



OSHER LIFELONG LEARNING INSTITUTE  
 AT CALIFORNIA STATE UNIVERSITY, LONG BEACH  
 COLLEGE OF HEALTH AND HUMAN SERVICES



# OLLI @ The ALPERT JEWISH COMMUNITY CENTER WINTER CLASSES

January 4 – February 28



## Mondays

### Guided Autobiography I afternoons

Recall and record the significant moments of your past through the process of Guided Autobiography. Through this interactive class experience, you will learn the tools for writing your own life story. The first session is a 90 min. orientation about the structure, expectations, and student commitments to the class. The next 4 sessions will be 2 hours long. You will write your own story on a new topic each week. The group will share stories and receive positive feedback with assured confidentiality. No need to be a talented writer, just tell your own story. Questions? Contact Teri at 562-637-7175 for location/parking details. *Class limit: 8*

**Instructor: Teri Hershberg, Certified GAB Instructor**

**Mondays, Jan. 7, 14, 28 & Feb. 4, 11 (5 weeks) Jan. 7: 2:30 – 4:00 Jan. 14 – Feb. 11: 2:30 – 4:30 PM**  
 JCC, room 27

### Guided Autobiography I evenings 6:00 – 8:00 PM

**Instructor: Teri Hershberg, Certified GAB Instructor**

**Mondays, Jan. 7, 14, 28 & Feb. 4, 11 (5 weeks)**  
 JCC, room 27



## Fridays

### Elementary Japanese 101 10:15 -11:45 AM

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 for extra listening and speaking practice. Students can share experiences with Japanese culture and create a ‘culture project’.

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

JCC, room 27

**Register at the OLLI office OR ONLINE at [www.csulb.edu/olli](http://www.csulb.edu/olli)**

Cost: \$10 tuition + the \$40.00 annual OLLI membership. Membership gives you the opportunity to take lecture or computer classes at any of our venues and be on the mailing list.

**Contact the office for more details. 562 – 985 - 8237**

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