Will the Real Republic Please Stand Up?

Back in October of 2008, an impressive collaboration of sponsors hosted a one-day event audaciously dubbed the “University by the Sea.” It boasted 75 unique class offerings presented by local subject matter experts at more than a dozen venues in downtown Long Beach. One class titled “History of the Roman Republic” was presented by Long Beach Mayor, Bob Foster.

When I asked Bob how he became so interested in the early Roman Empire, he first chastised me for the frequent misnomer. (The “Roman Republic” – 509 BC to 27 BC – is not to be confused with the Roman Empire that followed.) He went on to say that his interest started when he read *The First Man in Rome*, a historical novel by Colleen McCullough, best known for the 1977 best-selling novel *The Thorn Birds*. *The First Man...* was actually the first book in her celebrated “Masters of Rome” series.

Drawing on his degree in Public Administration, his experience as President of So. California Edison, and as Mayor of Long Beach, Bob was intrigued by the similarities between the Roman Republic and the political underpinnings of the United States. He continued learning about the storied civilization of old. By associating this early civilization with the *Federalist Papers* and the U.S. Constitution, Bob demonstrates its relevance today. His passion for this intriguing subject will be evident when he shares his extensive knowledge with OLLI members in a six week series on *The Roman Republic & Contemporary America*.

As mayor, Bob is credited with navigating Long Beach through immense financial challenges. His reputation is one of toughness but fairness. A grateful city will respond by naming the new City Council Chambers in his honor. Today he enjoys traveling, sharing his expertise in public utilities and doing it all with his customary sense of humor.

→ See class description on page 21
Editor’s Comments

“None of us are getting out of here alive, so please stop treating yourself like an afterthought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth that you’re carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There’s no time for anything else.” ~~ Anthony Hopkins

I spent the last ten days on a “Siblings Reunion.” The four of us enjoy being together when we can. We have not all been together since my mother’s funeral in 2016. My brother and older sister have spent a number of years working outside of the US and we are glad to all be settling down from the globe-trotting. We committed ourselves to day trips exploring southern California since we grew up here but have not “seen it all.”

My sister (executor of the estate) told us that there were undistributed funds in the estate. She suggested that we use some of that money to let our parents “treat” us the entire nine days. We all agreed, and each time we enjoyed a meal or admission to a venue we just said, “Thanks Mom & Dad.”

This “reunion” also became a remembrance of, and tribute to, our parents. We know they would be pleased to see us happily enjoying the fruits of their labor. I think they raised us right, and taught us to value memories more than “things.” This has impacted the way I think about the “things” in my life. I’ve become more open to using the things around me, especially with my grandchildren. We use (but not abuse) the house. It gets messy sometimes, but is easily straightened up in a few minutes after the laughter dies down, but the memories linger. For me and my grandkids, one of the best things in life is fun times at Papa’s house. I like that.

Letter to the Editor

Dear OLLI Leaders,

I recently read about the change offered by the Golden Rain Foundation at Leisure World and noted that North Orange County Continuing Education will be offering classes here at LW. We will miss all of our OLLI instructors and classes that we enjoyed for years. We can still take classes at the campus and at the other OLLI sites - but not here in LW. I thought it was a wonderful opportunity to be connected with the California State University system and young people on campus. I think they consider Leisure World to be part of Orange county rather than LA county.

So in the end - we will still be around OLLI for many things.

Fondly,
Ellen Brannigan
The President’s Corner

Availability of parking at CSULB is a problem for many of us and there is no easy solution in sight. For some it is also a costly burden. One thing we have been doing to alleviate the problem is to provide classes at different venues throughout the local area where parking is free. This is one of the main criteria we apply when we are surveying new venues. You’ll notice our Spring offerings include classes at our downtown Long Beach (PA) classroom, at the American Gold Star Manor, at the Alpert Jewish Community Center, at the Lawn Bowling Club in Recreation Park, at the Long Beach Bridge Center, at the Community Center in Little Recreation Park on 7th St., and at St. Isidore Historical Plaza in Los Alamitos. (Whew!) So if campus parking is particularly burdensome for you, consider taking a class at one of these off-campus venues where parking is free. But also, why not try public transportation and campus shuttles to get you to classes here at CSULB? (http://www.csulb.edu/parking-and-transportation-services)

Special thanks for those generous donations we received through our end-of-the-year fund raising campaign. We can continue to offer our instructors and other volunteers a paid-for “hunting license” for a parking spot on campus.

You may have noticed some marketing material from the Carpenter Center in among our emails to you. That’s because we’ve entered into a joint marketing agreement with the Carpenter Center which we hope will aid in our growth as well as providing Carpenter Center program information to our members. Look for the OLLI info next time you go to a Sunday afternoon performance there. Additional marketing agreements with other CSULB entities are in the planning stage as our marketing efforts expand. You too can help by telling your friends about OLLI. That has proven to be the most effective way we grow our membership.

Another thing we’ve been up to is planning for our Jubilee 25th Anniversary year. I still can’t reveal all the great events in store as they are being refined right now, but you will hear of them soon. Please consider joining our over 200 OLLI volunteers. There are many opportunities to make effective use of your skills and interests and for you to make new acquaintances.

From the Executive Director

If we live, we should grow – not in girth, but in experiences. As you can see from our President’s message, we are growing into some new and exciting venues. This offers new opportunities for lifelong learning, and the hope for free parking!! It is easy to take these new sites for granted. We expect OLLI sites to be run efficiently and that classes will be magically scheduled and will run smoothly. However, just as in the production of a movie or play, what happens behind the scenes is integral to the end result. Growth puts increasing workload on our office staff, and we need to “think outside the box” as we move in new directions. As an OLLI member, I know you are committed to this organization and with membership comes the opportunity to support it. And so, we would like to offer you the opportunity to step behind the scenes and help us with the production of our classes, the care and feeding of our sites, and to enjoy the fun of it all (we do laugh a lot!).

We are looking for members to participate with other volunteers and become involved in development of our new sites. We all have opinions about sites and classes, which qualifies us for this opportunity! Perhaps you live near to one of these new sites and are ideally suited for the experience, or are looking for a new horizon to conquer. As collaborators you will work with fellow volunteers to grow our OLLI for future generations. Descriptions of these site support roles will be forthcoming.

As we approach our 25th anniversary year in 2021, please consider joining us as we move out into our great Long Beach community. We cannot do it without you and we don’t want to!
In the Spotlight

OLLI Profile: Gary Murph

I have never worked in city government nor have I worked in higher education. I don’t know the nuances of these professions, but I had always assumed it takes a unique person to be able to hire a team for public service, set goals that align with your constituents, develop public policy, build consensus and avoid the political quicksand that exists in these environments.

It takes a “trailblazer,” someone who isn’t afraid of being “the first,” and the burden of setting your route for success, it takes self-confidence to encourage dialogue and counter opinions without blindly holding on to your ego, and it takes a spirit of lifelong learning to enjoy the ride along your journey.

I met trailblazer Gary Murph a little while back. He grew up in Ohio, earned a degree in Economics from “The” Ohio State University. He launched his career in retail management with management roles with JC Penny and The Federated Stores. Gary’s second career chapter began with management roles with the State of Ohio where he applied his financial expertise. As fate would have it, his “trails to blaze” were really in the West. He relocated to California in 1975 (his brother was here and convinced Gary of the virtues of the Golden State). First stop on the California trail was as Budget Director/Special Assistant to the City Manager of Compton. From city government Gary transitioned into higher education, with executive and VP positions at Santa Monica City College, Rancho Santiago, Citrus College and Cal State University Los Angeles. Like many executives, transitioning into retirement is challenging. After retiring in 2000, Gary was recruited to join the team at Mount Hood Community College, first as VP of Finance, and subsequently as Interim President before retiring again in 2008.

Gary joined OLLI in 2016. I asked him what he gets from his OLLI experience. He says, “I am entertained at OLLI. I get the chance to have stimulating conversations with my peers…. people of my generation, on difficult topics. I also learn something, and I think the classes are very informative.” He went on to say he also gets joy from walking around CSULB. It reminds him of his campuses and with his knowledge of the operations of a university, he enjoys being in the center of things again.

I asked about some of the classes he has enjoyed. He replied, “Shakespeare, I feel I have a deeper understanding of Shakespeare and a renewed interest in continuing to explore his works. Then there is Irish History. I have Irish ancestry, and wanted to learn about the culture and country. I really enjoyed Literature and Chinese philosophy, and studying the teachings of Lin Yutang.”

It comes as no surprise that Gary has been arm twisted to co-facilitate OLLI’s Current Events and Issues class. He says, “I feel a duty to contribute from the front of the classroom as well as from the back of the classroom.”

As we wrapped up our delightful chat, Gary shared one of his favorite quotes from Lin Yutang. “If you can spend a totally useless afternoon in a totally useless manner, you have learned how to live.”

LIFEFIT CENTER @ the BEACH

Are you looking for a gym or a Physical Therapy resource? Did you know that OLLI members get a discount at the campus LifeFit Center? Find your way over to this “senior gym” and inquire about the classes, trainers and membership offers to join. Contact by phone at 562 - 985 - 2015 or walk over to the Kinesiology building / LifeFit Center and visit.
OLLI Goes to the Mission Inn!

Some 50 OLLI members were able to see the sparkle of holiday lights at the Mission Inn in Riverside on December 11, 2019. The OLLI-sponsored event with Good Times Travel departed Long Beach in the early afternoon and we were pleased that there was little traffic on the road that day. We made it to Riverside in record time! We had time for strolling the local area, snacks, and even time to see the Mission Inn Museum before our guided tours.

Our docent-led tours started just as the sun was setting and the lights began to glow. We learned so much about the history and development of the magnificent Mission Inn and the surrounding area through our informative tour. We heard tales of many presidential visits, long-term occupancy by famous authors and playwrights, and enjoyed hearing about the recent renovation of this 1903 landmark.

Explore History in our Backyard!

After twenty years as an attorney in the Office of Legal Affairs for the UCLA Health System, Shari Faris was eligible to retire. Weighing on her decision was her twelve years of commuting between Lawndale and Westwood on the I-405. Decision made, Shari approached retirement or what she refers to as the second phase of life, with gusto. She checked out the OLLI catalogue and at her earliest opportunity, took her first class in winter of 2019. Less than a year later, she volunteered to be an OLLI instructor.

Her volunteer work as a docent giving tours at Rancho Los Cerritos in Long Beach gave her the inspiration for a spring course, Exploring History in Our Own Backyard. Her work and long commute (time and miles) had prevented her from exploring historical places in the greater Long Beach-Los Angeles area, both the well-known and the hidden gems.

Why not take interested OLLI members with her on her journey to learn more about these historical places? Each week, the class will learn about a new site, the relationship of that site to local history, the individuals who lived there, and the availability of tours. Shari hopes to also include guest speakers.

Rancho Los Cerritos, of course, is on the list of sites. Shari, however, will not be costuming herself in the 1870s dress (with bustle) she sewed herself. She wears it when teaching local fourth-graders the history and significance of the adobe building and the individuals who lived there.

Other sites to learn about include the Banning House built near the original San Pedro Bay, the Bembridge House located near Drake Park in Long Beach, and the Huntington Library in San Marino including the house Henry Huntington built for himself. Not surprisingly, as an undergraduate, Shari was a history major.

→ See class description on page 28
Year End Fundraising Thanks

Sher Lifelong Learning Institute at CSULB continues to grow and we are constantly adapting in order to be sustainable. On-campus parking remains a challenge for our members as the University wrestles with 37,000 students and 14,000 parking spaces. We adapt by offering more classes at alternate sites that have free parking. Continuing to fund all operating expenses was the focus of the 2019 end-of-the-year fundraiser. We will use funds to support those who give of their time and talent so that we can “Learn More and Age Less.” Thank you to all who donated generously supporting volunteers who are integral to our success, as well as the other operating expenses that increase as we grow.

Cindy Ahn
Michael Anderson
Sallie Bakovic
Herb Barnard
Maxine Barton-Bauman
Elizabeth Beall
Carl Becker
Karen Belville
Robert Berman
Susan Bernstein
Barbara Blum
Francoise Bressel
Lynn Brubak
Linda Carr
Robin Collier
Kimel Conway
Susan Csikesz
Randolph Currin

Poems by Cummings & Yeats

by Rick Adams

When Bernard Natelson told an OLLI classmate he intended to teach a poetry class on e.e. Cummings, the response was, “The one who had a broken typewriter.” He was referring to the unique syntax of Cummings’ poetry. Cummings wrote in a visual way that integrated form and content into his words. Bernard has added William Butler Yeats, an Irish poet, a pillar of the Irish literary establishment, and one of the foremost figures of 20th-century literature. He says, “I marvel at his ability to put profound meaning in so few words.”

Each session of the Poetry of Cummings and Yeats class (limited to 20 students) will study 5 or 6 poems of each poet at different stages of their lives. Both poets are worth 2-3 readings to understand their intonations. Cummings was an amateur painter which made him visually oriented. He changed the way verse is written.

Cummings & Yeats are each interesting from a psychological viewpoint. Cummings was known as the bad boy of literature due to the content of his writings. He was in love, but she never returned his advances, even as he proposed a number of times over 30 years. Finally, at age 53 he married a younger woman.

Bernard (M.B.A., Psy.D., A.B.M.P.) earned his doctorate at Rutgers University. In 1980, he came to California for an internship in psychiatry. The permissive weather caused him to stay in southern California. He met a pretty lady at a dance in the valley. When they decided to get married, he convinced her that the weather is better in Long Beach. They have been here ever since.

He has been associated with OLLI for 5 years, including teaching a crossword class. He has always been interested in literature, and is a member of a couple of book clubs. His other interests include theater, classic music, travel and swimming.

→ See class description on page 29
We appreciate the use of campus rooms in order to offer all of the variety of OLLI classes, but we also have to be flexible about changes! If you haven’t visited the HSD 119 classroom yet - here are a few shots of the new look!

A warning though - be very careful sitting down in these rolling chairs.

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My Favorite Things

Lectures and Courses,
From all sorts of sources;
Groups for inquiry, To put in the diary;
Social Events, SIGs, And Field Trip swings;
These are a few of My Fav-OLLI Things.

Meeting some new folks,
To share with some old jokes;
Companions forever, To make one feel clever;
Participating....In life-long learning;
These are a few of My Fav-OLLI Things.

When the hip aches, When the ear rings,
When I can’t sit down;
I simply remember My Fav-OLLI Things,
And then I no lon–ger frown.

Leaving the house,
To escape from the spouse;
Finding a free spot, In our parking lot;
Turning down hearing aids, Helps in snoozing;
These are a few of My Fav-OLLI Things.

Coffee and tea Make us all have to pee;
So breaks in the movie,
For bladders are groovy;
Memory loss helps to Forget everything;
These are a few of My Fav-OLLI Things.

When the bone breaks, When the eye stings,
When I can’t bear down;
I simply remember My Fav-OLLI Things,
And then I no lon–ger frown.

REVIEW: Sung to the tune of My Favorite Things
Words by Avi Naiman
OLLI at U of Oregon Member

NEW Resource for OLLI Members.
Are you looking for help with Parkinson related exercise and movement? Are your Saturdays a little empty and you need inspiration to get moving?

This class offered by Doctoral students might be a good opportunity for you this Spring. Contact either of the students for more answers or to sign up. You may need to arrange parking for March.
News from the Technology Group

Amateur Radio Technician
Have you ever wondered what amateur radio technicians (ham radio operators) do? Or if you knew, did you want to become one yourself? John Rogers, who also has taught our Excel and Access classes and will also be teaching Microsoft Word this term, is an amateur radio operator, and member of the Long Beach Veteran’s Administration radio club. He is also a registered amateur radio instructor.

People involved in this popular hobby use amateur radio to talk to people around the world, even in space. They provide much needed help during emergencies when normal communications don’t work. John will tell you how ham operators communicate, the kind of equipment you need, and the service you could provide to your community. If you’re interested in getting a license, the class will include how to do that as well.

Digitize Your Memories
Your old photos, audio tapes or videos you spent so much time shooting or recording may already be starting to fade, or have been handled so much they were damaged. Sometimes the technology you used to record those memories has fallen out of favor. Remember cassette tapes? You can preserve these links to your past for your family and friends by converting them into digital files. Once they are digitized, you will have a backup in case of fire or other disasters, and you can easily share them. Wes Peck will show you how to convert them. Learn how old documents and files will turn into memories that current technology can play or display. Find out how and where to store those digital files once you have them.

The Cloud — What is it, where is it, and why should I care?
The cloud that a lot of people talk about isn’t just one big computer in the sky. There are thousands of clouds, each with many computers connected together. Chances are, you have stuff in cloud storage right now. For instance, if you use web-based email, post photos on social networks, store books for your Kindle, or store photos or music on Amazon, you are on the cloud. When you use and share documents on Google Drive or Microsoft’s OneDrive, and if you have an Apple product that can back up to the iCloud, your data is in those company clouds. Many of us use cloud services to store, backup and share computer files. However, as convenient as these services can be, there are some cautions about their use. Chris Wisniewski, our privacy and security expert, will explain how these clouds work, which are considered reliable, and how to take the steps necessary to keep the documents you store in the clouds safe.

The Brand New California Online Privacy Law
You may have noticed recently that you have been getting a lot of email from online companies updating their privacy policies. Or when you go to some websites, they let you know that their websites use cookies and why they do. Some websites even include a checkbox that lets you declare you don’t want that website to sell your personal information. (That option used to be nearly impossible for consumers to figure out.) We’re not getting these emails because the companies are suddenly concerned about our welfare. We’re getting them because of California’s new privacy law that just went into effect. Online companies are beginning the process of making it easier for Californians to keep their personal information and browsing habits private.

The California Consumer Privacy Act became law on January 1, 2020. Until then, those of us who live in California (or anywhere else in the US for that matter) didn’t have the legal right to stop online advertisers and other companies from developing profiles of our purchasing habits and from profiting from it.

We now have the right to see information about us that companies have gathered, used and may have sold to other companies. We can tell them to stop doing it. It won’t be easy, partly because the internet is such a big place and there are a lot of websites, and partly because it will take some effort on our part to close all those doors that used to be open. If you want to know how to get started, Chris Wisniewski will show you how in his Digital Privacy and Computer Security class.
Walk on Wednesday-WOW

Do you feel like walking would be good for you, but you don’t want to walk alone? Jim Worsham has just what you need. WOW….or Walk On Wednesday. He plans inspiring and scenic walks around Belmont Shore and Naples and leads you on a brisk walk. It is a great way to start your Wednesday morning.

Walkers are invited to meet every Wednesday in front of Chase Bank (5200 E. 2nd St.) for a brisk walk in the Belmont Shore area. Parking is free at the meters on the street until 10:00 a.m. The average distance is about 3.25 miles and walks take about an hour. Slower walkers can follow the route at their own pace. After returning to Chase Bank most walkers continue to Polly’s Gourmet Coffee, where they can exchange their route ticket for a special deal and visit with other walkers. No sign up or membership is required -- everyone is invited to join in this healthy exercise! The walkers leave at 7:30 a.m. sharp!

This is not an OLLI sponsored event, but you will meet many of your OLLI friends there.

“WOW”

More OLLI Adventurers

A group of adventuresome OLLI members spent a few weeks vacationing in far-off France, with their bicycles!! You might want to ask Chris Quint or Susan Rice for more information about this trip and how it evolved.

Chris and Susan have led bike groups on short and long rides and shared their experience in the OLLI classes on bike safety. Here’s to many more safe trips.
Writers Read Aloud Group

If you enjoy writing for sheer pleasure, then Amy Berger’s new class, Writers’ Read Aloud Group may be a perfect fit for you. Students are encouraged to share poetry, prose, and even political essays in a safe, relaxed, and positive class setting. Reading your own work aloud can bring a voice to your writing that you may not have been aware of. Whether you are a veteran writer or a newcomer, classmate feedback on your vocal reading should help strengthen your writing. Listening to the rhythm and content of others’ readings may also arouse your memory to write future works.

Amy had early success as a writer when, at age ten, she was published in American Girl magazine. She has published a humorous series of essays on her experiences after her divorce that were inspired by dates with ten possible suitors. After remarrying, Amy wrote and published a humorous book about working in corporate America.

She continues to work part-time as a substitute teacher in ABC School District as well as teach adult education. She formed a read aloud group as an offshoot to the California Writers Club and continues to meet with that group today.

This class is limited to 15 students, and will be held on the Campus Mondays, from 3:15 - 4:45. Come express yourself!

→ See class description on page 22

Writing for Wellness

Everyone has feelings but they don’t always know how to express them effectively. Lying unexpressed, thoughts often lead to physical symptoms. Instructor Joan Smith says, “Writing for Wellness helps you write about things that make you sad, angry or joyful. Writing about them can help you heal.” The class is based on techniques in the book Writing for Wellness by Julie Davey. (Copies of the book are available for class use).

You do not need to be a writer. This is not about structure, it is about feelings. Subjects include choosing happiness, changing priorities, addressing family matters and recapturing joy.

Students are given directed writing assignments for class and at home. Sharing what you write is encouraged, but is not required. By the second session, most are getting to know their classmates, and feel comfortable sharing with their new friends. There is no critique, just sharing, and appreciating the journey each person is experiencing.

There is much research that shows how writing one’s thoughts helps clarify them and enable the writer to move forward in life. The book has questions at the end of each chapter that motivate more thinking, introspection and writing. There is lots of growth in this process and it is different for everyone.

At 40, Joan did not have a job. She became a secretary and moved up to corporate public relations. After attending the University of Michigan, she earned a Public Relations certificate at UCLA. The first writing support groups she led were all cancer related. She then opened up to other concerns and has done significant work with veterans.

Joan has been associated with OLLI for nine years and has been facilitating classes for about five years. She is a member of the OLLI Curriculum Committee. She has requests to repeat the class and some students come back to enhance their experience and deal with additional feelings.

→ See class description on page 25
The class called Managing Anger and Other Troubling Emotions has been offered several times at OLLI. For this session however, instructor Steve Sumpter is updating the class with A Deeper Dive into Understanding and Managing Troubling Emotions.

Steve explains the class is much more than “anger management.” In fact, that term which seems to be popular today, identifies only one symptom of a host of troubling emotions including anger, grief, hurt, depression and loneliness. Students will learn about the causes and effects of these emotions and proactively develop skills, techniques and healing rituals that will empower them to control their emotions and live more productive and rewarding lives.

After graduating from CSULB, Steve’s career originally focused on leisure time management and therapy. His work identified links among psychiatric disorders he was dealing with. In the early 1990’s, as Director of Rehabilitation for Capistrano by the Sea Hospital, he developed a seminar address-

Me & Us

Me and Us is the new course offering from retired clinical psychologist Herb Glazeroff, PhD. We all are born into a relationship (Us) attached to another person and gradually evolve into an independent entity (Me). The relationships we are in throughout our lives play a significant role in determining who we are as a Me and what our experience of life is. Herb has a preference that whenever we are in an Us, we never lose sight of Me.

The course is a combination of instruction and active participation with the class occasionally organized into small groups to do an exercise. One such exercise is done in a dyad where each person interviews the other about Family of Origin. It is within our Family of Origin that we first develop our sense of self. Herb presents Patience, Understanding, Empathy, and Acceptance (PUEA) as applicable in both a Me and an Us setting. PUEA is necessary to be in a healthy Us and to have a healthy sense of Me. The class focuses on the development of a sense of self, both as an individual and in relationship with others.

After receiving his PhD, Herb began his career in Detroit, Michigan. He later moved to California. Among various positions held in California, he had administrative responsibility for the Crisis Service and In-Patient Unit at Kaiser Permanente in Fontana and was a Contract Psychologist in the California Department of Corrections and Rehabilitation (CDCR). Herb established private practices in both locations in addition to his full-time position.

Herb is a devotee of OLLI, taking classes regularly as well as teaching a course on a periodic basis. He sees OLLI as a wonderful resource for our community and is proud to be an active participant in it.

Don't Get Angry, Get Smart!

The class called Managing Anger and Other Troubling Emotions has been offered several times at OLLI. For this session however, instructor Steve Sumpter is updating the class with A Deeper Dive into Understanding and Managing Troubling Emotions.

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Don't Get Angry, Get Smart!

by Jim Worsham

by Elizabeth Karen Reinhart
Banking and the Unknown

Have you ever wondered what happens to your money after you deposit it at the bank? How does a bank make money on your money? What protection does your money have? How does your money travel around the world? Why do banks offer mortgage loans?

This class, Banking and the Unknown, will answer these questions and others you have about the banking business. Class is limited to 19 students to allow for questions and is scheduled to run for four sessions, but may go longer depending on interest and questions.

Do you know where your money is and how safe it is? Protecting your money is different for seniors. You will benefit from knowing how banks stay in business, and learning how to increase the insurance on your savings. Instructor Larry Luckey knows the answers from his work as chief operating officer for four banks since his banking experience began in 1978. He started with Union Bank’s training program. During his career, Larry was President/CEO for three independent banks. He founded two banks, ran the operations and sold a bank valued at $9 billion.

Larry holds a BA in Finance, and an MBA from CSULB. He joined OLLI three years ago to experience classes and new ideas and says “Sharing is enjoyable and students should enjoy getting answers.”

→ See class description on page 30

Did You Know?

Have you ever noticed flyers or posters located near the OLLI classroom? Many of them start out with "Can you help...." This past fall we had a request to help CSULB Recreation & Leisure Studies students to complete a research project. And, as usual, OLLI members stepped up and became volunteers for the student research project. Dr. Chung Sup Lee had hoped to find OLLI members who were willing to share their thoughts and actions with students who were taking his Rec 473 Leisure and Aging course. The students were learning how “older adults” use their free time in leisure activities. They wanted and valued any opinions. And of course, we have opinions!

On a cool late Tuesday afternoon in November, 10 OLLI members met with the CSULB students for panel discussions, activities and time to share. Chung Sup led the class in starting a discussion. What is it that seniors do in their free time? Are there leisure activities that take up time after retirement?

The answer was surprising to the students. Most OLLI members really don’t have "free time"! Their days are planned and full and busy! In the course of a few hours during the three class meetings, students learned a lot about their busy subjects' lives. Once the introductions and getting-to-know you talk was underway, you could see that the student's perceptions about "leisure" was changing. There were exchanges, emotions, activities and more.

The OLLI members were pleased to have been active in helping young students learn about aging. We hope it will happen again!
Volunteer Benefits

Why Should You Volunteer?
1. Volunteers live longer and are healthier. Volunteers are happier and healthier than non-volunteers. In fact, later in life, volunteering is even more beneficial for one’s health than exercising and eating well. Older people who volunteer remain physically functional longer, have more robust psychological well-being, and live longer.
2. Volunteering establishes strong relationships. Working alongside people who feel as strongly as you do about supporting a cause creates a path to developing strong relationships with others.
3. Volunteering is good for your career. People who volunteer make more money, partially because the relationships people create while volunteering can be leveraged for financial benefit.
4. Volunteering is good for society. Many businesses, and almost all mission-driven organizations, are successful only if they maintain a strong volunteer workforce.
5. Volunteering gives you a sense of purpose. Although it is not well understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one’s sense of purpose. The very nature of volunteering means choosing to work without being paid for it. As a result, people choose to spend their time on issues they feel strongly about.

   excerpted from Psychology Today, March 2014

Did you know?
You can recycle your dead batteries at OLLI office. CSULB offers a comprehensive sustainability program. Visit the website: http://www.asicsulb.org/corporate/discover/sustain-u

We collect eye glasses for the Lions club recycling program. Drop them in the box in the OLLI classroom.

The ASI Student Food Pantry accepts donations of food and other personal supplies. They suggest easy open or single serve size foods as most needed. Donations can be dropped off at the ASI Beach Pantry Office (USU-302) or the OLLI office. The pantry is open Monday through Friday from 10 a.m. to 2 p.m. and 5 p.m. to 7 p.m. Call 562/985-5264, or e-mail to asi-pantry@csulb.edu
Thank you for helping your community!

Special Events

<table>
<thead>
<tr>
<th>Saturdays, April 11 - May 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicare Issues &amp; Social Security Q &amp; A</td>
</tr>
<tr>
<td>Trusts / Long Term Care / Help at Home - Contact Steve Carr</td>
</tr>
<tr>
<td><a href="mailto:zenisys@charter.net">zenisys@charter.net</a> or 562-233-1400</td>
</tr>
</tbody>
</table>

| Wed., May 13 |
| Pelleas et Melisande |
| 10:00 - 11:30 |
| Room 101 |
| Opera notes presented by Larry Verdugo, LA Opera |

| Wed., May 20 |
| Improve Your Hearing |
| 10:00 - 11:30 |
| Room 101 |
| Learn about latest hearing technology |

| Fri., May 22 |
| Play it Safe! |
| 1:45 - 3:00 |
| Room 101 |
| Howard Manning offers tips for personal safety |

| Wed., May 27 |
| Frauds and Scams |
| 10:00 - 11:30 |
| Room 101 |
| Steve Carr explains the scares that can occur |

| Sat., May 30 |
| OLLI Showtime! Performance |
| 1:00 - 3:30 |
| Room 101 |
| See the latest OLLI Players show! |

Everyone Welcome - Bring a Friend

FREE!

OLLI at CSULB - 2020

| Spring | April 6 - May 30 |
| Summer | July 6 - August 22 |
| Fall | October 1 - November 25 |
| Winter | January 5 - February 28, 2021 |

Holidays–No OLLI Classes

| Memorial Day | Monday, May 25, 2020 |
| Independence Day | Friday, July 3, 2020 (observed) |
| Labor Day | Monday, September 7, 2020 |
| Veterans’ Day | Wednesday, November 11, 2020 |
| Thanksgiving Day | Thursday, November 26, 2020 |
| Holiday Break | Fri. Dec. 25 - Jan. 1, 2021 |
| Martin L King Day | Monday, January 18, 2021 |
Leo Cordley

Leo was born on April 12, 1930, in Ronan, Montana, at the foot of the Rocky Mountains. He was the youngest of four children. He liked the outdoors so Montana was ideal for him. He was fond of animals and birds, always had a cat, a dog, and many rabbits. He wished for a monkey but our Mother advised against this idea! When Leo was 13, the family moved to Washington state, and Leo graduated from WSC in Hotel Administration. He then served in the Army per Uncle Sam’s request in Korea. Leo learned French, went to Switzerland to become a catering assistant and ended up a great cook! He returned to CSULB for a teaching credential and taught with LBUSD schools until 1999. He retired to enjoy gardening, painting and “working” the stock market. He truly enjoyed the OLLI watercolor class and friendship of classmates. Thank you for notes from Leo’s sister Nadine.

ROBERT HENRY ("BOB") FRANKENFELD, M.D.

May 30, 1924 - December 18, 2018

Robert Frankenfeld was born May 30, 1924, in Buffalo, NY. He graduated Riverside High School in 1940 and was encouraged to apply to Cornell University. Shortly after his matriculation, he found an interest in playing chimes in the Cornell carillon, and won the position of chime master! Following his graduation in 1947, Bob began his medical internship and residency at Brooklyn Methodist Hospital. On June 18, 1949, he was married to Elizabeth (“Betty”) Muranyi in Buffalo and began a 66-year marriage that was filled with great triumphs, challenges, and joy. A move to Long Beach started his lifelong interest in his medical practice and health. Always fascinated with the concept of aerobic exercise as an aid to health and longevity, Dr. Bob began jogging on the sand along Alamitos Bay in the late 1950’s, decades before the popularity of running and marathons. Bob’s life involved teaching for UCLA and UC Irvine in local hospitals and he served as Chief of Medicine in the early 1970’s at Memorial Hospital of LB. He was an active OLLI member and teacher. He enjoyed a full life at Bixby Knolls Tower and passed away there among friends and caregivers. His younger sister, Miriam Frankenfeld Pearce, still attends OLLI too.

OLLI will be 25 in 2021!

OLLI at CSULB will soon begin celebrating our 25th Anniversary. The celebration culminates with a gala event on October 23, 2021. We are planning an exciting year of special events.

You can be part of that planning by volunteering to help with one of the myriad of monthly happenings and the gala. Drop by the OLLI office and tell them how you can help make the year a success.

Future editions of The SUN will highlight coming 25th Anniversary events, so stay tuned for what is going to be a terrific 2021, and plan to be there!
**Winter 2020 DONORS**

**With thanks to ALL of you, including our Anonymous Donors. All contributions support the successful programs and facilities for educating seniors.**

Jane Adair
Nadine Allen
*In Memory of Leo Cordley*
Shane Andre
Marilyn Kay Austin
Abel Barboza
John Barnes
Nessa & David Bernstein
Lois Beskind
Elaine Bilbao
Stephen Biskar
Barbara Blackledge
*In Memory of Phil Garcia*
Pam Blansfield
Linda Bolt
Eileen Braeman
Ellen Brannigan
Linda Brayton
Marjorie Broadhurst
Peggy Brutsche
Allene Buchanan
Maggie Buika
Helen Carroll
*OLLI Student Scholarship Fund*
Pamela Chapin
Debbie Charland
Mary Cliby
Susan Cooper
Ettie Councilman
*In Memory of Dale Leiberfarb & Fred Masback*
Ann & Bill Courtney
Steven Crow
Carol Cundiff
*OLLI Student Scholarship Fund*
Randolph Currin
Carl Curtis
*In Memory of Steve Maleski*
Ginny Cusenza
Fannie Daly
Carmen Daugherty
Bonny Davison
Shirley De Ment
David DeWenter
Paula d’Hulst
*OLLI Student Scholarship Fund*
Patricia Donley
Alan Dubin
Ann Duni
*In Honor of Howard Rile*
Robert Ellis
*OLLI Student Scholarship Fund*
Bonnie & James Elsten
Carolyn Estrada
Michael Fenlon
Joane Ferguson
Josephine Fitzpatrick
Dale Freeberg
Kathleen & Douglas Freeland
*In Memory of Phil Garcia*
Dave Frick
Judith Gardner
Doris Garvin
Nancy Geiling
Lorraine Goldman
*OLLI Student Scholarship Fund*
Rick Gonser
*OLLI Student Scholarship Fund*
Jan Green
Elizabeth Haaker
Douglas Haigh
Donnie Haigh
*OLLI Student Scholarship Fund*
María & Roy Hanson
Donna Hawk
*OLLI Student Scholarship Fund*
Linda Henry
Christopher Herbeck
Carol Herzlinger
Robert Hodges
Mary Holzgang
Andrea Huebner
*In Memory of Howard Rile*
Judie Irving
Diane Ito
Elisabeth Ito
Paul Jeffers
Carole Jicha
Lyne Jungers
Debra Keller
Jim King
Eugene Knell
Marlene Kupetz
Karen Larson
Rich Lee
Jim Linden
*OLLI Student Scholarship Fund*
Bill Lindsay
Janet Lipson
Thomas Lockhart
Judy Lorber
Larry Luckey
Kay Mahone
Sylvia Manheim
*In Memory and honor of Fred Masback*
Nydia Martinez
Joan Matthews
Carolyn Mayfield
Karen McBride
Kathy Mckelvie
*Student Scholarship-CSULB*
Jutta McMenamin
*In Honor of Susan Berkman*
Alan Melgaard
Jane Mermelstein
Susanne Milkes
Linda Monsen
Michele Morgan
Judy Moses
Joy Mullen
*In Memory of Fred Masback*
Gary Murph
Dennis Murphy
*In Memory of Kristen Whelan*
Joe Murray
Barbara Norberg
Kathleen Olinger
Patricia Omel
Deborah Osborn
Susan Pack
Diane Paull
*For Technology Lab*
Miriam Pearce
*In Memory of Robert Frankenfeld*
Jim Peightal
Rob Pigott
*In Memory of Cheryl Caldwell*
Sonia Preiser
*In Memory of Arnold Preiser*
Donald Preuss
Karen Pruett
Jody Ramsey
Bea Roth
Harlene & Russell Rowe
Laura Salazar
Charles Schumacher
Nancy Schwartz
Linda Wheeler
Marilyn Shaw
Robert Winer
Gregory Shea
Ingela Woldenius
Leslie Silverman
Wesley Wong
Barbara J Smith
*For Technology Lab*
Baxter Smith
Elaine Wood
Joan Smith
Milford Wyman
Barbara Spatz
William Younglove
Phyllis Spear
Judy Yuh
Alice Stasiak
Carol Zuck
Jon Stroosma
Bonnie Strutin
Mary Suttie
Sue & Sam Sutton
Patricia Szieszulska
Regina Taylor
Janice Teraoka
Nora Tomlinson
*In Honor of OLLI Volunteer Teachers*
Mary Tromp
Yvonne Troutman
Jack Upshaw
Claudia Van Holt
Linda VanCouvering
JeanMarie VanDine
Betty Van Vliet
*In Memory of Leo Cordley*
Genevieve Vigil
Deborah Vignovich
Cherry Anne Wallace
Frances Wang
Brian (Philip) Warner
Harriet Warner
*OLLI Student Scholarship Fund*
Ann Weiss
Frances Wenger
Registration starts on Friday, February 28
9:00 AM - ONLINE open
OLLI office open at 8:30 for drop off
Helpline 562-985-2398

√ Mark the classes that you want to take.
√ Decide to register online for ease and speed! ONLINE payments require credit card and a personal email for payments
√ Drop your registration form off at the OLLI office or mail a form and payment to the address on the registration form.
√ Mailed or in-person payments must be by check. Make checks payable to: CSULB Foundation

Scholarship Policy
OLLI @ CSULB offers scholarships for those who need financial assistance to participate. Anyone who applies and is approved for a scholarship will be eligible for discounted tuition for the remainder of the membership year. Recipients pay a 10% co-pay for each course taken.

If you would like further information, please call or stop by the OLLI office to complete the scholarship application prior to registering for classes for the first time.

Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Fees and donations are tax deductible as allowed by current law.
Returning Members
Renew membership if you didn’t in the Fall

**DO NOT CREATE A NEW ACCOUNT!!**

**Step 1 Welcome**
- Read *The SUN* and select your classes.
- Go to the OLLI website csulb.edu/olli OR Google OLLI @ CSULB
- Click the blue Register link on the web page

**Step 2 Login**
- At upper right enter your Username / Password. Click LOGIN
- OR choose Forgot Password and enter your email. You will be sent a link to Reset your Password. Follow the directions to enter a NEW password if prompted.

New to OLLI - Never attended
Enroll & Buy a NEW membership at any time!!

**Step 1 Welcome**
- Read *The SUN* and select your classes.
- Note your selections on the Registration Form. Have your credit card and email address handy.
- Go to OLLI website csulb.edu/olli OR Google OLLI @ CSULB
- Click the blue Register link on the web page

**Step 2 Login**
- At the upper right, click New User? Start Here
- Fill in all the required personal and address information including new Username and Password.
- Click Submit. You now have an OLLI account.
- Click Continue Registration.

**Step 3 Pay the OLLI annual membership fee if you haven’t since September.**
- Click Select Membership at top of the page in the black bar.
- Semi-Annual membership is $20. Click Select. Then Continue. Enter Email address to get a receipt.
- Fill in credit card information. Click Continue Checkout. Review your payment information.
- Click Submit Payment. Wait for processing!
- You may complete this transaction at any time. Then you will be ready for class registration.

**Step 4 Register for Classes starting 9:00 am on February 28**
- Select Session. This term is Spring 2020. Search for a class by day (easiest).
- To enroll, click Register. (There are No Wait Lists)
- To sign up for more classes, click Search, and repeat the process. You will see all in the shopping cart
- When you are finished registering, click Checkout. Your online session is limited to 30 minutes.

**Step 5 Checkout**
- Enter your Email address for the receipt. Fill in all credit card information. Click Continue Checkout.
- Review your payment information. Click Submit Payment.
- Wait patiently for the process to finish! Congratulations! You are enrolled at OLLI!
- Record your Username and Password so you can return as needed to add classes or Donate.
- You may view your transactions when Logged in under My Account.
Donations
You must be logged in to donate.
Add it to your membership, when you pay for classes or at any time.
Click the Donate button to begin.
Pick the donation amount and Donation type (Choose from the list)
Anonymous donors, please note that in the description field.
When you’ve filled out the form, click Add to pending registrations.
Donate anytime online or by check in the OLLI office.
Thank you to all of our OLLI Donors!
You will receive a receipt from the CSULB Foundation within a few weeks of deposit.

Worksheet for fees to be paid ONLINE:

<table>
<thead>
<tr>
<th>Fee</th>
<th>Amount</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>OLLI Membership</td>
<td>$20.00</td>
<td>$ ______</td>
</tr>
<tr>
<td>Fee if NOT paid since Sept.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class Tuition</td>
<td>_______ x $15.00</td>
<td>$ ______</td>
</tr>
<tr>
<td>Donation</td>
<td>$ ______</td>
<td></td>
</tr>
</tbody>
</table>

Date paid: ________________  Total: $ __________

Tips for Successful Registration:
* Fields with red asterisks must be completed.
* Enter personal info in upper/lower case style.
* Enter email correctly - you will be emailed a receipt.
* Check your SPAM mail for OLLI emails.

Be patient with credit card transactions and let the process complete.
Write down your User Name and Password.

Make a note of your OLLI User Name /Password for future ONLINE Registration.

Email ________________________________
User Name ____________________________
Password _____________________________
Emergency Contact: Enter in ProClass also!

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 a Waiver form is available in the office.

You may also register by visiting the OLLI office by visiting the office or by sending the Registration form with a check to:

OLLI at CSULB
Building HS&D, Room 100
1250 Bellflower Blvd
Long Beach, CA  90840-5609

** Checks payable to CSULB Foundation - OLLI

OLLI Office:  562-985-8237
Web site:  www.csulb.edu/olli
Email:  olli@csulb.edu
OLLI Membership                  $20.00    __________
Pay Semi Annual fee if not a member
EACH Class Tuition    $15.00 ─ ______ $ ________
Donation
$ __________ (Office Use)________
Contributors will be acknowledged in our publications.
If you would like to remain anonymous check here. o
Cash ____Check # ________
Total $ _________
Make Check Payable to CSULB Foundation

Name: ____________________________________________________________  Date: ________________
Address: ________________________________________ City: _______________________ Zip: ____________
Home Phone #: _____________________________  Cell phone #: _______________________________
Email: ______________________________________

OLLI Registration                  Spring 2020                  April 6 to May 30

Days                TIME               TECHNOLOGY CLASSES               OS       X
MONDAYS, April 6 - May 18 (not 5/25)
8:30-10:00  Beginning iPhone       iOS
10:15-11:45  Photoshop Elements Workshop  PC
1:45-3:15  Samsung Smartphone Basics  And

TUESDAYS, April 7 - May 26
8:30-10:00  iOS 13/iPhone Changes (4 wks)  iOS
10:15-11:45  PowerPoint Memories  PC
12:00-1:30  Microsoft Word 2016  PC
1:45-3:15  Intro to the iPad  iOS
3:30-5:00  The Cloud: What, Where... (4 wks)  All
3:30-5:00  Security & Privacy... (4 wks)  All

WEDNESDAYS, April 8 - May 27
8:30-10:00  Introduction to the iPad  iOS
10:15-11:45  Travel with Your iPad/IPhone  iOS
12:00-1:30  Photos on Your iPad/IPhone  iOS
3:30-5:00  Digitize Your Memories  All

THURSDAYS, April 9 - May 28
8:30-10:00  Basic Photo Composition (4 wks).  All
8:30-10:00  Windows 10 Skills Review (4 wks)  PC
10:15-11:45  Test Drive a Free App  All
12:00-1:30  Managing Digital Photos  All
1:45-3:15  Shoot & Edit Smartphone Videos  Mac

FRIDAYS, April 10 - May 29
11:00-5:00  Open Computer Lab  All  Free

NEW - SUN Distribution Plan for SUMMER 2020
YES - I would like my copy of The SUN mailed
NO - OLLI can save the postage. I'll pick it up

TUESDAYS, April 7 - May 26
8:30-9:30  Longevity Stick Movements  LFC
8:30-10:00  Foundations of Investing  C-101
8:30-10:30  Harmonica Workshop - Level 1.  REC
9:30-11:30  Bridge 3 - Card Play, Beginning  LBB
9:30-11:30  Supervised Play - Bidding/Card Play  LBB
10:00-11:30  Zen Meditation  PA
10:15-11:45  Modern Communication Systems  C-101
11:00-1:00  Artists Workshop BYOA  D-113
12:00-4:00  Play Modern Board Games (Adv.)  PA
12:00-1:30  Social Spanish  C-101
1:00-2:30  Folk Guitar: Beyond Strumming  REC
2:30-4:00  Play Reading with Alice  JCC
3:15-4:45  Writers’ Read Aloud Group  C-119
3:00-4:00  Mago Mindful Movement  LFC
3:15-4:45  The Recorder Consort (Adv.)  C-101

THURSDAYS, April 9 - May 28
8:30-10:00  Basic Photo Composition (4 wks).  All
8:30-10:00  Windows 10 Skills Review (4 wks)  PC
10:15-11:45  Test Drive a Free App  All
12:00-1:30  Managing Digital Photos  All
1:45-3:15  Shoot & Edit Smartphone Videos  Mac

FRIDAYS, April 10 - May 29
11:00-5:00  Open Computer Lab  All  Free

3:45-5:00  Writing Creative Non-Fiction  C-119

OVER
OLLI @ the BEACH

Name: ______________________________________

Emergency Contact: ______________________________________

Phone: ______________________________________

Relationship: ______________________________________

◆ Pictures and videos may be taken of the classes and special events. If you DO NOT want your picture or video included in OLLI’s newsletter, website or brochures please let us know. A Waiver form is available in the office.

Class Locations

CSULB Campus (C) - in HS&D Building
Computer Lab 100 located next to the OLLI Office
HSD Rooms 101, 119 Design Rooms 111, 113
Archery Field (ARCH) Student Union Lanes (USU)
LifeFit Center (LFC) KIN Building, Rooms 107 and 110B

OLLI at Pine Ave. (PA)
737 Pine Ave. Suite 202, Long Beach, CA 90813
Enter from back on Solano Court (562) 436-2100
Park Pacific Tower (PA-To)

The Alpert Jewish Community Center (JCC)
3801 East Willow Street Long Beach, CA 90815

Long Beach Bridge Center (LBB)
4782 Pacific Coast Highway, Long Beach, CA 90804
LongBeachBridge.com (562) 498-8113

American Gold Star Manor (AGSM)
3021 N Gold Star Dr, Long Beach, CA 90810

Long Beach Lawnbowling Center (LBBC)
1109 Federation Dr, Long Beach, CA 90804

NEW Recreation Park Community Club (REC)
4900 East 7th Street Long Beach, CA 90808

NEW St. Isidore Historical Plaza (ST)
10196 Reagan St. Los Alamitos, CA 90720

A G S M classes - See page xxx

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00-2:30</td>
<td>Senior Reader’s Theatre</td>
<td>Tues</td>
<td></td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Yoga on a Chair</td>
<td>Wed</td>
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</tbody>
</table>

OLLI @ the BEACH Spring 2020

FRIDAYS, April 10 - May 29

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:30</td>
<td>Yoga: Not Your Daughter’s...</td>
<td>LFC</td>
<td></td>
</tr>
<tr>
<td>8:45-10:15</td>
<td>History in Our Backyard</td>
<td>C-101</td>
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<tr>
<td>10:30-12:00</td>
<td>Short Story Discussion Group</td>
<td>JCC</td>
<td></td>
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<tr>
<td>10:45-11:45</td>
<td>Foundations of Life Extension</td>
<td>C-101</td>
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<tr>
<td>11:45-1:15</td>
<td>Elementary Japanese 101</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Novelty Card Games: Fun &amp; Easy</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>12:30-2:30</td>
<td>Jewelry Making from A-Z</td>
<td>D-111</td>
<td></td>
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<tr>
<td>12:30-1:20</td>
<td>Friday w/ Frank-Beg. Mandolin</td>
<td>REC</td>
<td></td>
</tr>
<tr>
<td>1:30-2:20</td>
<td>Friday w/ Frank-Bluegrass Guitar</td>
<td>REC</td>
<td></td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Friday w/ Frank-Bluegrass Jam</td>
<td>REC</td>
<td></td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Needlework Cafe</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>Poetry of E E Cummings &amp; ... (6 wks)</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>2:45-4:45</td>
<td>Stained Glass Making</td>
<td>D-111</td>
<td></td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Conversational Spanish</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Banking &amp; the Unknowns (4 wks)</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>TBD</td>
<td>Ballet Folklorico @ the Plaza</td>
<td>ST</td>
<td></td>
</tr>
</tbody>
</table>

SATURDAYS, April 11 - May 30

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-12:00</td>
<td>Adv. Watercolor Workshop</td>
<td>D-111</td>
<td></td>
</tr>
<tr>
<td>9:00-12:00</td>
<td>8 Truly Great Motion Pictures</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Amateur Radio Technician</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>12:30-2:30</td>
<td>Sewing/Quilting (5 wks)</td>
<td>D-111</td>
<td></td>
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</tbody>
</table>

THURSDAYS, April 9 - May 28

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:00</td>
<td>Memoir Writing: Novel Approach</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>8:30-9:45</td>
<td>Yoga with JeanMarie</td>
<td>LFC</td>
<td></td>
</tr>
<tr>
<td>9:00-10:00</td>
<td>Tai Chi Chih @ Pine (Beg.)</td>
<td>PA</td>
<td></td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Tai Chi Chih @ Pine (Adv.)</td>
<td>PA</td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Fear Not, I Speak Shakespeare</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Current Events and Issues</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Folk Guitar I</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>Tai Chi Chih</td>
<td>LFC</td>
<td></td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Gardening - Dirt Cheap Therapy</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Memoir Writing in Korean</td>
<td>ST</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Catch the Spirit Chorus</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>3:45-5:00</td>
<td>Financial Rules of the Road</td>
<td>C-119</td>
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WEDNESDAYS, April 8 - May 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>8:30-9:50</td>
<td>Stand Tall, Stand Strong (Day 2)</td>
<td>LFC</td>
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<td>9:30-11:30</td>
<td>Bridge 2 - Competitive Bidding</td>
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<td>9:30-11:30</td>
<td>Bridge 4C-Adv Player Workshop</td>
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<td>9:30-11:30</td>
<td>Bridge 6 - Card Play, Int/Adv</td>
<td>LBB</td>
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<td>10:00-11:30</td>
<td>The Bahai Faith (5 wks)</td>
<td>C-101</td>
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<td>10:00-12:00</td>
<td>Spanish Conversation @ the Plaza</td>
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<td>11:45-1:15</td>
<td>Me &amp; Us</td>
<td>C-101</td>
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<tr>
<td>1:00-2:30</td>
<td>Writing for Wellness (7 wks)</td>
<td>C-119</td>
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<td>1:30-3:00</td>
<td>Five Stories - Five Weeks (4/15)</td>
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<td>1:30-3:00</td>
<td>Eastern Practices for Wellness</td>
<td>C-101</td>
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<td>2:00-3:30</td>
<td>Showtime Acting (Perform 5/30)</td>
<td>LFC</td>
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<td>3:15-4:45</td>
<td>Deeper Dive into Understanding...</td>
<td>C-101</td>
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<tr>
<td>3:00-5:00</td>
<td>Lawn Bowling 101 (4 wks-April)</td>
<td>LBBC</td>
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Classes  Spring  2020

MONDAY - (7 Weeks, Not May 25)

Grief
This class will provide a supportive group to help participants cope with the inevitable losses which accompany this “fourth quarter” of our lives: retirement, the loss of identity and the meaning and purpose around our work; the loss of spouses, friends, and family through illness and death; our own diminishment, and the increasing loss of our abilities to do what we once could. Class limit: 20
Instructor: Carolyn Estrada, Marriage, Family, Child Therapist Mondays, April 6 - May 18
8:15 - 9:45 AM
CSULB, HS&D, room 101

Stand Tall, Stand Strong
This is an active class, which integrates stretching, coordination, stability, and strengthening exercises. Participants should wear comfortable clothes and appropriate footwear and bring their own resistance bands and drinking water!! Class limit: 40
Instructor: Lorraine Goldman, MPT Mondays, April 6 - May 18 & Wednesdays, April 8 - May 27
8:30- 9:50 AM
CSULB, LifeFit Center, KIN 107

Long Beach Bridge Center classes
Bridge 1 - Bidding
Instructor: Hank Dunbar
Bridge 4D - Intro to "2 over 1" for experienced players
Instructor: Rob Preece
Bridge 5B - Bidding Wkshop/Int.
Instructor: Dalia Hernandez
Mondays, April 6 - May 25
All: 9:30- 11:30 AM
All: at LB Bridge Center
Go to longbeachbridge.com for complete course descriptions.

Global Update
Among the topics we will focus on are the ongoing challenges between the four global giants—United States, China, Russia, India---and the efforts of both China and Russia to expand their empires. Other topics include: Middle East Update, World Economy Update, Implications of De-globalization, Global Water and Climate Crisis, Cyber Security Crisis, Immigration and Refugee Challenge, Impact of Technology Challenge, Global progress Summary, Work force Revolution, and US Military Update. Class limit: 98
Instructor: Dick Lunde
Mondays, April 6 - May 18
10:00 – 11:30 AM
CSULB, HS&D, room 101

Look for NEW classes or NEW locations. Note class size restrictions.

Longevity Stick @ Pine Ave
Longevity Stick is a Qi Gong practice that consists of 12 easy to learn, low-impact movements designed to improve balance, flexibility, and strength. It also promotes physical fitness, increased energy, and mental relaxation. Join us to enjoy the benefits and have fun along the way. Bring a dowel, 1 or 2" longer than your height with rubber end caps. Wear athletic shoes and loose and comfortable clothing. Class limit:12
Instructor: Camilla Marie Gartland
Mondays, April 6 - May 18
10:00 – 11:30 AM
Park Pacific Tower, 714 Pacific Ave.

Roman Republic & Contemporary America
Partisan bickering, foreign wars, diminished respect for institutions, attempts to remove executives from office, ubiquitous litigation, Populists vs. Traditionalists, religious rivals, gang violence. Sound familiar? A description of contemporary America? It’s all happened before. Where? In the Roman Republic. Our Republic was designed to cure its defects. Success or failure? Class limit: 98
Instructor: Bob Foster, former mayor of Long Beach, 21 years with So. Cal Edison (4 years as president), president of Prometheus Advisors
Mondays, April 6 - May 18 (6 weeks - no classes 4/27 & 5/25)
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

→ See article on front page

→ See article on front page
Folk Guitar: Beyond Strumming
Ready to move on to the next level, add some sophistication to your guitar skills? Join us if you want to play some of the rich, guitar-based Americana music of our roots--folk, blues, country, spiritual. Instruction will remain chord & song-based, and is designed with advanced beginners to intermediates in mind. Advance to Finger Style Techniques, as well as Tablature, “Licks,” “Intros” and “Outros,” Alternating Bass, Bass Runs, and Barre Chords. Class limit: 20
Instructors: Brian Bradshaw & Craig Lowe
Mondays, April 6 - May 18
1:00 – 2:30 PM
Recreation Park, Comm. Center

Play Modern Board Games (Adv.1)
Want to keep your mind active and sharp while having fun? Then you are the perfect candidate to be a board gamer. Learn and play modern board games with other members in the class. This class is a higher level class--the games are more complex and challenging, but still have easy to grasp rules. Take your seat at the table and enjoy a relaxing, stimulating, and friendly day of gaming.
Class limit: 5
Instructor: Gary Page
Mondays, April 6 - May 18
12:00 - 4:00 PM
Pine Ave., suite 202

Mago Mindful Movement
MMM is a one-hour restorative movement and meditation class. It is a mind-body training method based on ancient Korean ‘Sun Tao’ principles that combine conscious stretching, meditative breathing exercises, and energy awareness training to promote a healthy balance of mind, body and spirit. Practitioners will develop a deeper understanding of their bodies by learning how to feel and accumulate energy in the major energy centers of the body, enabling natural healing and control of emotions and habits. Wear comfortable clothing. Refrain from eating heavily before class. Bring your own yoga mat. Do not wear strong perfumes. Class limit: 20
Instructor: Nielan Barnes, professor of sociology CSULB; certified in Baptiste-inspired power yoga, YogaWorks, Vinyasa yoga, Dayton Hot Yoga Method, Mindfulness Yoga
Mondays, April 6 - May 18
3:00-4:00 PM
CSULB, LifeFit Center, KIN 110B

Writers’ Read Aloud Group
Do you love to write? Are you ready to share your work with a group of compassionate, intelligent and supportive writers? If so, come join us! We are folks who are new writers, or veterans. We love to express ourselves on paper and also verbally. You will present your recent written work to the group in your own voice; we will provide a safe, caring and supportive environment in which to share. Class limit: 18
Instructor: Amy Berger
Mondays, April 6 - May 18
3:15-4:45 PM
CSULB, HS&D, room 119
Longevity Stick Art Movements

Purpose: Low impact, non-aerobic practice to prevent disease, protect your health, and increase concentration with meditation. Do nothing that hurts or feels uncomfortable.

Objectives: Develop better balance; increase physical strength by stretching muscles, tendons; and supply oxygen to the body through deep breathing.

Equipment: Poles are available in class OR bring a collapsible painter’s pole that opens to your height, with rubber (not plastic) end caps (Ace Hardware). Wear tennis shoes and loose, layered clothing. Additional information is available at OLLI office. Class limit: 20

Instructor: Charles Wm. Taylor
Tuesdays, April 7 - May 26
8:30 – 9:30 AM
CSULB, LifeFit Center, KIN 110B

Harmonica Workshop

Whether you are a beginner, have limited experience, or just curious, this workshop is for you. All musical styles will be considered; Classics, Standards, Gospel, Folk and Blues. Students can attend Level 1 and/or Level 2 meetings each week. Bring your music stand. Digital Workbooks are available.

Level 1: 8:30-10:30 Video lessons and discussions tailored to beginners and intermediate level players seeking review of key principles, techniques and music theory. Students must supply their own C Major Diatonic Harmonica.

Level 2: 1:00 - 2:00 Advanced instruction and practice with emphasis on practical performance skills, jamming and busking. Music will be played with C, G, A and D Major Harmonicas. Enrollment in the “Jammin’ with OLLI” is recommended but not required. Class limit: 25

Facilitators: Jim Worsham & Marc Davidson.
Tuesdays, April 7 - May 26
Recreation Park, Comm. Center

Modern Communication Systems

This class presents comprehensive descriptions of today’s modern communications systems. Starting with some historical concepts like the battery, the telegraph and telephone, students will develop a better understanding of today’s communication systems, their details and the complexities of sending and receiving digital texts and voice messages. It covers signals, frequencies, bandwidths and interference, Wi-Fi and cellular, satellites, the internet and the future of communications. Also covered is security/privacy of these systems. Class limit: 98

Instructor: Len Jacobson, MSEE
Tuesdays, April 7–May 26
10:15 – 11:45 AM
CSULB, HS&D, room 101

Foundations of Investing

This class will cover the essentials of investing and explore opportunities in today’s market. We will discuss how to select stocks, bonds and other investments, with a focus on how you can use their income to fund your retirement. Learn to read financial statements and translate confusing financial jargon. The class will also cover Social Security/long term care and ways to maximize benefits for you and family. In addition, we will discuss what to expect when working with a financial advisor and identify the cost of your investments. Each class will include time for answering specific questions. No products or services are sold, endorsed, or marketed. Class limit: 20

Instructor: Andy Dilsaver, CFP®, Financial Advisor
Tuesdays, April 7 - May 26
8:30 - 10:00 AM
CSULB, HS&D, room 101

Zen Meditation

Join Rev. Yokoyama, a Soto Zen Missionary and a resident priest of Long Beach Buddhist Church and Montebello Sozenji Buddhist Temple, in unlocking the secrets of Zen. He will show us the way of the Soto Zen and will share the practice of Zazen and mindfulness. Class limit: 20

Instructor: Rev. Yukinori Gyokei Yokoyama
Tuesdays, April 7 - May 26
10:00 – 11:30 AM
Pine Ave, suite 202

Bridge 3 - Card Play, Beginning
Instructor: Hank Dunbar

Supervised Play with Instructor help on bidding and card play
Instructor: Rob Preece

Tuesdays, April 7 - May 26
All: 9:30 – 11:30 AM
All: at LB Bridge Center
Go to longbeachbridge.com for complete course descriptions

Long Beach Bridge Center classes

Artists Workshop BYOA

Join us and share ideas and techniques with other artists. All media welcome. Bring Your Own Art supplies or projects. Are you willing to teach others? Enjoy fun and enthusiasm for a variety of arts. Class limit 24

Instructor: Various
Tuesdays, April 7 - May 26
11:00 AM–1:00 PM
CSULB, Design, room 113
Social Spanish
The focus of this class will be on vocabulary development and oral fluency. Participants will find a supportive environment to practice Spanish in both 1 on 1 and small group discussions. All levels of Spanish are invited to attend. Emphasis will be on student participation—come and practice! Class limit: 26
Instructor: Pam Kiwerski & Ignacio Ruiz
Tuesdays, April 7 - May 26
12:00-1:30 PM
CSULB, HS&D, room 101

Skills and Techniques for Paper Crafting. (Part 2)
We will develop skills learned last session and add more techniques to your tool box to create more amazing works of art. Paper crafting becomes more successful using multiple and layered techniques. Using skills and techniques from Part 1 we will move on to more advanced and layered techniques. We will also create some cards and tags using multiple and layered techniques. We will build on watercolor, colored pencil and stamping techniques. Learn to use alcohol inks, water based stamp pads, gel pads, stencils, glazes and embossing. If you have had some experience with paper crafting, come join us and have some fun. Students should bring their tool box which includes: scissors, knife, paper cutter, ink pads (one archival and one water based black), a Teflon work pad, glue, glue stick, brushes for glue, handiwipes and paper towels. There will be $15.00 supply fee. Class limit: 15
Leader: Sheryl Haglund
Tuesdays, April 7 – May 26
1:30 – 3:30 PM
CSULB, Design, room 113

Play Modern Board Games (Adv.)
Want to keep your mind active and sharp while having fun? Then you are the perfect candidate to be a board gamer. Learn and play modern board games with other members in the class. This class is a higher level class—the games are more complex and challenging, but still have easy to grasp rules. Take your seat at the table and enjoy a relaxing, stimulating, and friendly day of gaming. Class limit: 5
Instructor: Gary Page
Mondays, April 7 - May 26
12:00 -4:00 PM
Pine Ave., suite 202

I Think I Have Too Much Stuff!
Spring brings new energy, opportunity to make changes. Perhaps what has been holding you back is too much “stuff”. Now may be the time to look around and decide what you really love, need and enjoy. If you have started to sort through those boxes, closets, drawers and shelves and can’t decide what to keep and what to let go, then this is the class for you. It will help you move forward and provide you with tools you need to begin decluttering. Step-by-step suggestions, insights and resources will help you begin, and continue the challenge. Class limit: 19
Instructor: Tere Sievers
Tuesdays, April 7 - May 26
2:00 - 3:30 PM
CSULB, HS&D, room 119

Queens & Empresses in Asia
This spring we’ll look at queens and empresses in Asian history. Some famous, some infamous, some less well known in the West, some legendary, some known to us through opera, the Bible and movies. Regardless, all had a significant impact on their culture, society and history…and our imaginations…and some may need their reputations reclaimed. We’ll examine the lives of eight queens and empresses across time (10 BC to early 20th century AD) and the geographical expanse of Asia (Arabian Peninsula, Middle East, Central Asia, India and China) and put them into their historical, political and cultural contexts. Class limit: 98
Instructor: Delrie Hobbs, MA, Asian Art, University of London
Tuesdays, April 7 - May 26
1:45 – 3:15 PM
CSULB, HS&D, room 101

Jammin’ with OLLI
We are a group of instrumentalists, beginner to experienced, looking to make music and have fun. Basic song sheets with chords of many of your favorite Folk, Blues, Country and Pop tunes are provided. Actual scored sheet music is not. The jam class is built around the guitar and ukulele; but the diversity of other instruments, such as banjo, harmonica, and keyboards are welcomed. Class limit: 50
Instructor: Carol Baker
Tuesdays, April 7 - May 26
2:15-3:45 PM
Recreation Park, Clubhouse
TUESDAY

WWII Naval Operations in the Atlantic and Mediterranean, Part II
The previous class is not required to enroll in this second session that will resume discussion of the naval war fought in the Atlantic and Mediterranean Theatres during WWII. The conclusion of the naval war in the Mediterranean Sea, the expansion of the battle in the Atlantic, the “Wizard War” of technology and science, the triumph in the Atlantic and the impact of victory will be covered. Discussion will emphasize cultural, doctrinal and technical differences between Allie and Axis powers, and the impact of these differences upon the conduct of war.
Class limit: 98
Instructor: Paul Killins, B.S. Engineering Design; M.B.A. Technology Mgmt, Former Naval Officer
Tuesdays, April 7 - May 26
3:30-5:00 PM
CSULB, HS&D, room 101

Writing Creative Non-Fiction
Do you have a personal experience you’re itching to write? Want to share your memoir with your family, or the world? Entertaining an idea for a “how-to” magazine article? Does the newspaper need to hear your opinion? This class is for writing true, but creative pieces. (Yes, it’s possible!) We welcome first-person stories, memoir, persuasive op-ed letters, and magazine articles. Book chapters up to 2,000 words are permitted (no poetry, please). Stories are read in class for sharing, editing and gorilla critiquing. Access to Word and email required. Class limit: 15
Instructor: Sallie Rodman, Cert. Professional Writing, CSULB
Tuesdays, April 7 - May 26
3:45-5:00 PM
CSULB, HS&D, room 119

WEDNESDAY

Stand Tall, Stand Strong
This is Day 2 of an active class. See Monday description. Class limit: 40
Instructor: Lorraine Goldman
Wednesdays Jan. 8 - Feb. 26
8:30 - 9:50 AM
CSULB, LifeFit Center, KIN 110B

Long Beach Bridge Center classes
Bridge 2 - Competitive Bidding
Instructor: Hank Dunbar
Bridge 4C - Advg Player Workshop
Instructor: Rob Preece
Bridge 6 - Card Play -Int./Adv.
Rotation 001
Instructor: Steve Ramos
Wednesdays, April 8 - May 27
All: 9:30 – 11:30 AM
All: at LB Bridge Center
Go to longbeachbridge.com for complete course descriptions

Me and Us
We start out in life attached to another person and gradually evolve into an independent entity. The relationships and life experiences we have earlier in life play a significant role in determining how we see our self, what we refer to as "me." When we enter into a relationship with another person, this "me" remains "me." When we enter into a relationship with another person, this "me" remains as we develop a new sense of self as being together with the other person, a sense of "us." This class is didactic and experiential in nature. Let’s challenge ourselves to examine the way we view our self and our relationships.
Class limit: 36
Instructor: Herb Glazeroff, Ph.D., clinical psychologist
Wednesdays, April 8 - May 27
11:45 AM - 1:15 PM
CSULB, HS&D, room 101

The Baha’i Faith: Contributing to an Ever-Advancing Civilization
In this course we will learn about the life and teachings of Baha’u’llah, the Prophet Founder, and the fascinating history of the Baha’i Faith. We will explore the spiritual and social teachings of Baha’u’llah: Revitalization of the spiritual life of the individual; Appreciation of the diversity and nobility of the human family, Establishment of world peace, Equality of women and men, Spreading hope, joy, and a positive vision of humanity’s future.
Class limit: 98
Moderator: Sima Nekoui
Wednesdays, April 8 - May 6 (5 wks)
10:00 - 11:30 AM
CSULB, HS&D, room 101

Spanish Conversation @ ST
Many of us took Spanish classes learning vocabulary and grammar during our school years. Yet today we hesitate when it comes to speaking Spanish. We have the learned knowledge but lack the confidence. Each week a different topic will be introduced as a focal point to start conversing. Topics may include Introductions, light conversation or traveling directions. Come converse in Spanish. Regain your confidence! Class limit: 30
Facilitator: Hortensia Breton
Wednesdays, April 8 - May 27
10:00 AM -12:00 PM
St. Isidore Plaza, Los Alamitos

Writing for Wellness
Each one of us has faced conflicts or stressors in our lives. Your words can help you heal. You do not need to be a writer for this class. The simple acts of writing and sharing are the basic tools. Based on the techniques in the book Writing for Wellness, subjects include Choosing Happiness, Expelling Anger, Changing Priorities, and Recapturing Joy.
Class limit: 15 (No class May 13)
Facilitator: Joan Smith
Wednesdays, April 8 - May 27
1:00-2:30 PM
CSULB, HS&D, room 119

→ See article on page 11
→ See article on page 10
**Eastern Practices for Wellness**

Come explore ancient Eastern wellness techniques that promote relaxation, reduce pain, lower blood pressure, strengthen the immune system, improve cardiovascular and cognitive functioning, relieve insomnia, enhance creativity and increase overall well-being and joy. Discover scientific evidence for the effectiveness of Meditation, Mindfulness, Gratitude, Mantra, Tao Yin, Qigong, Sound, and Laughter to replenish and repair both body and mind. The classes will include active student participation that taps into one’s natural wellspring of relaxation, harmony and vibrant health.

*Class limit: 50*

Your journey begins with class instructor, Annemarie Lovdahl, a Certified Laughter Yoga Teacher and T'ai Chi instructor.

**Wednesdays, April 8 - May 27**
1:30-3:00 PM
CSULB, HS&D, room 101

**Showtime!**

Have you wanted to perform but were afraid to actually do it? Have you been told that you are a ham? Then this is the class for you. Join the OLLI Players as we rehearse and perform scripts from the Carol Burnett show, Art Age, Classics, Readings, Jokes, Skits and more.. Even if you have never performed on stage you will enjoy this class and the experience of a performance on May 30.

(1:00-3:00 in HSD 101) All the world’s a stage and all the men and women merely players.  

*Class limit: 15*

**Director: Nancy Hathcock, BA & MA, CSULB**

**Wednesdays, April 8 - May 27**
2:00-3:30 PM
CSULB, LifeFit Center, KIN 110B

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**Five Stories – Five Weeks**

The birds are singing and spring is springing, so why not sign up for Five Stories - Five Weeks? Be treated to tales that will delight you and ignite you, with authors you’ve read before and some you never met. And the pleasure will be all yours...

*Class limit: 25*

**Instructor: Mona Panitz**

**Wednesdays, April 15 - May 13**
(5 weeks - starting late)
1:30–3:00 PM
Pine Ave., suite 202

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**A Deeper Dive into Understanding and Managing Troubling Emotions**

This 8 week class has been revised to focus more on managing difficult emotions such as anger, grief, hurt, depression, and loneliness. New and returning students will be introduced to new skills for managing these emotions with class time to practice these skills. Steve has taught at OLLI for several years and now offers students a more comprehensive experience in this subject matter. His workbook, _Retrain the Troubled Brain-Practical Strategies for Managing Anger, Stress, and Leisure Time_, will be available for $5.00 on the first day of class.

*Class limit: 45*

**Instructor: Steve Sumpter, MS, CAMS II, Cert. Anger Management Specialist, CSULB. Former Director of Rehab. at Kaiser Mental Health Center.**

**Wednesdays, April 8 - May 27**
3:15-4:45 PM
CSULB, HS&D, room 101

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**Lawn Bowling 101**

Lawn Bowling is a sport initiated in merry ole' England and now played around the world. And, right here in Long Beach, we have a premier class lawn bowling green at Federation Park. Come join in this easy to learn and social sport where it is more important to have fun than to dominate (at least to start). Dress is casual - flat soled shoes /exercise shoes are required. Equipment will be available along with friendly instructors who are eager to teach the basics of a sport that we can enjoy on a regular basis. Materials fee of $10 will be collected at first class.

*Class limit: 30*

**Leader: Herb Glazeroff**

**Wednesdays, April 8 - 29 (4 wks)**
3:00 - 5:00 PM
Long Beach Lawn Bowling Club, 1109 Federation Drive, LB, 90804

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**IT IS NOT HOW OLD YOU ARE, BUT HOW YOU ARE OLD.**

*Julie Renard*

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**Memoir Writing: A Novel Approach**

If you have memories you would like to share with family, friends, and/or colleagues, then this is the class for you! Class members write their own unique memoirs at home. Each author then has an opportunity to read his/her piece in class and receive gentle, constructive suggestions and feedback in a supportive environment that encourages everyone to discover their own voice and effective writing style.

*Class limit: 50*

**Class Leaders: Jo Fitzpatrick & Pam Kiwerski**

**Thursdays, April 9 - May 28**
8:30 – 10:00 AM
CSULB, HS&D, room 101
Yoga with JeanMarie
Enjoy an hour of stretching and relaxing muscles while building stability and balance. We will work on posture, circulation, and preventing injury. **Class limit: 40**
**Instructor:** JeanMarie VanDine, Certified Yoga Instructor
**Thursdays, April 9 - May 28**
8:30 – 9:45 AM
CSULB, LifeFit Center, KIN 110B

Tai Chi Chih at Pine Ave.
Come learn and experience the deep relaxation and serenity of Tai Chi Chih/ Joy Through Movement. This American version of a Chinese system for maintaining health is also known as “moving meditation”, which brings about inner peace and stability. The 19 movements and one pose are soft and continuous. **Class limit: 15 at each level**
**Instructor:** Florence St. Peter
**Thursdays, April 9 - May 28**
9:00 - 10:00 AM - Beginning
10:00 – 11:00 AM - Advanced
Pine Ave, suite 202

Fear Not, I Speak Shakespeare...
Join us as we look at Shakespeare’s “Measure for Measure” and encounter some remarkably familiar-sounding shenanigans - sexual harassment by those in authority. If you think Shakespeare is old-fashioned or stuffy, this play may just change your mind. We’ll look at Shakespeare’s language, theatre conventions, contemporaries, and the impact his work has had over the past few centuries. I look forward to meeting you and sharing his work! **Class limit: 98**
**Instructor:** Michele Roberge
**Thursdays, April 9 - May 28**
10:15 – 11:45 AM
CSULB, HS&D, room 101

National & International Current Events & Issues
Students will participate in a friendly discussion of current events and issues in national and international news. They are encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous. Participants are welcome to select a topic of interest, present it to the class, and lead a future class discussion. **Class limit: 98**
**Instructor:** Doug Haigh & Mary Meyer
**Thursdays, April 9 - May 28**
12:00 – 1:30 PM
CSULB, HS&D, room 101

Folk Guitar I
Dust off that old guitar and let’s play! This class offers a chord-based approach to learn guitar from the ground up. The emphasis will be on folk, country, blues and early pop music. Reading music or tablature is not required. All you need is an acoustic guitar and your enthusiasm! **Class limit: 25**
**Instructor:** Craig Lowe & Frank Swatek
**Thursdays, April 9 - May 28**
1:45 - 3:15 PM
CSULB, HS&D, room 101

Gardening, Dirt Cheap Therapy
Did you know that being around greenery, whether it be in a garden, a local park or forest has a calming, therapeutic effect on people? Join me in my search to find inner peace among the amazing array of plants that surround us. This class is for all kinds of gardeners, experienced or not, and for those who enjoy being outdoors. Possible optional field trips: South Coast Botanical Garden, Mary Lou Heard garden tour and more. The last session could be a vegetable potluck or field trip to a succulent garden. **Class limit: 25**
**Instructor:** Tom Hood
**Thursdays, April 9 - May 14 (6 wks)**
2:00-3:30 PM
CSULB, HS&D, room 119

Tai Chi Chih at LFC
Come learn and experience the deep relaxation and serenity of Tai Chi Chih. This is the American version of a Chinese system for maintaining health. It is known as “moving meditation” which brings about inner peace and quietness. This is a great way to obtain great health. It has 19 movements and one pose. All levels are welcome. **Class limit: 30**
**Instructor:** Florence St. Peter
**Thursdays, April 9 - May 28**
2:00 – 2:45 PM
CSULB, LifeFit Center, KIN 110B

Memoir Writing in Korean
(한국말 자서전 쓰기)
Everyone has a story to tell to his/her children and others. Participants will write stories at home, then share with classmates and receive confidential feedback. Work can be posted on line. Students will need a Korean dictionary-equipped computer. **Class limit: 20**
**Instructor:** Joon Kim, MS
**Thursdays, April 9 - May 28**
2:30 – 4:00 PM
St. Isidore Plaza, Los Alamitos
**THURSDAY**

**Catch the Spirit of Music**
Do you like to sing in the shower? 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. Class limit: 50

**Instructor: Fran Harding**  
**Thursdays, April 9 - May 28**  
3:30 – 5:00 PM  
CSULB, HS&D, room 101

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**FRIDAY**

**Yoga: Not Your Daughter’s ...**
Learn a relaxing, fun way to stay young in body, mind, and spirit. No body is too old or stiff for yoga. All levels welcome. Ease into learning basic yoga skills and philosophy; learn how to breathe and exercise your way to improved mobility and health. Class limit: 35

**Instructor: David Hennage & Lorraine Goldman**  
**Fridays, April 10 - May 29**  
8:15 - 9:30 AM  
CSULB, LifeFit Center, KIN 107

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**History in Our Own Backyard**
This class will explore the interesting historical places that are available to us right here in the Long Beach area (or nearby) and some of the hidden gems we might not know are here. Each week we will learn about one of these places, learn what the site tells us about the local history and the people who lived here, and learn about the type of tours available at the sites. We will choose a book to read as a book club discussion at the last class and we may have some guest speakers from some of the sites. Class limit: 98

**Instructor: Shari Faris**  
**Fridays, April 10 - May 29**  
8:45 - 10:15 AM  
CSULB, HS&D, room 101

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**Classes at American Gold Star Manor**

**Senior Reader’s Theatre**
Learn to read plays, poems, and monologues with confidence, clarity, and projection. Enjoy basic movement exercises to enhance your presence on stage. Develop improvisational skills to add spontaneity to your style of reading. No memorization required! Class limit: 25

**Instructor: Barbara Fay**  
**Tuesdays, April 7 - May 26**  
1:00 – 2:30 PM

**Yoga on a Chair**
Yoga is for Every Body! This class uses breath, energy work, affirmation, visualization, and imagery as relaxation and mindfulness techniques. Students report better balance and stress management skills, along with increased strength and flexibility as a result of Chair Yoga! Class limit: 12

**Instructor: Claudia Ellano-Ota**  
**Wednesdays, April 8 - May 27**  
10:00 – 11:00 PM

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**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 will cover: most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know. Class limit: 26

**Instructor: David Bassett-Parkins, Financial Advisor**  
**Thursdays, April 9 - May 28**  
3:45-5:00 PM  
CSULB, HS&D, room 119
FRIDAY

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 pronunciation and reading/writing skills. Handouts and video clips will be used regularly for listening and speaking practice. Students can share their own experience with Japanese culture and participate in a class ‘culture project’ toward the end. **Class limit: 24**
**Instructor:** William J. Teweles, Ph.D.  
**Fridays,** April 10 - May 29  
11:45 AM – 1:15 PM  
CSULB, HS&D, room 119

Needlework Cafe
Needlework has been an integral part of the human experience reflecting the desire to create and the satisfaction in mastering a skill. Too often needlework is a solitary endeavor but becomes a wonderful social experience in a group setting. Come to learn crochet, knitting, embroidery, cross-stitch or Brazilian embroidery. For the experienced, work on new or ongoing projects, share techniques and learn from others. For the first session of class bring a project, an ongoing project or one you’d like to begin. Knitters should bring size 7 knitting needles and worsted yarn. To learn crochet, bring size “g” hook and worsted yarn. To learn to embroider, bring embroidery thread. I will have fabric, hoops and needles. **Class limit: 18**
**Instructor:** Carolyn Sabol  
**Fridays,** April 10 - May 29  
1:30 – 3:00 PM  
CSULB, HS&D, room 119

Jewelry From A-Z
Have you admired a piece of jewelry and wanted it to match your colors? Have you wanted to explore a new medium and have a piece of art you can wear? If so, this class is for you! Come to Jewelry making from A to Z, learn a variety of techniques, including how to string the perfect necklace and create unique jewelry pieces. Belinda has been studying jewelry making and design for over ten years and enjoys making jewelry from various and inexpensive objects. **Class limit: 20**
**Instructor:** Belinda K. Belisle  
**Fridays,** April 10 - May 29  
12:30 – 2:30 PM (New time)  
CSULB, Design, room 111

New Novelty Card Games: Fun & Easy
Remember the fun you had when you played novelty cards with friends? Come join this class and play with other friendly seniors!! The instructor will provide a new novelty card game each week and rules for the game will be explained. **Class limit: 10**
**Instructor:** Lillian Brotherson  
**Fridays,** April 10 - May 29  
12:00 - 1:30 AM  
CSULB, HS&D, room 101

Friday Music with Frank
Pick one or more of these classes or music options to increase your playing skills. Peer learning. Focus on fundamentals. Bring your instrument and a music stand. All levels welcome.
12:30 - 1:20 Beg. Bluegrass Mandolin  
1:30 - 2:20 Beg. Bluegrass Guitar  
2:30 - 4:00 Bluegrass / Old Time Jam session for all players  
Questions? Contact frankswatek@hotmail.com.  
**Instructor:** Frank Swatek  
**Fridays,** April 10 - May 29  
Recreation Park, Comm. Center

Poetry of E. E. Cummings and William Butler Yeats
When I told an OLLI classmate I intended to teach a poetry class on e.e. cummings, he said: “The one who had a broken typewriter.” Of course, he was referring to the unique syntax that cummings created in constructing his poetry. Cummings was able to write in a visual way that integrated form and content to his words. William Butler Yeats was an Irish poet, a pillar of the Irish literary establishment, and one of the foremost figures of 20th century literature. I marvel at his ability to put profound meaning in so few words. In each class we will study 5 or 6 poems of each poet at different stages of their lives. **Class limit: 15**
**Instructor:** Bernard F. Natelson, M.B.A., Psy.D., A.B.M.P.  
**Fridays,** April 10 - May 15 (6 wks)  
2:00 - 3:00 PM  
CSULB, HS&D, room 101

→ See article on page 6
Banking & the Unknowns
Have you ever wondered what happens to your money after you deposit it at the bank? How does a bank make money on your money? What protection does your money have? How does your money travel around the world? This class will answer these questions and others you have about the banking business. Class limit: 20
Instructor: Larry Luckey, MA Business Administration; former chief operating officer for four banks; banking experience 1978 to present.
Fridays, April 10 - May 1 (4 wks)
3:15 – 4:45 PM
CSULB, HS&D, room 119
→ See article on page 12

Stained Glass Making
Learn secrets to design, build, and/or restore stained glass windows. This course will cover leaded and copper foil techniques that haven’t changed for hundreds of years. Complete a project to beautify your own home and/or give to friends as keepsakes. A list of materials will be provided at the first class meeting. Contact the instructor at: stephencnewcomb@aol.com.
Class limit: 25
Instructor: Stephen Newcomb
Fridays, April 10 - May 29
2:45 -4:45 PM
CSULB, Design, room 111

Advanced Watercolor Workshop
This class is for students who have experience in painting or drawing. It offers non-directed time for artists to improve painting skills. Share experiences, exchange ideas, give feedback and critique each other’s work. Bring art materials and choose the time you wish! Lessons and advice from the instructor is given between 10:00 and 12:00.
Class limit: 40
Instructor: Mike Daniel
Saturdays, April 11 - May 30
8:30 AM – 12:00 PM
CSULB, Design, room 111

8 Truly Great Motion Pictures
Here we are again---looking forward to another set of truly great motion pictures: Zorba the Greek with Anthony Quinn; Shane with Alan Ladd; Murder on the Orient Express with Sean Connery and Ingrid Bergman; Jane Eyre with Orson Welles and Joan Fontaine; Chinatown with Faye Dunaway and Jack Nicholson; The Graduate with Dustin Hoffman and Ann Bancroft; Treasure of the Sierra Madre with Humphrey Bogart, Walter Huston; and Experiment in Terror with Lee Remick. Class limit: 98
Instructor: Jeff Hathcock
Saturdays, April 11 - May 30
9:00 AM – 12:00 PM
CSULB, HS&D, room 101
Beginning iPhone (iOS)
Just get your phone or haven’t had time to learn how to use it? This beginners’ class will concentrate on some of the most frequently used iPhone apps. You’ll see how to make phone calls, read, send and receive email and texts, manage content, search the web, enter text, use maps to get around, organize your apps and get familiar with some of the settings. Prerequisites: have an iPhone 5 or higher. Bring your activated/charged phone to each class.
Instructor: Kathy Winkenwerder
April 6 - May 18
8:30 - 10:00 AM

Samsung Phone Basics (Android)
Explore how a Samsung smartphone works. Learn what you can do with yours, what comes with your phone, what apps are and how to download them. Get comfortable with the touch screen and practice using it. See what you can do with your Samsung smartphone besides making and answering phone calls or texts. You’ll learn how to check mail, use the camera, browse the web, play games, listen to music, and get directions from a map.
Prerequisite: You must have a Samsung brand smartphone (S series – 3 to 10)
Instructor: Richard Sherwood
April 6 - May 18
1:45 – 3:15 PM

Photoshop Elements Workshop (Windows)
You get to decide what Elements topics will be covered in this workshop. Bring a flash drive with the photos you want to enhance to the first meeting. There you’ll be asked what you want to do that will improve your photos, and then you’ll get step-by-step instruction on how it’s done. Maybe you want tips on how to use the organizer, know more about how to adjust the color on your photos, or how to remove people or other objects from a photo? Maybe you want to know how to add a different background, or print and share your photos, or use image effects? It will be up to workshop students. Prerequisite: Experience using Photoshop Elements.
Instructor: Harold Drab
April 6 - May 18
10:15 – 11:45 AM

Inspired To Teach?
OLLI is looking for people who love to help others learn about technology or other passions. Share your skills in photography, games, social media, hardware, health / fitness applications, or anything else technology-based. Contact the OLLI office and become a volunteer Instructor or coach!

iOS 13 and Other iPhone Changes (4 weeks)
It happens every year. Here comes another operating system for our iPhones. This year it’s iOS 13, which was released in late September 2019. New features include a Dark Mode to use in dim light, a Swipe Keyboard, extensive filter and editing additions for both photos and videos, Look Around in Maps that’s like a street view. Siri is supposed to sound more natural than ever and she (or he) is smarter too. The Reminders app has been remodeled, custom fonts are available in the App Store, and much more.
Prerequisite: Have an iPhone 5s and higher. Please bring your charged phone to class.
Instructor: Kathy Winkenwerder
April 7 - 28 (4 wks)
8:30 – 10:00 AM

PowerPoint Memories (Windows)
Get acquainted with the powerful Microsoft presentation software that will help you create and edit slideshows, now using the Windows 10 operating system. You’ll be introduced to the icons on the ribbon, the many templates, and how to take advantage of the improved graphics capability. Learn to build and save a simple presentation, use rulers and guides, apply themes, insert transitions, place text, insert clip art or other images from your computer, apply backgrounds, print speaker notes and handouts, and run a slideshow. Prerequisite: Basic PC skills.
Instructor: Harold Drab
April 7 - May 26
10:15 – 11:45 AM
Microsoft Word (Windows)
Microsoft Word 2016 is the word proceeding application included in the Microsoft Office 2016 as well as Microsoft 365 suite. You use Word to create text-based documents such as letters, memos, reports, flyers and newsletters. The class will cover Word basics, such as creating word documents with headers and footers, formatting documents with themes and styles, editing and correcting documents, alignment and spacing, creating letters and envelopes, formatting text with fonts and effects, sorting lists and inserting pictures, text boxes and shapes.

Instructor: John Rogers
April 7 - May 26
12:00 – 1:30 PM

TUESDAY

Introduction to the iPad (iOS)
Have an iPad and not sure how to use it? This beginner class will discuss and demonstrate all the basic features of the iPad. Learn how to use the touch screen and gestures, how to download apps and organize them, how to get and send email. Personalize your apps in Settings. Learn how to talk to and get answers from Siri, take Notes, keep a Calendar and address book, search the web with Safari, and take, edit and store Photos. Bring your iPad with you to each class.

Prerequisite: You have an iPad.
Instructor: Marilyn Gettys
April 7 - May 26
1:45 – 3:15 PM

The Cloud: What is it, Where is it, and Why should I care? (iOS, Android)
“The Cloud” has become a common but often confusing or vague term that’s mentioned with respect to personal computing. All online services use “cloud-based” technologies, so it’s important to discover the features that cloud computing brings and also the problems and trade-offs that come with it. This four-week class will give you a better understanding how it affects what you do on your computer, mobile phone, tablet, television, and smart home devices. Most importantly, learn how to control what information is placed in the cloud and how to protect and make it private.

Instructor: Chris Wisniewski
April 7 - 28 (4 weeks)
3:30 – 5:00 PM

WEDNESDAY

Introduction to the iPad (iOS)
A repeat of the Tuesday class. See description on the left.

Prerequisite: You have an iPad.
Instructor: Marilyn Gettys
April 8 - May 27
8:30 – 10:00 AM

Travel with your iPad or iPhone (iOS)
Explore a variety of travel apps you can download to your iPhone or iPad. We’ll cover how to use apps to find places to go, search for hotels and other accommodations; how to book and manage airline travel, car rentals and cruises; how to find free Wi-Fi; how to use maps, both online and offline when no Wi-Fi is available; how to use a translation app when you’re in a foreign country; and when you’re traveling by car, how to use apps like Uber, Gas Buddy and iExit. Bring your charged iPad or iPhone to each class.

Instructor: Marilyn Gettys
April 8 - May 27
12:00 - 1:30 PM

Photos on your iPad or iPhone (iOS)
Learn everything the iOS Photo app can do, from the process of taking a picture with your iPhone or iPad, to editing it, to the additional apps you can get to further enhance your pictures, to the many ways you can share it. The class will include editing your photos with the Photo and other apps, creating albums, slide shows, prints, photo books, and anything else you want to do with them, and then how your pictures can be stored and backed up on several different clouds and on physical devices. Bring your charged iPad or iPhone to each class.

Instructor: Marilyn Gettys
April 8 - May 27
10:15 – 11:45 AM

Digital Privacy & Computer Security: protect your identity, data, and devices from hackers, thieves, scoundrels, and snoops (any OS)
Take charge of your online life! There are easy ways to protect your identity and data in this new, digital wild west world we’re living in. Learn about a handful of simple, practical, and safe ways—including password management—to use your smartphone, tablet, and computer so your privacy is protected. Learn how to surf the web, purchase items on websites or apps, share photos, and exchange private and personal data with only the persons and companies you choose. Learn how the California Consumer Privacy Act (CCPA), which went into effect this year, affects you. There will be lecture, discussion, plenty of examples, and lots of handouts.

Instructor: Chris Wisniewski
May 5 - 26 (4 weeks)
3:30 – 5:00 PM
**WEDNESDAY**

**Digitize your Memories (PC, Mac)**
Explore the ways you can convert older documents, photos, films, videos, music, etc. to a digital format that can be used on current computers, phones, tablets, etc. and why you would want to do it. Will cover both commercial sources and do it yourself processes that use free and/or purchased equipment and software. Also methods to store and organize the resulting files.

**Instructor: Wesley Peck**
**April 8 - May 27**
**3:30 – 5:00 PM**

**THURSDAY**

**Test Drive a Free App**
Ever been curious about an app, but don’t know how to get started using it? Join this class, choose from popular free apps, for instance, Skype, What-sapp, LinkedIn, YouTube, Uber, Google Maps, or Eventbrite. Many are part of the social media environment. Or you could learn about gifs or memes. Or how to navigate the huge choices at Amazon, the App Store or Google Play Store. Or something else. It will be your choice. This will be a hands-on class where you get help with and practice using the apps you choose. Use the lab computers or bring your own mobile device.

**Instructor: Perla Gutierrez**
**April 9 - May 28**
**10:15 – 11:45 AM**

**Shoot & Edit Smartphone Videos (Android, iOS)**
There are lots of good reasons to take videos of the lives of your family and friends. You can document a birthday, your grandson’s first bike ride, or a special trip. Learn how you can take amazing videos of occasions like these with your smartphone. This class will cover filming techniques, smartphone video apps, making a script, music and voice recording, editing techniques, and how to post your finished product on Facebook or YouTube. Classes will also include exercises on each topic. Please bring your charged smartphone to each class.

**Prerequisite: Comfortable using your Android phone or iPhone.**

**Instructor: Perla Gutierrez**
**April 9 - May 28**
**1:45 – 3:15 PM**

**SATURDAY**

**Managing Digital Photos (Mac, PC, iOS, Android)**
Learn how to use free apps on your smartphone or tablet and applications on your computer to edit and enhance your photos, print pictures with borders and captions, easily share your photos with friends and family, back up your photos to prevent loss, create collages, slideshows and movies from your pictures, and send them to a commercial service to create photo books, calendars, posters, etc. Students should bring their smartphones / tablets to class.

There is a $3.00 fee, payable the first day of class, to cover the cost of a flash drive loaded with software, manual and test photos.

**Class limit: 20**

**Instructor: Reggie Gates**
**April 9 - May 28**
**12:00 – 1:30 PM**

→ See article on page 8
CSULB Parking Permits

Community permits are sold ONLINE for $32 per month. See OLLI Website for details or visit Brotman Hall. Daily rate is $10.00 in all lots - pay at a kiosk. The Foundation Lot attendant takes cash or credit cards for $10 daily rate.

Disabled parking is allowed in blue ADA spaces in Employee Lot E6 with a campus permit and a placard. The short term green curb on State University Dr. allows FREE disabled parking when a placard is displayed. For more information, visit the website or call the Parking Services office 562-985-4146.

Campus Shuttles operate during the CSULB Fall and Spring semesters only. Shuttle riders must present their CSULB ID card when boarding any campus shuttle. Check details at www.csulbshuttle.com OR visit www.csulb.edu/maps for more info.

New location for some OLLI music classes. X marks the Community Center in "little" Recreation Park, near the golf course. Free parking.
OLLI @ Pine Ave.

* PA - Tower: Park Pacific Tower apartment building at 714 Pacific Ave. just across from the OLLI classroom building.
* PA - suite 202: Enter from the Solana Court “alley” between 7th and 8th streets. NO entrance from Pine Ave.

Use the buzzer and wait for a sound to open the door. Classroom is up a flight of stairs. Access to a lift is available upon request.

Parking Downtown
- Metered street parking: two-hour limit, cash or cards
- Non-metered street parking: North of 8th St. on Pine Ave as well as neighborhood streets west of Pacific Ave.
- Limited parking is available behind the OLLI building ONLY with a temporary permit from the OLLI office displayed. Watch signs and spaces allowed. (Former Press Telegram)

OLLI PINE AVE
737 PINE AVENUE, SUITE 202
LONG BEACH CA 90813
(562) 436-2100

ENTRANCE ON SOLANA COURT

OLLI @ AGSM

American Gold Star Manor
3021 Gold Star Dr., Long Beach, CA 90810

Classes are offered at this residential community located in west side Long Beach. See the OLLI SUN for class details.

OLLI at CSULB
Governing Council

Barbara White Executive Director
Len Jacobson President
Glenn Libby Vice President
Karin Covey Treasurer
Mary Meyer Secretary
Phyllis Spear Member-at-Large
Gary Hoyt Member-at-Large
Rick Adams Communications
Jeff Protzman PR / Marketing
Donna Hawk Education
Karen McDonough Education
Kathy Winkenwerder Technology
Wesley Peck Technology
Patti Worsham Member Services
Naida Tushnet President Emeritus

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

Member Services Working Group meets quarterly. Call for dates if you are interested in volunteering for activities.

Upcoming Governing Council Meetings:
Mar. 20 - April 17 - May 15 - June 19

Meetings are held on campus at 1:30 pm. and they are open to all OLLI members.
Contact the office 562-985-8237

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

OLLI @ JCC

Alpert Jewish Community Center
3801 East Willow Street, LB 90815
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 hall / rooms on the right.) You may be asked for ID as you enter or to park.
Spanish with Spunk

Social Spanish helps add to your vocabulary and develop oral fluency. It provides a supportive environment to practice Spanish in one-on-one and small-group discussions. All levels of Spanish speakers are invited to attend. Emphasis is on student participation – come and practice!

This is a fun class. It is not about conjugation or grammar. It is about using Spanish to converse in a practical way, one that makes it second nature. Students work together to encourage and correct each other with guidance from instructors Pam Kiwerski and Ignacio Ruiz. Students practice what they learned over the years, and do it in a non-critical environment. Class starts with a song in Spanish, and then a translation of the meaning of the song. Pam explains that, “What you learned in school does not work on the street. This is about functional Spanish that helps you communicate.” Some students have never had Spanish. A few native speakers attend class just to use their language. Children’s literature brings more reality as the class reads an easy book in Spanish and discusses it. The class also goes out to eat as a group to gain exposure to food and cultures of Spanish-speaking countries.

Ignacio team-teaches and brings much experience. He earned an MA at CSULA in Language Arts, and holds teaching credentials in Math, Language Arts, Reading, Spanish, and Business. He knows the dialects of Spanish from many countries and regions and enriches the classes with culture, language and history. He says, “My joy is sharing the Spanish culture with OLLI students. I like to broaden their world to realize that Spanish is spoken all around the world and in each region, there are unique words and expressions that make this language one of the grand romantic languages of the world.”

Pam grew up hearing Spanish in her home and then learned more in school. It was also required for her Bi-lingual teaching credential. She grew up in Orange County, earned a BA at USC, got her teaching credential at CSULB, and went on to Cal State Fullerton for her MS. She has been with OLLI since 2015. She comments that, “Everyone at OLLI is so nice and willing to learn.”