW</td>
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<tr>
<td>3:30-5:00</td>
<td>Conversational French</td>
<td>C-101</td>
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</tbody>
</table>

* OLLI LFC class tuition waived for LifeFit Gym Members.

OVER
Member Information

Emergency Contact:

Phone: __________________________________________

Relationship: ______________________________________

▶ Pictures and videos are taken periodically of the classes and special events. If you DO NOT want your picture or video included in OLLI’s newsletter, website or brochures please check here. □ Waiver form is available in the office.

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) OLLI Leisure World (LW)
737 Pine Ave, Suite 202 13533 Seal Beach Blvd
Enter from Solano Ct. Seal Beach, CA 90740
Long Beach, CA 90813 Clubhouse 3, 6
562 - 436 - 2100 Art Studio - rear of
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

*March 10 CSU Jazz Orchestra talk 10:00-12:00
*March 12 Celebrate Eisenhower 12:30 - 2:30
April 15 LB Opera-La Voix Humaine 8:30-10:00
May 17 Travel with Road Scholar 1:45 - 3:15
June 1 LB Opera-The News 1:30 - 3:00

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

OLLI @ the BEACH SPRING 2016 Registration

WEDNESDAYS, April 13 - June 1

<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>
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<tr>
<td>8:15-9:45</td>
<td>WHODUNIT?</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Big Band Swing Era</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Taking Better Photos (5 wks)</td>
<td>C-119</td>
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<tr>
<td>10:00-11:30</td>
<td>Zen Meditation</td>
<td>PA</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Arts in Chinese Life - Part II</td>
<td>C-101</td>
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<tr>
<td>1:00-3:00</td>
<td>Beg. Watercolor Painting</td>
<td>LW</td>
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<tr>
<td>1:30-4:30</td>
<td>Social Realism (4 wks)</td>
<td>C-101</td>
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<td>1:30-3:30</td>
<td>Travel Workshop (2 wks 5/11-18)</td>
<td>C-101</td>
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<tr>
<td>1:30-3:30</td>
<td>LB Opera Event (6/1)</td>
<td>C-101</td>
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<tr>
<td>1:30-3:00</td>
<td>8 stories, 8 weeks</td>
<td>PA</td>
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<tr>
<td>3:15-4:45</td>
<td>Write, Edit, Rewrite, Publish</td>
<td>C-119</td>
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THURSDAYS, April 14 - June 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
<td>C-101</td>
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<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
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<td>9:00-10:30</td>
<td>Roses, Roses (2 wks 4/14-21)</td>
<td>C-119</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>Fear Not, I Speak Shakespeare XVIII</td>
<td>C-101</td>
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<tr>
<td>10:45-12:15</td>
<td>Copy Cat Art: Drawing</td>
<td>C-101</td>
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<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 Painting</td>
<td>PA</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>Tai Chi Chih</td>
<td>LFC*</td>
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<td>1:30-3:00</td>
<td>Financial Rules of the Road</td>
<td>C-101</td>
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<tr>
<td>1:45-3:15</td>
<td>Learn the Guitar</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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FRIDAYS, April 15 - June 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
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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>LB Opera Event (4/15)</td>
<td>C-101</td>
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<tr>
<td>8:30-10:00</td>
<td>Survey of Chinese Art (7 wks 4/22)</td>
<td>C-101</td>
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<td>8:30-10:00</td>
<td>Intermediate Bridge I</td>
<td>C-119</td>
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<tr>
<td>10:00-11:30</td>
<td>The Revolution in Ethics (7 wks)</td>
<td>LW</td>
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<td>10:15-11:45</td>
<td>The Mystic Tradition</td>
<td>C-101</td>
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<tr>
<td>10:15-11:45</td>
<td>Beginning Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Coen Brothers Film Festival</td>
<td>C-101</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Intermediate Bridge II</td>
<td>C-119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Play Reading</td>
<td>LW</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>The Four Plans... (4 wks 4/15)</td>
<td>C-119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Conversational Spanish</td>
<td>C-101</td>
</tr>
</tbody>
</table>

SATURDAYS, April 16 - June 4

<table>
<thead>
<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>Tough Dames, Tough Times (6 wks)</td>
<td>C-101</td>
</tr>
</tbody>
</table>
OLLI Membership                      $20.00  $ ________
One half    Annual Fee  (April - Sept)
Non-Computer Class Tuition $10.00  $ ________
8-Week Computer Class           $35.00  $ ________
4-Week Computer Class     $20.00  $ ________
Contribu
Ɵ
tion $ __________(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

OLLI  Registration    SPRING  2016      April 11 - June 6

Name: ____________________________________________  Date: ____________________
Address: __________________________________________ City: ________________________ Zip: ____________
Home Phone #: ____________________________
Cell phone #: _______________________________          Email: __________________________

OLLI Membership                      $20.00  $ ________
Non-Computer Class Tuition $10.00  $ ________
8-Week Computer Class           $35.00  $ ________
4-Week Computer Class     $20.00  $ ________
Contribu
Ɵ
tion $ __________(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

LifeFit Center Member   YES  Parking LFC

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>OS</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAYS, April 11 - June 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>iPhone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Beg. Photoshop Elements-I</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Word for the Mac</td>
<td>Mac</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Introduction to Windows</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Samsung Smartphone Basics</td>
<td>And</td>
<td></td>
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<tr>
<td>TUESDAYS, April 12 - May 31</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>8:30-10:00</td>
<td>iPhone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Beginning Photoshop Elem.-II</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Computer Drawing  (Limit 6)</td>
<td>PC/Mac</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Intro to Windows 10  (4 wks)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>WEDNESDAYS, April 13 - June 1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>8:30-10:00</td>
<td>Facebook, Instagram, Twitter...</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Exploring the iPad</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Apps Only</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>It’s Your Mac - I</td>
<td>Mac</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>It’s your Mac - II</td>
<td>Mac</td>
<td></td>
</tr>
<tr>
<td>THURSDAYS, April 14 - June 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Basic Photography Composition</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Buy and Sell Online</td>
<td>PC/Mac</td>
<td></td>
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<tr>
<td>12:00-1:30</td>
<td>The Best of Google</td>
<td>PC/Mac</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Manage Photos with Picasa</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Intro to Windows 10  (4 wks-Apr)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Windows Skills Review (4 wks)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>FRIDAYS, April 15 - June 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
<td>ALL</td>
<td>Free</td>
</tr>
</tbody>
</table>

TIME COMPUTER CLASSES SITE X
MONDAYS, April 11 - June 6
8:15-9:45  Spanish: Reading, Pronunciation  C-101
10:00-11:30  Feel Great Again  (6 wks)  C-101
10:00-11:30  Longevity Stick  PA-To
10:00-1:00  Eight Classic Movie Detectives  PA
12:00-2:00  Cards, Cards, Cards  C-119
11:45-1:15  Ukulele for All Levels  C-101
1:30-3:00  Foundations of Investing  PA
1:30-3:00  Masterpieces of Asian Art II  C-101
2:30-4:00  Crime Scene Investigation  C-119
2:30-4:00  Short Stories  LW
3:15-4:45  The Recorder Consort  C-101
10:30-12:30  Ageless Archery Beg.  ARCH
1:00-2:50  Bowling  Beg.  USU
Details on page 22. Starts March 14
Join the OLLI Bike Riding Group  Free

TUESDAYS, April 12 - May 31
8:30-9:30  Longevity Stick  LFC*
9:00-10:30  Foundations of Investing  C-119
10:15-11:45  Eastern Practices  C-101
10:45-12:15  Keys to Clearing Clutter  C-119
12:00-1:30  Rocking Records...  C-101
12:30-2:30  Showtime - Acting!  C-119
1:00-3:00  Drawing for All  LW
1:45-3:15  LA Opera (4/12, 4/26, 5/10, 5/24)  C-101
1:45-3:15  Road Scholar - Event  (5/17)  C-101  Free
2:30-4:00  Why James Baldwin?  LW
3:30-5:00  Conversational French  C-101

* OLLI LFC class tuition waived for LifeFit Gym Members.

OVER
Name: ____________________________________________

Phone #:__________________________________________

Emergency Contact:

Phone: ____________________________________________

Relationship: ______________________________________

Member Information

Pictures and videos are taken periodically of the classes and special events. If you DO NOT want your picture or video included in OLLI's newsletter, website or brochures please check here. □ Waiver form is available in the office.

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) OLLI Leisure World (LW)
737 Pine Ave, Suite 202 13533 Seal Beach Blvd
Enter from Solano Ct. Seal Beach, CA 90740
Long Beach, CA 90813 Clubhouse 3, 6
562 - 436 - 2100 Art Studio - rear of
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

*March 10  CSU Jazz Orchestra talk  10:00-12:00
*March 12  Celebrate Eisenhower  12:30 - 2:30
April 15  LB Opera-La Voix Humaine  8:30-10:00
May 17  Travel with Road Scholar  1:45 - 3:15
June 1  LB Opera-The News  1:30 - 3:00

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

OLLI @ the BEACH SPRING 2016 Registration

WEDNESDAYS, April 13 - June 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Information</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>8:15-9:45</td>
<td>WHO?DUNIT?</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Big Band Swing Era</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Taking Better Photos</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Zen Meditation</td>
<td>PA</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Arts in Chinese Life - Part II</td>
<td>C-101</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beg. Watercolor Painting</td>
<td>LW</td>
</tr>
<tr>
<td>1:30-4:30</td>
<td>Social Realism</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:30</td>
<td>Travel Workshop</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:30</td>
<td>LB Opera Event</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>8 stories, 8 weeks</td>
<td>PA</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Write, Edit, Rewrite, Publish</td>
<td>C-119</td>
</tr>
</tbody>
</table>

THURSDAYS, April 14 - June 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Information</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
<td>C-101</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
<td>LW</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>Roses, Roses</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Tai Chi Chih</td>
<td>PA</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Fear Not, I Speak Shakespeare XVIII</td>
<td>C-101</td>
</tr>
<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>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beginning Painting</td>
<td>PA</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>Tai Chi Chih</td>
<td>LFC*</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Financial Rules of the Road</td>
<td>C-119</td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Learn the Guitar</td>
<td>C-101</td>
</tr>
<tr>
<td>2:15-3:15</td>
<td>Shall We Dance?</td>
<td>LFC*</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Catch the Spirit Chorus</td>
<td>C-101</td>
</tr>
</tbody>
</table>

FRIDAYS, April 15 - June 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Information</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:30</td>
<td>Not Your Daughter’s Yoga</td>
<td>LFC*</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>LB Opera Event</td>
<td>C-101 Free</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Survey of Chinese Art</td>
<td>C-101</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Intermediate Bridge I</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>The Revolution in Ethics</td>
<td>LW</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>The Mystic Tradition</td>
<td>C-101</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Beginning Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Coen Brothers Film Festival</td>
<td>C-101</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Intermediate Bridge II</td>
<td>C-119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Play Reading</td>
<td>LW</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>The Four Plans...</td>
<td>C-119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Conversational Spanish</td>
<td>C-101</td>
</tr>
</tbody>
</table>

SATURDAYS, April 16 - June 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Information</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>Tough Dames, Tough Times</td>
<td>C-101</td>
</tr>
</tbody>
</table>
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.
Instructor: Murray Sokoloff, M.A.
Mondays, April 11 – June 6
8:15 – 9:45 AM
CSULB, HS&D, room 101

Feel Great Again Understand and Maximize Your Brain Biochemistry
Solid research has confirmed that what you eat controls the way you feel. We will journey through the brain to uncover the relationship between foods, moods and illnesses. It has been proven that each person has a dominant brain biochemical. We will 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 Edge Effect by Eric Braverman, M.D. will be used as the text for the course. Please, have your book for the first class meeting (available at Amazon.com.) Class limit: 30
Instructor: Holly Weber, RN, LCSW, Psychoanalyst
Mondays, April 11 – May 16 (6 wks)
10:00 – 11:30 AM
CSULB, HS&D, room 101

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.) Athletic shoes are recommended, as is loose and layered clothing.
Instructor: Camilla Marie Gartland, certified longevity stick instructor
Mondays, April 11 – June 6
10:00 – 11:30 AM
Park Pacific Tower (meet in patio)

Eight Classic Movie Detectives (films)
See eight classic movie detectives solve some of their most-baffling and mysterious cases. Take a trip back in time to when Hollywood made these eight classic motion pictures and get the inside dope about what went on behind the scenes from instructor, Jeff Hathcock. All of your favorite detectives are here and they challenge you to try and solve these cases before they do.
Instructor: Jeff Hathcock
Mondays, April 11 – June 6
10:00 AM – 1:00 PM
Pine Ave., suite 202

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! 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, April 11 – June 6
11:45 AM – 1:00 PM
CSULB, HS&D, room 101

Cards! Cards! Cards!
We’ll make LOTS of cards in this fun class. You will learn tricks for making quick cards, multiples and cards by the “batch,” and then adapting them for different occasions. Frequently we will exchange cards for even more variety. At the end of the session, you’ll have a “card stash” useable for all occasions. All levels of experience are welcome. Bring $20 cash to cover materials to the first meeting. Bring your basic kit (12 inch paper trimmer with ruler, black fine-tip pen, small scissors, tape runner and a small notebook). All other tools will be provided for your use. Questions about these items or about the class in general? Email the instructor: lisaspaperarts@gmail.com.
Class limit: 15
Instructor: Lisa Peskay Malmsten
Mondays, April 11 – June 6
12:00 – 2:00 PM
CSULB, HS&D, room 119

LOOK for the NEW COURSES offered this term!
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, M.A.
Financial Advisor,
Mondays, April 11 – June 6
1:30 – 3:00 PM
Pine Ave., suite 202

Masterpieces of Asian Art II
This course focuses on select masterpieces of Asian Art. It is an eclectic (rather than Survey) approach to art as we examine 1-2 pieces per class to discover what makes it a masterpiece. Each work is discussed within its historical, cultural and religious (as needed) context. A variety of media will be used (sculpture, ceramics, painting, jade, metal,) as well as an expansive geographic area and time frame (Neolithic to the present). Areas covered include the Ancient Near East, China, India, Tibet, Japan and the Islamic World. Masterpieces II will cover different objects than Masterpieces I, but not necessary to have attended Masterpieces I.
Instructor: Delrie Hobbs, M.A.,
Asian Art, University of London
Mondays, April 11 – June 6
1:30 – 3:00 PM
CSULB, HS&D, room 101

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, M.A.
Public Policy, B.S. Criminal Justice
Mondays, April 11 – June 6
2:30 – 4:00 PM
CSULB, HS&D, room 119

Short Stories
Join us to read and discuss a new selection of impressive short stories. The short story is sometimes 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: 15
Instructor: Dale Lieberfarb, M.A.
Mondays, April 11 – June 6
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, April 11 – June 6
3:15 – 4:45 PM
CSULB, HS&D, room 101

Bowling for Better Health
Can indoor sports be fun and healthy? The CSU Student Union offers “state of the art” bowling lanes. Mel offers coaching techniques to help you learn or improve. Beginner lessons will be offered but all are welcome to bowl. A fee of $15.00 is payable in cash to USU at first class to cover the rental of ball/shoes and use of the lanes.
Instructor: Mel Leach, Prof.
Emerita, cert. archery coach
Mondays, March 14 - May 2 **
10:30 AM – 12:30 PM
Archery Field (near Parking Lot 11)

** Note start and end dates

MONDAY

ACTIVITY CLASSES

Ageless Archery (Beg.)
Would you like to experience harmony in your mind and body with the bow and arrow? Through instruction and practice, the joy of shooting an arrow into the X of the target can be yours. Learn or enhance your skills; enjoy the thrill of this healthy activity. Equipment provided for a $10 cash materials fee to the instructor.
Instructor: Mel Leach,
Prof. Emerita, cert. archery coach
Mondays, March 14 - May 2 **
10:30 AM – 12:30 PM
Archery Field (near Parking Lot 11)

Ageless Archery (Beg.)
Would you like to experience harmony in your mind and body with the bow and arrow? Through instruction and practice, the joy of shooting an arrow into the X of the target can be yours. Learn or enhance your skills; enjoy the thrill of this healthy activity. Equipment provided for a $10 cash materials fee to the instructor.
Instructor: Mel Leach,
Prof. Emerita, cert. archery coach
Mondays, March 14 - May 2 **
10:30 AM – 12:30 PM
Archery Field (near Parking Lot 11)

** Note start and end dates
TUESDAY

Foundations of Investing
This class will cover the foundations of investing including lessons on how to evaluate stocks and bonds, read financial reports, fixed income investments, mutual funds, asset allocation, asset management, long-term-care insurance, and retirement plans. In addition, it will cover tips in selection of a professional financial advisor and what to expect when working with a financial advisor. Each class will include time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.

Instructor: Andy Dilsaver, AAMS, Financial Advisor
Tuesdays, April 12 – May 31
9:00 – 10:30 AM NEW TIME!
CSULB, HS&D, room 119

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increase physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing. Class limit: 30
Instructor: Shona Howe
Tuesdays, April 12 – May 31
8:30 – 9:30 AM
LifeFit Center, KIN 107

Eastern Practices for Wellness
Come explore ancient Eastern wellness techniques that promote relaxation, healing for the body, and peace for the mind along with the scientific evidence for the effectiveness of these practices. Discover free and easy to use methods that reduce pain, lower blood pressure, strengthen the immune system, improve cardiovascular and cognitive functioning, relieve insomnia, increase creativity and restore an overall sense of well-being and joy. Topics covered will include various forms of meditation, right vs. left brain access to wellness, mindfulness, healing forms of movement such as Tao Yin and T’ai Chi, and the restorative practices of sound healing and laughter as medicine. The class combines lectures, demonstrations, and active student participation.

Instructor: Annemarie Lovdahl, CL YL, Certified Qigong and Seijaku Instructor
Tuesdays, April 12 – May 31
10:15 – 11:45 AM
CSULB, HS&D, room 101

Keys to Clearing Clutter
Are you tired of clutter in your home? Are you stuck with too much stuff? Have you tried to get organized before without success? Are you hesitant about what to keep and what to toss? This class will teach you techniques for clearing your space and help you overcome the blocks that have prevented you from reaching your goals in the past. Learn to let go of the things that you don’t want or need and find a home for everything you own. Step by step you can create the clean and well ordered space that you have always wanted. Class limit: 25
Instructor: Tere Sievers, M.A., M.F.T., specializing in Solution-Focused Brief Therapy.
Tuesdays, April 12 – May 31
10:45 – 12:15 AM
CSULB, HS&D, room 119

Rocking Records
You’ve Never Heard Before
A presentation of great rock and roll / rhythm and blues / soul performances you’ve never heard (more or less) before or have long since forgotten. Since rock and roll crashed the scene in 1954, hundreds of thousands, perhaps over a million, records have been released, a tiny percentage ever getting serious radio play and even fewer hitting the charts. The rarest of these slabs of vinyl, put out in pressings from 100 to maybe 1,000 discs, are nearly impossible to find and expensive if you do. Expect to hear some shouting, yelping, grinding guitars and honking tenor saxes, accentuated by fake doo-wop crying and more bizarre sounds meant to sell discs.

Tuesdays, April 12 - May 31
12:00 – 1:30 PM
CSULB, HS&D, room 101

Showtime!
Join the OLLI Players as they prepare and present an afternoon of comedy, drama, tragedy and fun. During rehearsals you will be amazed how the acting bug will bite you! Whether you are an “old trouper” or a novice, you will enjoy the camaraderie that theater brings. The first class will determine if we do scenes or if we do a full-blown play! Don’t be worried about memorization. We have some privileges as seniors!
Performance will be June 4th at 2:00 pm.
Instructor: Nancy Hathcock
Tuesdays, April 12 - May 31
12:30 – 2:30 PM
CSULB, HS&D, room 119

→ See article on page 12
**Drawing for All**
Drawing is basic to all art forms. Learn fundamental techniques of Contour Drawing, Form Analysis, Rendering and Perspective. The course is intended for beginning art students although it may prove helpful to experienced art students. 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, April 12 – May 31**
1:00 – 3:00 PM
LW, Clubhouse 4(rear), Art Studio

**Why James Baldwin?**
It is time to revive an interest in James Baldwin (1924-1987), literary genius of all forms of fiction, provocative essayist, civil rights activist, and social critic. Class members will read and discuss his exploration of the ins-and-outs of racial, class, and sexual distinctions in the U.S. through scenes from “The Amen Corner,” a few of his many essays, and several of his stories. Baldwin reached the height of his notoriety in the 1960s and then retreated to his home in the South of France. The man who once graced the cover of Time had faded from popularity by the time of his death. *Class limit: 18*

**Instructor: Elizabeth Karen Reinhart, M.A., J.D.**
**Tuesdays, April 12 – May 31**
2:30 – 4:00 PM
LW, Clubhouse 3, room 3

→ See article on page 10

**LA Opera Educator Series**

**April 12 & May 24 Specialty Topics**
Take a deeper look into opera and classical music through the eyes of operaphiles as they share their passion and enthusiasm through specially prepared opera talks. Topics range from the delightful to the disastrous and everything in between!

**April 26 La Boheme**
L.A.Opera’s iconic production and Nino Machaidze’s role debut as Mimi includes three Operalia winners: Mario Chang, Janai Brugger, and Amanda Woodbury. Among the bohemian artists of late 19th-century Paris an impoverished young poet and a seamstress fall in love and move in together. She is fatally ill; they part, so that she can find someone better able to take care of her. Their separation brings them enormous sorrow; they reunite but it is too late, and Mimi dies in Rodolfo’s arms.

**May 10 Anatomy Theater**
Based on actual 18th-century texts, Anatomy Theater follows the astonishing progression of an English murderer: from confession to execution and, ultimately, public dissection before a paying audience of fascinated onlookers. Written by Pulitzer Prize–winning composer David Lang and world-renowned visual artist Mark Dion, Anatomy Theater is a joyous, tuneful and grisly theatrical event.

**Instructors: L.A. Opera Educators**
**Tuesdays, 1:45 – 3:15 PM**
CSULB, HS&D, room 101

**Convosational French**
When you studied French in high school or college, you learned to memorize vocabulary, translate texts, and conjugate verbs. In this class you will practice what you have learned and increase your skills in understanding what you hear, see, and need to say in everyday life. In addition, you will learn more about French culture and practical techniques for enjoying life in the French-speaking world. Recommended preparation: previous study of French in high school or college and some proficiency in speaking and understanding French.

**Instructor: Malcolm Green, M.A.**
**Tuesdays, April 12 – May 31**
3:30 - 5:00 PM
CSULB, HS&D, room 101

→ See article on front cover

**ROAD SCHOLAR**
**FREE SPECIAL EVENT**
OLLI hosts a lecture on the not-for-profit Road Scholar Organization by a local Road Scholar Ambassador, Jill Swaim. If you love to travel, enjoy learning about new things, exploring interesting places and meeting people who share a love of adventure, come and learn about Road Scholar. The program offers more than 6,500 programs each year in 150 countries worldwide. Jill will present an insider’s look at Road Scholar adventures

**Tuesday, May 17th**
1:45 – 3:15 PM
CSULB, HS&D, room 101
Elementary Japanese 101
Class will begin with polite expressions (or “aisatsu”) that are crucial in daily communication and pertain to Japanese customs and traditions. “Hiragana” (one of two Japanese syllabaries) will be introduced early on to enhance reading and writing skills. Handouts and video clips will be used regularly for extra listening and speaking practice. Students are welcome to tell their own experience with Japanese culture and to participate in a class ‘culture project’ toward the end. **Class limit: 25**

**Instructor:** William J. Teweles, Ph.D.  
**Wednesdays, April 13 – June 1**  
8:15 – 9:45 AM  
CSULB, HS&D, room 119

Big Band Swing Era 1935 - 1950
Using videos and recordings, this class will explore the music of such greats as Count Basie, Duke Ellington, Tommy and Jimmy Dorsey, Benny Goodman, Woody Herman, Glenn Miller, Artie Shaw and Paul Whiteman. Along with these wonderful bands, we will experience some of the vocalists, such as Bing Crosby, Frank Sinatra, and the McGuire Sisters, that accompanied the bands’ performances.  

**Instructor:** Jim Elsten  
**Wednesdays, April 13 – June 1**  
10:00 – 11:30 AM  
CSULB, HS&D, room 101

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 camera manual to the first class. **Class limit: 25**

**Instructor:** Terry Fiskin  
**Wednesdays, April 13 – May 11 (5 wks)**  
10:00 – 11:30 AM  
CSULB, HS&D, room 101

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  
**Wednesdays, April 13 – June 1**  
10:00 – 11:30 AM  
Pine Ave., suite 202

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, April 13 – June 1**  
1:00 – 3:00 PM  
LW Clubhouse 4, Art Studio (rear)

"WHODUNIT?!? What really goes on at a crime scene and during a criminal investigation? What happens in the courtroom and who are the players? Learn what CSI and those Cold Case shows don’t show you. Whether you see yourself as an armchair sleuth or you just want to learn more about the criminal mind, this class is for you, Sherlock! Retired Homicide Detective Russ Enyeart can’t wait to share his stories & safety tips with you.  

**Instructor:** Russell Enyeart, retired Homicide Detective  
**Wednesdays, April 13 – June 1**  
8:15 – 9:45 AM  
CSULB, HS&D, room 101

Arts in Chinese Life - Part II
From archeological findings of early art development to calligraphy and modern Chinese paintings, this class will focus on introducing art objects collected in Taiwan and Beijing museums. Each piece will be discussed as to its background information, its meaning in decoration, and its symbolic significance. Discussion will emphasize the significance of artistic expressions, historical background, and the role played in Chinese life.  

*You need not have taken Part I.*

**Instructor:** Teresa Sun  
**Wednesdays, April 13 – June 1**  
11:45 AM – 1:15 PM  
CSULB, HS&D, room 101

**WHODUNIT?!?**
What really goes on at a crime scene and during a criminal investigation? What happens in the courtroom and who are the players? Learn what CSI and those Cold Case shows don’t show you. Whether you see yourself as an armchair sleuth or you just want to learn more about the criminal mind, this class is for you, Sherlock! Retired Homicide Detective Russ Enyeart can’t wait to share his stories & safety tips with you.

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**Instructor:** Teresa Sun  
**Wednesdays, April 13 – June 1**  
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, April 13 – June 1**  
1:00 – 3:00 PM  
LW Clubhouse 4, Art Studio (rear)
Eight Stories... Eight Weeks
Along with the daffodils we’ll welcome spring with short stories that encompass the great variety of life’s experiences. Come and join other short story aficionados... to read and discuss works by writers, some familiar, and others totally new to you.

Instructor: Mona Panitz
Wednesdays, April 13 - June 1
1:30 – 3:00 PM
Pine Ave., Suite 202

Travel Workshop
This unique travel program presents an informative, educational, interactive approach. 16 categories of topics include locating extensive travel resources, travel budgeting, explaining travel insurance, TSA, solo travel and packing for domestic and international travelers. We stress saving you time, effort and money, staying healthy, and enjoying local and regional cuisine. Co-instructors are experienced travelers with no commercial affiliation. They include research findings and present topics in an enlightened and fun atmosphere.

Instructors: Bob Aronson & Carol Apt
Wednesdays, May 11 & 18 (2 wks)
1:30 – 3:30 PM (2 hours)
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, April 13 - June 1
3:15 – 4:45 PM
CSULB, HS&D, room 119

LONG BEACH OPERA EVENT: JACOB TV’s THE NEWS
The News is a reality show in which live music is synchronized with non-fiction footage from the international media, based on speech grooves. Two singing anchors present breaking news from their newsroom, accompanied by a nine-piece band and a huge screen that shows manipulated news items about politics, economy, religion, war and peace, showbiz and trivialities. The music by Dutch composer Jacob ter Veldhuis (Jacob TV) is an appealing blend of classical and world music, blues, jazz, rock, and pop. Come learn more about this “techno/video/pop opera” that provides an eye-opening view of a society addicted to an endless stream of 24/7 infotainment. We’ll also enjoy a special sneak preview of LBO’s 2017 season!

Wednesday, June 1
1:30 – 3:30 PM
CSULB, HS&D, room 101

Social Realism in Hispanic Art and Film
In an attempt to understand the aesthetics and objectives shared by Art and Film, we’ll first 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”. The following week 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. Later, we will look at the indigenous paintings of Ecuador’s Osvaldo Guayasamin and Eduardo Kingman connecting them to the films of Luis Buñuel (Los Olvidados, La Viridiana). Finally, we take on the theme of isolation in Goya’s “Black Paintings” and the movie “Spirit of the Beehive” by Victor Erice. Should time permit, we will include the paintings of David Alfaro Siqueiros and Jose Clemente Orozco and connect them to a Latin American or Spanish film with similar themes, perspectives, and aesthetics.

Instructor: Harold Cannon, Ph.D.
Spanish
Wednesdays, April 13-May 4 (4 wks)
1:30-4:30 PM (3 hours)
CSULB, HS&D, room 101

Eight Stories... Eight Weeks
Along with the daffodils we’ll welcome spring with short stories that encompass the great variety of life’s experiences. Come and join other short story aficionados... to read and discuss works by writers, some familiar, and others totally new to you.

Instructor: Mona Panitz
Wednesdays, April 13 - June 1
1:30 – 3:00 PM
Pine Ave., Suite 202
THURSDAY

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, April 14 - June 2
8:30 – 9:30 AM
LW, Clubhouse 6, room 6C

A Love Affair with Roses
Learn how to select the correct rose for the area in which you live. Topics will include preparing the soil, selecting the correct location for planting your roses, and the importance of sun, water, and fertilizer. In addition, class members will learn how to deal with insects and pruning. Class limit: 25
Instructor: Stu Span, B.A.
Ornamental Horticulture, author, Consulting Rosarian with the American Rose Society at Roger’s Gardens
Thursdays, April 14 & 21 (2 wks)
9:00 - 10:30 AM
CSULB, HS&D, room 119

Fear Not, I Speak Shakespeare – Act XVIII
The goal of the class is for you to enjoy Shakespeare – whether you see his plays in a film or on a stage or in your imagination. This time we’ll concentrate on only one play – King Lear. We’ll study the text and watch scenes in video, comparing actors and styles. We’ll talk about what we think life was like when Shakespeare wrote the plays, and why his work still resonates with audiences today. We welcome newcomers to the class! We’ll start out with an overview of Shakespeare’s meager biographic information and the 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 and what little I know about Shakespeare with you – and to learn more together! I look forward to having you join us!
Instructor: Michele Roberge, M.A.
Executive Director, Carpenter Performing Arts Center, CSULB
Thursdays, April 14 - June 9
(no class June 2)
10:15 – 11:45 AM
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, April 14 - June 2
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. Work your brain!
Instructor: Patricia Woods,
assisted by Ian Woods
Thursdays, April 14 - June 2
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, B.A.
Fine Arts; AA Design & Illustration
Thursdays, April 14 - June 2
1:00 – 3:00 PM
Pine Ave., suite 202
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 also welcome.
Instructor: Donna O’Keefe
Thursdays, April 14 - June 2
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, April 14 - June 2
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 covers: the most common investing mistakes and how to avoid them and the 10 rules every investor should know. Class limit: 25
Instructor: Steve Masoner, FA
Thursdays, April 14 - June 2
1:30 - 3:00 PM
CSULB, HS&D, room 119

Learn the Guitar
Have you wanted to learn to play the acoustic (non-electronic) guitar? This class will accommodate beginner and more advanced guitar aficionados. Learn how to tune your instrument and how to play chords, strums and picks for folk and pop music. Have fun and entertain each other.
Instructor: Craig Lowe
Thursdays, April 14 – June 2
1:45 – 3:15 PM
CSULB, HS&D, room 101

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, April 15 – June 3
8:30 - 10:00 AM
CSULB, HS&D, room 119

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? Do you like to harmonize? If so, “catch the spirit” and join the OLLI SATB Vocal Ensemble. We’d love to have you. Possible $5.00 fee for music.
Instructor: Fran Harding
Thursdays, April 14 - June 2
3:30 – 5:00 PM
CSULB, HS&D, room 101

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, April 15 – June 3
10:15 – 11:45 AM
CSULB, HS&D, room 119
Chinese Art History Survey
This class will include a lecture and a PowerPoint survey of the Chinese civilization from 2000 B.C. to 2012 A.D. Students will learn about the ancient and modern governments, religions, philosophies, economics, and science of China so they will better understand the art of China. In addition, students will learn about the major Chinese Dynasties and a sampling of painting, ceramics, sculpture, crafts, and architecture from each dynasty and, also, will understand the impact these have on us today. 
Class limit: 30
Instructor: Richard Harsh, B.A. Fine Arts, M.A. Education
Fridays, April 22 – June 3 (7 wks)
8:30 - 10:00 AM
CSULB, HS&D, room 101

The Revolution in Ethics
Beginning in the late twentieth century, new ways of thinking about gender roles, sex, and animals have challenged traditional morality as never before. Should we welcome or deplore what amounts to a naturalistic revolution in morality? Join our class for a lively discussion of values in conflict.
Class limit: 25
Instructor: Shane Andre, Ph.D.
Fridays, April 15 – May 27 (7 wks)
10:00 – 11:30 AM
LW, Clubhouse 3, room 3

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, Jan. 15 – March 4
12:30 – 2:00 PM
CSULB, HS&D, room 119

Coen Brothers Film Festival
This class will explore the films of the Coen brothers as directors, producers, and screenwriters. First recognized with the neo-noir hit Blood Simple, they have gone on to write, produce, and direct films in many genres. We will see 8 of the best including The Big Lebowski. The dude abides.
Instructor: Michael Gavin
Fridays, April 15 – June 3
12:00 – 3:00 PM
CSULB, HS&D, room 101

Playreading with Alice
Choosing from the best plays of the 19th/20th 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. 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
Fridays, April 15 – June 3
2:30 – 4:00 PM
LW, Clubhouse 3, room 3

The Four Plans: Estate Planning 101
Planning your estate includes making four key decisions that can affect you now and later impact your estate. This four-week workshop will help you make decisions about your estate and financial plans, health care plans, and your final estate distributions.
Instructor: Susan Berkman
Fridays, April 15 – May 6 (4 wks)
2:30 – 4:00 PM
CSULB, HS&D, room 119

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

The Mystic Tradition: What Is “IT”?
We will examine how the various spiritual traditions of the world have been transmitted by mystics, philosophers, theologians, scholars and teachers. In our own time, they now have become available and opened to all who will spend the time to study them. In addition, we will examine the universality of these great spiritual traditions and how they relate to the world’s cultures. We will continue to investigate how the lessons learned now culminate in Integral Studies and the necessary transcendental practices needed to empirically verify the current finding of those disciplines.
Instructor: Mark Barnett, D.D., Ms.D.
Fridays, April 15 – June 3
10:15 - 11:45 AM
CSULB, HS&D, room 101

The Dude Abides
**SPECIAL EVENTS**

**LONG BEACH OPERA PREVIEW:**

FRANCIS POULENC'S

LA VOIX HUMAINE

It is late at night and a distraught woman is on the phone with her former lover. Tomorrow he intends to marry someone else; however, tonight her hopes cling to their final conversation. LBO Suzan Hanson stars in one of opera's most powerful monologues, where a lonely woman lays bare the heartbreak of unrequited love. Come learn about Francis Poulenc's 1959 one-woman opera *The New York Times* calls "an unremittingly emotional scene...an overwhelming tour de force."

**Friday, April 15**

8:30 - 10:00 AM  Room 101

**JACOB TV's THE NEWS**

The News is a reality show in which live music is synchronized with non-fiction footage from the international media, based on speech grooves. The music by Dutch composer Jacob ter Veldhuis (Jacob TV) is an appealing blend of classical and world music, blues, jazz, rock, and pop. Come learn about this "techno/video/pop opera" that provides an eye-opening view of a society addicted to an endless stream of 24/7 infotainment. We'll also enjoy a special sneak preview of LBO's 2017 season!

**Wednesday, June 1**

1:30 – 3:30 PM Room 101

**Volunteers!**

There are so many ways you can Volunteer at OLLI. Offer a class, join a committee, become a classroom assistant or a Governing Board member. Contact the office for more information!

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**ROAD SCHOLAR SPECIAL EVENT**

OLLI hosts a lecture on the not-for-profit Road Scholar Organization by a local Road Scholar Ambassador, Jill Swaim. If you love to travel, enjoy learning about new things, exploring interesting places and meeting people who share a love of adventure, come and learn about Road Scholar. The program offers more than 6,500 programs each year in 150 countries worldwide. Jill will present an insider’s look at Road Scholar adventures

**Tuesday, May 17th**

1:45 – 3:15 PM

CSULB, HS&D, room 101

**COMING THIS SPRING!**

**The Lori and Don Brault Successful Aging Lecture**

Watch for announcements and plan to join us for the 3rd Annual Successful Aging Lecture sponsored by long time OLLI members. The Braults generously underwrite this series about the aging process and celebrating positive life events.

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**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! Lesson and feedback and critique each other's experience in painting or draw-

**Instructor:** Mike Daniels

**Saturdays, April 16 – June 4**

8:30 AM - 12:00 noon  
CSULB, HS&D, room 105

**Tough Dames, Tough Times**

The Depression ushered in the beginning of women’s downfall in controlling the film system. The female writers and directors of the silent era were forgotten by the end of the thirties. The female stars that had controlled their artistic endeavors were now forced to tow the line of ruthless movie moguls like Louis B Mayer and Jack L Warner. Yet, through it all, the thirties produced some of the grittiest, sexiest, most progressive films made by and for women that the world has ever seen. Come find out how these tough dames overcame severe obstacles to create movie magic.

**Instructor:** Allyson Hathcock

**Saturdays, April 16, 23, May 14,21 & Double Feature Days April 30, May 28 (9:00 - 2:00)**

9:00 AM - 12:00 noon

CSULB, HS&D, room 101
Get 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, how to organize and share them; personalize your iPhone using Settings; surf the Web; listen to music; and manage your calendar and contacts.
Prerequisites: have an iPhone 4s or higher.
Instructor: Kathy Winkenwerder
Dates: April 11 – June 6
Time: 8:30 – 10:00

Word for the Mac (Mac)
Microsoft Word does much more than just word processing. Use this popular software to create all kinds of professional-looking documents — letters, fliers, newsletters, reports and more. Learn how to set up, edit and save your documents, make bulleted and numbered lists, insert photos and clip art, make indexes and tables, and use templates and the handy toolbars. Explore Word using the new El Capitan operating system now on the lab computers.
Prerequisite: previous Mac experience
Instructor: Gail Meredith
Dates: April 11 – June 6
Time: 12:30 – 1:30

Samsung Smartphone Basics (Android)
Bring your phone and 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.
Instructor: Richard Sherwood
Dates: April 11 – June 6
Time: 3:30 – 5:00

Beginning Photoshop Elements I (PC)
Adobe Photoshop Elements is one of the most versatile image enhancement photo programs available today. First you will learn how to use the Adobe Organizer Program. This will get those picture files in a logical retrievable order. We will enhance those pictures with hands-on use of the many quick fix options available. Learning about resolution will help you email or prepare pictures for right size prints.
Prerequisite: Beg. Windows PC
Instructor: Craig Lowe
Dates: April 11 – June 6
Time: 10:15 – 11:45

INSPIRED TO TEACH?
OLLI is always looking for people who love to tell others about their Technology or other passions. Is it Photography, Games, Social Media, Hardware, Fitness Apps, or anything else involved with Technology? Contact the office and become a Volunteer Instructor or Coach!
**TUESDAY**

**Get to Know Your iPhone (iOS)**
Have an iPhone and aren't sure how to get the most out of it? This 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, how to organize and share them; personalize your iPhone using Settings; surf the Web; listen to music; and manage your calendar and contacts.

*Prerequisites: have an iPhone 4s or higher. Bring your activated and charged phone to each class.*

*Instructor: Kathy Winkenwerder*

*Dates: April 12 – May 31*

*Time: 8:30 – 10:00*

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**Introduction to Windows 10 (4-Week class)**
Learn how to navigate and control Microsoft’s new operating system. Learn how to personalize the new Start Menu. Explore the world of Live Tiles and Apps. Learn to use the Microsoft Store to get Apps. See how to run older programs and learn about free programs that can bring back some of the functions of previous versions of Windows. Students may bring their own laptops.

*Instructor: Wesley Peck*

*Dates: May 10 – 31*

*Time: 3:30 – 5:00*

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**Computer Drawing (Mac and PC)**
Take art to a different dimension by learning to use a stylus to draw on a tablet connected to a computer. Practice with pictures provided by the instructor, and then draw your own using Corel software. Work with brushes, effects, patterns, and colors; learn to scan and print your artwork. Share them with family and friends by email, or insert into cards, pictures, and calendars.

*The class is limited to six students.*

*Instructor: Patricia Woods*

*Dates: April 12 – May 31*

*Time: 1:45 – 3:15*

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**Exploring the iPad (iOS)**
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 more. See how to find, buy and download the right apps for you.

*Instructor: Marilyn Gettys*

*Dates: April 12 – May 31*

*Time: 1:45 – 3:15*

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**Facebook, Instagram, Twitter and Pinterest (5-week class)**
Want to know how to post comments on Facebook, tweets on Twitter, upload photos on Instagram, pin images on Pinterest, and also open accounts and find family and friends on each one? Learn about today’s prominent social media platforms to become a consumer of social media. Topics include privacy concerns and the history and future of the social media phenomenon.

*Instructor: Emily Sopo*

*Dates: April 13 – May 11*

*Time: 8:30 – 10:00*

→ See article on page 8

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

*Prerequisite: Beginning Photoshop Elements I or instructor’s permission.*

*Instructor: Harold Drab*

*Dates: April 12 – May 31*

*Time: 10:15 – 11:45*

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**WEDNESDAY**

**Exploring the iPad (iOS)**
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 more. See how to find, buy and download the right apps for you. 

*Bring your iPad to class*

*Instructor: Marilyn Gettys*

*Dates: April 13 – June 1*

*Time: 10:15 – 11:45*

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**Apps Only - All Smart Devices!**
For those who know already know how to use SmartDevices. The first class will be a review of the apps that come on your device. The most popular apps will be covered first and students will decide what apps are taught in the remainder of the classes.

*Prerequisite: Bring your phone or pad to class every week.*

*Instructor: Marilyn Gettys*

*Dates: April 13 – June 1*

*Time: 12:00 – 1:30*
**WEDNESDAY**

**It's Your Mac. Do What You Want to Do (Mac)**
Are you a beginning Mac user? Learn how to manage the dock, finder windows, menus and shortcuts. 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. There will be plenty of opportunities to get 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  
**Dates:** April 13 – June 1  
**Time:** 1:45 – 3:15

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**Basic Photographic Composition (4-week class)**
Whether you’re using smartphone, tablet or camera, students will be able to improve their photographic technique while viewing many sample images. Starting with composition basics, students will learn how to create more pleasing and compelling images by using the elements of color, shape, angles and contrast. Students will also learn how to transfer their photos to a computer. Handouts provided by the instructor.

**Instructor:** Larry Hicks  
**Dates:** April 14 – May 5  
**Time:** 8:30 – 10:00

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**Buy and Sell Online (PC and Mac) (4-week class)**
See what Amazon, eBay and Craigslist have in common, how to stay safe when you’re online, and how to set up accounts. When you’re thinking of buying items on Amazon, learn how to compare prices and quality with the same item on other sites. You’ll also learn the best techniques of buying or selling something on Craigslist.

**Instructor:** Craig Lowe  
**Dates:** April 14 – May 5  
**Time:** 10:15 – 11:45  
→ See article on page 8

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**Manage and Enhance Your Photos with Picasa (PC and Mac)**
Get pictures from your camera to your computer and edit them with Picasa. Learn how to crop them, add text or remove red eye in your photos. Make a slide show or video from selected pictures, or organize photos into a collage. There also will be an introduction to the new Google Photos, an app that stores photos from your smartphone and tablet. Please bring your camera to the second session.

*Prerequisites: Intermediate computer or instructor’s permission.*

**Instructor:** Reggie Gates  
**Dates:** April 14 – June 2  
**Time:** 1:45 – 3:15

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**Introduction to Windows 10 (PC)**
(4-Week class)
See Tuesday class description

**Instructor:** Wesley Peck  
**Dates:** April 14 – May 5  
**Time:** 3:30 – 5:00

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**Windows Skills Review (PC)**
(4-week class)
Get individualized support to reinforce the skills you learn in our Windows classes. Students will get one-on-one help with how to use email, find things on the Web, make folders, copy and paste, use a simple word processing program, and where to store the documents you create.

*Prerequisite: Current or past enrollment in computer lab Windows classes.*

**Instructor:** Toni Evans  
**Dates:** May 12 – June 2  
**Time:** 3:30 – 5:00
Use the OLLI or CSULB website for all campus maps  www.csulb.edu/maps

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
The main gate security office will have the names of enrolled students who are non-Leisure World residents to admit them for the first classes. Follow LW guidelines for parking near a clubhouse.

OLLI @ CSULB Parking Permits

For the convenience of our members, permits 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 CSULB 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.
OLLI Pine Avenue
Parking Options Downtown

- 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 area at 714 Pacific Ave. just behind the OLLI classroom building.

OLLI at CSULB
Governing Council

Barbara White Executive Director
Bill Fitzpatrick President
Naida Tushnet Vice President
Karin Covey Treasurer
Vicki O’Toole Secretary
Len Jacobson Member-at-Large
Michael Gavin Member-at-Large
Jack Blecher Communications
Richard Adams Communications
Pat Wrenn Education
Karen McDonough Education
Kathy Wikenwerder Technology
Wesley Peck Technology
Open Member Services
Malcolm Green President Emeritus

Members-at-Large represent the general membership at Governing Council meetings.

Upcoming Governing Council Meetings:
March 18 - April 15 - May 20 - June 17

Meetings are held on campus at 1:30 pm in room ET 103. They are open to all OLLI members. Contact the office - 985-8237

Advisory Board
Don Brault Theresa Marino
Dixie Grimmett Dr. Susan Mathieu
Kit Katz Rosemary Lewallen
Donald Lauda

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 CSULB fall and spring semesters. A shuttle stops at the south-west corner of Lot 11 and will drop off in front of the Design building. Check details at the CSULB website www.csulbshuttle.com

Use the Long Beach Transit website for all bus routes www.lbtransit.com
WHODUNIT?

For those of you who may have wanted to be in the presence of noted detectives like Sherlock Holmes, Philip Marlowe, Sam Spade, Hercule Poirot, Columbo, Inspector Clouseau, Leroy Gibbs, Dick Tracy, and others who specialized in homicide cases, OLLI brings you a live one in the person of retired homicide detective Russ Enyeart in his class WHODUNIT?

Russ graduated from the Police Academy in 1970. In 1979 he was promoted from uniform patrol to detective and assigned to homicide, kidnapping cases, plus officer-involved shootings and in-custody deaths. An “in-custody” death case arises whenever a person in custody dies from any cause while being transported in a police vehicle or in a jail facility. He retired in 2002.

He was a primary detective in excess of three-hundred cases that included double- and triple-victim deaths with motives running the gamut from drugs and gangs to robbery and domestic violence. He came out of retirement in 2005 for an additional six years when TV “Cold Case” shows became popular. It motivated local police departments to create cold case units handled by experienced retired homicide detectives.

Quoting Russ, “I have tons of stories and information about how much homicide investigation has changed since 1979 with the advent of DNA and other technical advances.” Russ has some background in teaching. Over the years he has spoken about his occupation to many different youth and adult groups. Discover much more from this detective in the new OLLI WHODUNIT class.

SPRING Registration starts Saturday, March 5
8:30 - 11:30 AM CSULB - HSD 101