Wouldn’t it be wonderful if we could express our thoughts so effectively that the recipients of our messages would immediately understand exactly what we are trying to communicate? We talk extensively every day but do we really communicate effectively with each other? Tere Sievers and Herb Glazeroff plan to teach you how to improve your communication skills.

These examples of inadequate communication on public signs might amuse you. Although humorous, they are confusing and extremely ineffective. A message in a laundromat reads “Automatic Washing Machines -Please remove all your clothes when the light goes on.” Another outside a second-hand shop states “We Exchange Anything--bicycles, washing machines, etc.--why not bring your wife along and get a wonderful bargain?” If these signs communicate poorly, you can imagine how what we say to each other spontaneously can be misinterpreted.

The two instructors for this course have much combined experience in communication. Tere Sievers has an M.A. from California Family Studies Center in L.A., where she worked for 6 years. She is a marriage and family therapist who has practiced in Belmont Shore for 25 years. Herb Glazeroff is a retired clinical psychologist who practiced for 14 years at the in-patient unit at Kaiser Permanent, Fontana. He also worked 10 years for the Dept. of Corrections and Rehabilitation, taught at Cal Poly Pomona and counseled patients in private practice.

This course combines information from the Great Courses Effective Communication Series with input from the instructors. It will include discussion, interpersonal communication, experiential exercises and videos. Although both instructors have taught at OLLI before, this class will not repeat material from previous courses. The instructors look forward to helping students enhance personal development and they are glad to “give back to OLLI”.

LEARN MORE ~ AGE LESS
Enroll at OLLI... the School for Seniors
## Editor’s Comments

by Jack Blecher

**THOUGHT FOR TODAY:** It’s better to walk alone, than with a crowd going in the wrong direction.

- Diane Grant

The SUN welcomes aboard two new reporters, Sydelle Pomi and Susan Pack. We encourage volunteers to join our staff as writers, cartoonists, photographers, copyreaders, graphics specialists or anything else related to journalism. Pay is wanting, but experience is great.

After eight years of dedicated reporting for the SUN, Linda Fuchik has resigned in order to devote more time to her East Coast activities. Thanks, Linda, for all those wonderful articles. In addition to her many talents, Betty Hutchens is a *newbie* cartoonist.

The death of Otto Ross, my good friend and poker buddy, saddened everyone. He left a generous gift for OLLI for which we are grateful.

According to the survey (page 10) female to male OLLI membership is two to one. Hey guys, get your bowling pals to enroll in classes and spend some time at OLLI.

Our apologies to Sylvia Manheim for omitting her byline on the well written “Linden” article.

First it’s Dick Blankenship complaining about the scarcity of his photos in the SUN. Now Stu Span complains. Correction made. You’d better be happy now, Stu.

**Winter Solstice: December 21, 2014; 3:03 pm PST**

I just saw the OLLI catalog. What a lovely article and introduction to my class. Thank you so much. As a result, I have been told that my class is FULL!

Harriet Bennish

Errata: Harry Futoran’s name was misspelled in the Fall SUN.

---

**Letters to the Editor**

Wanted: Archivist

Are you interested in volunteering to help OLLI manage and preserve its historical records and information? If you like helping people get access to information and have an interest in conserving records, the position of Archivist may be for you. Please contact: Malcolm.Green@csulb.edu and/or Rebecca.Low@csulb.edu

---

### Contents

<table>
<thead>
<tr>
<th>Vol. 18</th>
<th>Issue 2</th>
<th>Winter 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Editor’s Comments</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Publications Committee</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>President’s Corner</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Vice President’s column</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>OLLI Cartoon</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Featured Classes, Events and Activities</td>
<td>4-15</td>
<td></td>
</tr>
<tr>
<td>OLLI Farewells / Calendar</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Contributors</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>OLLI Info</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Registration Forms</td>
<td>17-20</td>
<td></td>
</tr>
<tr>
<td>Class Descriptions</td>
<td>21-30</td>
<td></td>
</tr>
<tr>
<td>Special and Free Events</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Computer Class Descriptions</td>
<td>31-33</td>
<td></td>
</tr>
<tr>
<td>Maps and Parking Info</td>
<td>34-35</td>
<td></td>
</tr>
<tr>
<td>Governing / Advisory</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Feature Article</td>
<td>Back Pg.</td>
<td></td>
</tr>
</tbody>
</table>

### Publications Committee Staff

- **Editor**: Jack Blecher
- **Asst.-Editor**: Suzanne Walsh
- **Reporters**: Sylvia Manheim, Susan Pack, Sydelle Pomi, Thelma Teitel, Rosalind Hertz, Arthur Gottlieb, Loren Curtis, Geoff Carr, Judy Granger, Kathy Winkenwerder
- **Cartoonists**: Phil Garcia, Bruce Hatch
- **Graphics**: Harold Drab
- **Production**: Rebecca Low

---

OLLI at CSULB
Building HS&D, Room 100, MS-5609
1250 Bellflower Blvd
Long Beach, CA 90840-5609
OLLI Office: 562-985-8237
Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
President’s Corner

ike most other schools, OLLI begins our new academic year in the autumn. In our case, it began with our Fall Session last October. This academic peculiarity also just happens to afford us a few extra months to prepare OLLI for new things in the 2015 calendar year.

The Fall Session of the OLLI academic year, which ends in December, marked new records in memberships, curriculum offerings, and class enrollments. The less welcome side effects of these records were the greater number of classes that quickly reached their capacity limits, increased workload for our office staff, more vehicles in our parking lots, and more congestion in the office, hallways, and classrooms.

The OLLI Governing Council has been working on ways to accommodate our growing OLLI community and its needs. For example, we are planning for a more efficient registration system with eventual on-line registration. And to alleviate hallway congestion, we will make way for expanded and more convenient outdoor and indoor seating for OLLI students to relax and meet with one another before and after their classes.

Your responses to our membership survey last summer provided valuable guidance for our new strategic plan. As an example, we are working on some travel programs that we hope to include as future OLLI events. I urge you to read about the survey results and our new strategic plan in the articles in this issue by our Executive Director, Barbara White, and our Vice President, Bill Fitzpatrick.

Finally, our OLLI relies on our members and member-volunteers to make all these things happen. We know that our members have talents and energy to make our OLLI better for all of us. If you have a few hours each month to help us spread the word about OLLI, help out in the office, or organize a project, please let me know at malcolm.green@csulb.edu.

OLLI Strategic Plan 2014

In March of 2011, the Governing Council adopted a 3-year strategic plan. The plan’s objectives have been largely met. Here’s a quick summary. Become financially secure. The Governing Council established an ad hoc development committee and set a goal of raising $150,000 in contributions, a target exceeded by nearly 30%. Grow our membership by 5% per year. Membership growth averaged 10%. Strengthen our volunteer team. Fifty-five new volunteer instructors have been added over the years. Broaden our curriculum offerings. Our course offerings have grown by 15% during the past 2 years, highlighted by new activity, film, history, literature, performing arts, personal finance and science/technology classes. Increase our presence at off-campus locations. Course offerings increased at Leisure World and Pine Avenue, and one course per session was added at the Alpert JCC.

As satisfying as these results are, we must not slip into complacency. As membership and course offerings increase, new challenges arise. In response, the Governing Council has just adopted a new strategic plan shaped by the responses to the spring member survey. The plan’s goal is to continue to serve our growing senior population while improving the member experience. To that end, it identifies five priority targets, lists tasks for addressing each, and identifies the volunteer group with primary responsibility.

The priorities are (1) Member Communications, (2) Classroom Space and Convenience, (3) Technology Modernization, (4) University Collaboration, and (5) Targeted Fundraising. The full plan is available both at the office and the OLLI website.

To make the plan a reality, OLLI needs your time and talents. We especially need non-classroom volunteers. There’s a role for everyone. If you can organize a social or a day trip, work with social media, recruit volunteers, raise donations, schedule classes, help in the office, write about OLLI, prepare a budget, or do dozens of other tasks that benefit OLLI, please step forward. We have prospered over the last 18 years because of enthusiastic and dedicated volunteers. May it always be thus.
In the Spotlight

The summer flew by just like a jet plane and at this writing fall is in the air. Hopefully all OLLI members enjoyed a good summer with friends and family in exciting adventures.

It appears that our office staff all won vacation lotteries beginning with Becky Low, who traveled to Ireland with a friend, Karin Covey went to Portland, Oregon, Liz Lopez flew to Santa Fe, New Mexico, and Grace Blankenship had high tea at the Empress Hotel in Victoria, Canada. To top this all off, Renee Simon and Jack Blecher went on a cruise to Alaska. More news in the next issue about Carl Schiemeyer and the RAIL TRAVEL class excursion to Arizona!

Some other tidbits of information are that Alan Rosen and Fred Masbeck took ten OLLI classes each this summer. Bonnie and Con Rader celebrated their 60th wedding anniversary on August 19th. (Con directed our computer lab for many years and retired to Fullerton two years ago.)

Lee Freilich, an early member of OLLI, moved to Fullerton to be closer to her children.

Alice Lemon, who taught STORYTELLING at Leisure World, noticed a great storyteller in her class named David Urstein and she encouraged him to enter the storytelling competition at the Long Beach Playhouse. He did so and won 1st place and $100 dollars as well. Congratulations to David!

Did you know that the Community Cinema offers FREE independent documentary films this winter at the Carpenter Center on Tuesdays at 7:00 pm. Dec. 2nd - Evolution of a Criminal; Jan. 26th - A Path Appears; March 3rd - The Homestretch.

On October 17th, we were honored to have the new CSULB president, Dr. Jane Close Conoley visit OLLI.

Yours truly worked with Judy Mednick for over 10 years on the SUN. I miss her wisdom and constructive criticism of my articles. Have a great semester and meet lots of new friends!

Caruso Class

Mark Sepulveda, a surprise guest in Les Mittleman’s “Caruso” class, won the admiration of the entire classroom this summer. At age 21, he is not only an excellent singer, but also an authority on everything related to opera. On his more than 100-year-old hand-wound record player, we heard the gems of Caruso’s recorded voice.

Registration Madness

Carl Curtis made the announcement, “registration for OLLI fall classes will occur in our classroom on Saturday, August 30th from 8:30 am to 11:30 am.” At 8:31, the lobby was packed with more than 100 students eager to register for their choice of classes, computer or regular, and by 11:30 that morning, 235 registrations were recorded. Choices! These registrants could have been home watching sports on TV!
OLLI’s annual volunteer luncheon, which was held in the campus Chart Room this year, attracted close to 100 people. If the socializing and laughter were any indication, this event was a huge success. The Western-style barbecue luncheon provided an opportunity for volunteers to meet and relax together outside of classes. OLLI staff also gratefully thank all who participate in making OLLI a huge success. What would we do without our generous volunteers who give their time and most valued talents sincerely and (what appears to be) effortlessly?

Compliments to the chef for a delicious and nutritious luncheon, and oh, that apple pie was tasty! Many thanks also to those who made the arrangements, planned, decorated and participated in this event: namely, Rebecca Low, Janie Payan, Karin Covey, Grace Blan-

kenship, Georgianna Fox, Liz Lopez, and of course, Dr. Barbara White. The event was well organized and excellent photos of the day were taken by Terry Fiskin.

OLLI president, Malcolm Green, and OLLI Executive Director, Dr. Barbara White, gave speeches of appreciation to the volunteers. In addition, Arthur Hopkins’ ukulele group provided entertainment that delighted all. It was inspiring to see the progress made by his OLLI ukulele students who performed so well as his back up. The audience thoroughly enjoyed listening to such a unique, local musical group.

Hats off to all our volunteers and to all those others who continue to make OLLI possible.
Otto Ross - In Memoriam

Otto Ross, born in Nuremberg, Germany in 1912, pursued a career in business, beginning as an employee at an export house. When a friend of his father’s offered him a trip to the U.S. in 1932, he jumped at the offer and rode a steamship to New York City. Once there, he found a job cleaning floors in a women’s underwear factory. He worked his way up, eventually becoming a traveling salesman to five New England states.

Otto felt fortunate to be in the United States when Adolf Hitler came to power in Germany. He brought his parents and sister to America while friendly Germans hid his brother in Europe during the war. Otto served in the U.S. Army from 1942-45 as Master Sergeant, Rocket Artillery. It was during his Army days that he first began writing poetry to send to his dear wife, Belle, from camp.

After his years in the service, Otto and Belle settled in Long Beach, Calif., and had a daughter, Dena. Otto joined his in-laws to run Alan’s Shoe Store in Belmont Shore for 45 years.

After Otto retired, a poker buddy invited him to enroll in a new school called Senior University at Cal State Long Beach. He did, and Otto and his wife attended many classes. After an illness, Belle passed away in 2000. Otto retired to Leisure World, where he joined the Writer’s Club, volunteered with “Friends of the Library” and was an occasional contributor to the Leisure World News. He was instrumental in bringing the first OLLI classes to Leisure World, allowing many senior students to walk to class.

For many years, Otto considered himself to be “the oldest student at OLLI.” He celebrated his 100th birthday in 2012 in a room filled with family and friends. Otto passed away peacefully, just shy of his 102nd birthday, in late August with his family at his side. In his will, he remembered OLLI with a substantial gift to carry on his legacy.

He also left a message for all of us: “I want to bid a fond ‘farewell’ to all the fine people I met at this wonderful institution: teachers, students and officials. I want to wish OLLI much success for many years to come. Hopefully I can watch from above!”

THE SUN

A most welcome yellow booklet arrived at my house this very day - it was something that warmed my heart - what more can I say! In the corner “The SUN” was shining, on the left it stated “OLLI” and, believe you me, every word in it was far from writer’s folly.

It was full of “Summer Sizzlers” in the shape of weighty classes which “CAL STATE” Volume 15 issued to show me how time passes. Well, I do recall my first lecture at this so welcome place of learning and ever since much knowledge and wisdom I have been earning.

Furthermore I think I deserve a pat on the back and deserved glory - because it was I who brought classes to Leisure World - a most happy story. To keep the brain working at advanced age is indeed a great treasure, not to leave one’s old peoples’ refuge is such a great pleasure.
From the Memoir Class  by Geoff Carr

Memoirs come in all themes and all sizes and are produced for a variety of reasons. We all believe these vignettes are ours alone, but when shared we find our unique expressions are a part of the human experience.

Judy Granger tells us of her heartwarming experience with an adult child. Most have had similar moments with children of all ages and they continue “forever” until role reversals occur. The story goes on as mother and daughter go to school at the same campus, ours, one to complete her graduate degree, the other to LEARN MORE~AGE LESS.

Let’s thank Judy and invite her daughter to join us when she attains the age of admission to our program.

Memories of Our CSULB Campus Days  by Judy Granger

It is not often I can share educational space with my darling daughter, but this little gem of a story may have you thinking back to ancient times when grandmas were in the kitchen all hours of the day cooking for their grandchildren. But Hey! The year is 2014, and this Grandma finally took advice from loving family members by registering for senior university courses at CSULB—or, as we all know it now: OLLI! I didn’t just sign up - I actually showed up for my selected classes!

Was I a little frightened? Did I find it risky? Maybe a little... but after thinking back to when my treasured daughter, Lisa, made her way to this very campus to finish her master’s degree in Special Education in 2010, I knew how hard it would be for her to get to evening classes after a full day of teaching middle school students with challenging learning disabilities.

Fortunately, I had just retired and wondered if I could assist by picking her up from her job location—and then driving her to the CSULB campus nearby, so she could be on time for class. Luckily, we formulated a plan in which this happened twice a week. I also decided to “fetch her” after university classes and give her hubby (a music teacher) some free time as well. It was such a welcome relief to drop her off at home, knowing that she didn’t have to traipse around dark, crowded parking lots late at night. So eventually, it seemed like this was my very special campus, too. Every time I entered your gates of learning, I experienced such a lovely, warm neighborhood feeling. How absolutely wonderful to enjoy campus-life again, even though I was there waiting for my daughter, who was determined to finish her courses, and knowing she would do just that!

Heart-felt Kudos! She graduated as planned! Truly, what a gift it was to share this special time with her. Does my pride runneth over? Indeed... it still does. Mightily.

LB Opera  by Jack Blecher

Dr. Kevin St. Clair of the Long Beach Opera (LBO) will lead a class that meets twice in the Winter session.

Founded in 1979, LBO is the oldest – and still youngest! – producer of opera in the greater Los Angeles area. LBO is recognized worldwide for its innovative programming and staging of new and rarely-performed works that are changing the face of opera in the 21st century. Dr. St. Clair directs LBO education and outreach programs and will take you through a lively exploration of where opera came from, where it has been and where it is headed.

Also included will be a sneak peek of two upcoming LBO productions: Tobias Picker’s sensual setting of Emile Zola’s Therese Raquin (January 20) and Gavin Bryars’ Marilyn Forever, an homage to film icon Marilyn Monroe (March 3).

With degrees in music from Chapman, Yale University and USC, Dr. Kevin St. Clair brings three decades of experience as an opera singer and educator to OLLI. Along with his work at Long Beach Opera, Dr. Kevin teaches applied voice at Long Beach City College, sings with Pacific Chorale and directs the chancel choir at Northridge United Methodist Church.

This class, A TASTE OF LONG BEACH OPERA, is offered only on two days this winter. For the many opera lovers at OLLI, here is another opportunity to expand your knowledge.
Our Committed Curriculum Committee

It just keeps getting better and better. When OLLI (formerly Senior University) started in 1996, there were about 50 people, which included students and instructors. Now there are about 1,400 students taking more than 60 classes (excluding computer classes). This phenomenal growth continues to come about because of the many volunteers who put in countless hours of hard work.

What attracts more and more people to OLLI? The classes, of course! How does it happen that such a selection of classes with far-reaching interests becomes available to us four times a year? Each time we open the bright yellow brochure, the volunteers who make up the Curriculum Committee are the ones we have to thank for “a gift that keeps on giving”!

This group, which meets on the third Monday of each month, presently has 18 members. With four campuses now, the committee tasks include discussing with instructors their intended content, arranging schedules and finding spaces for the ever-expanding classes in each location. The committee has been successful in broadening the curriculum as well as making it more flexible. Most of the classes are eight weeks long. Additionally, there are also one-day special events, which are free to members and their friends.

Each session, the variety of classes continues to expand... music, drama, art, exercise, literature, performance, metaphysical pursuits, bridge and investing... with the committee carefully considering diversity and how new offerings will fit into the total range of classes. The present members are Jane Adair, Carole Atkin, Richard Black, Rachel Card, Donna Cole, Don Friedman, Nancy Hatchcock, Jan Kuhl, Dale Lieberfarb, Karen McDonough, Ken Nakagana, Kathe Repasi, Bea Roth, Joan Smith, Stu Span, Neil Steinhandler, Dolores Volpe and Pat Wrenn. Participating guests are Dr. Barbara White, Malcolm Green, Bill Fitzpatrick, Carl Curtis and Garland Holt.

Karen McDonough and Pat Wrenn are the vibrant and enthusiastic co-chairs. Both agree that their volunteer jobs are enjoyable and rewarding and they credit their extraordinary ability to complement each other as a huge factor in their success. Indeed, Don Friedman, a member of the committee since the “early days” says that these two women are outstanding in creating an atmosphere that makes it easy for instructors to teach their passions. Is there anything better?

We can celebrate and thank the dedicated volunteers of the Curriculum Committee each time we open a new schedule of classes. From the early beginnings of the group, one of the enduring goals has been to listen to suggestions in order to keep growing -- so, don’t hesitate to speak to one of the many members -- or better yet, join up and help to make OLLI better and better!

The 2014 Curriculum Committee
The Computer Lab

It’s Your PC I - Getting Started (formerly Computer 101)
It’s Your PC II (formerly Intermediate Computer)

The names have been changed, but the classes will be the same. Beginning and Intermediate Computer classes for the PC have been held almost every term since the computer lab opened its doors, and have taught literally hundreds of students how to use their PCs. That won’t change. Classes were renamed to make it clear that one class builds on the foundation of the other.

A New Class: Smartphone Basics

These tiny computers are not only used to telephone and text, but are cameras, entertainment centers, map-readers and more. Here’s where to learn smartphone features, what you can do with them, what apps are available and how to download them. Both iPhone and Android smartphones will be demonstrated in class.

Typing Practice

In spite of the fact that the typewriter is pretty much a museum piece now, you still use a typewriter’s keyboard, which is on your computer, your tablet and even your smartphone. If you didn’t learn to type in school or on the job, you probably use the one-finger method. If you want to increase your speed and use more fingers, come to the computer lab on Fridays and try one of the typing games on the computers. The games are much more fun than those old exercise books many of us had to use. Give it a try.

See the computer section of the SUN for more detailed class information.

Membership Meeting

The OLLI annual membership meeting held on Saturday October 16th had a good turnout of members. Prior to the meeting, representatives from Long Beach Transit and the Rider Relief program explained that since free transportation is no longer available to OLLI members, they would now need to apply for and use the TAP (Transportation Access Pass) system for public transportation. The new system and eligibility was explained, then a number of OLLI members were enrolled for TAP cards. For further information call 562-591-2301, or visit the Transit office at 1st & Pine, in downtown Long Beach.

President Malcolm Green, in his “State of OLLI” talk, related that our current membership is at 1600, 30% higher than five years ago. Classes are held from early morning until the end of the day, five days a week, and 17 classes are filled to capacity. In the near future we can look forward to a lobby with comfortable chairs for use during class transitions and social periods. Because volunteering is the backbone of our success, Malcolm also noted a special current need: a Membership Committee members.

V.P. Bill Fitzpatrick discussed the newly adopted 5 year Strategic Plan. The article on page 3 summarizes the plan.

Dr. Barbara White, Executive Director, spoke about the student survey conducted last spring (pages 10-11). Our student survey indicates that activities such as day trips, travel programs, theatre programs and the ability to audit university classes are the most popular. Parking is a major complaint.

Financially, in addition to distribution from the Osher Endowment, the balance of our income is from fees, tuition, and contributions. A fundraising campaign is underway to replenish the Scholarship fund.

As always, thanks to Janie Payan and team for providing delicious snacks.
Thank you to the 447 OLLI members who completed the “Getting to Know You” survey this past spring, 2014. Your input helped us plan our strategic direction for the next five years. We thought you would be interested in what we found.

Who Are Our OLLI Members?

Our membership includes 66% females and 34% males. This is representative of national statistics. Our age distribution is displayed at the right. The majority of our members are between 60 and 80 years of age. We remain 85% White/Caucasian. Other ethnicities include 5.4% Asian, 4.1% Latino, 3.4% African American/Black, 2.0% other and mixed, and 0.2% American Indian. Most members live in Long Beach (66.9%). Members also come from Seal Beach (9.7%), Los Alamitos/Rossmoor (6.3%), Huntington Beach (3.9%), and from a variety of other areas including Downey, Whittier, Pasadena, Rancho Palos Verdes, and Catalina! Only 8.4% of our members were CSULB faculty or staff; and only 27% are CSULB alumni. We have some work to do here!

Most members (75%) heard about OLLI through word of mouth. 32% of our members are new within the past year, while 27% have been members for 5 years and longer. 60% of our members take 1-5 classes per year and 40% take between 6 and 12 classes per year. 83.2% are very satisfied with the quality of instruction and 14.7% are somewhat satisfied, while 1.6% are somewhat dissatisfied. We received many suggestions from members for ways to improve the program.

Transportation and Parking

Not surprisingly, most of us arrive by car (70.4%). As frustrating as finding a parking space can be, only 34% were interested in a shuttle service from Lot 11. Somewhat more members (45%) were interested in off-campus parking with shuttle service. Several members commented that the cost of parking was too high (it is, however less expensive than fees paid by faculty, staff and even students!)

Registration for Classes

Slightly more than two-thirds of survey respondents pick up their copies of the SUN on campus. This leaves us the cost of mailing the rest. At this point, only 4.8% read the SUN on our website. According to our survey, about two-thirds of respondents register in person and the rest by mail. However, about 77% of respondents are likely to register on line and use a credit card for payment, when it becomes available (we are working on that). We are also happy to hear that 99% of those who answered the survey are likely to renew their memberships!

Computers

62.4% of members are PC users and 25.6% are Apple users. Only 4.8% of members do not own a computer. Despite this, 81% do not use our OLLI webpage for program information. And 83.7% of those completing the survey would like to be on an OLLI email list to keep up with what is happening at OLLI and around the University. 60% would also be interested in a simulcast of popular classes to a satellite location.
Survey...continued

OLLI Activities
Aside from our regular class schedule, survey respondents were interested in volunteer activities in the community (133), University volunteer activities (99), career mentoring of University students (59) and tutoring University students (33). Additional activities of interest to respondents are presented below:

We thank the 447 members who responded to our survey for the many thoughtful written comments you provided, including suggestions for new classes, as well as recommendations to instructors about classroom management. We thank you, also, for the many compliments for our efforts and those of our instructors and staff. To see the report in color, please visit the OLLI website.

Credit Card Payment

<table>
<thead>
<tr>
<th></th>
<th>Very Likely</th>
<th>Somewhat Likely</th>
<th>Probably Not</th>
<th>Definitely Not</th>
</tr>
</thead>
<tbody>
<tr>
<td>19%</td>
<td>4%</td>
<td>22%</td>
<td>55%</td>
<td></td>
</tr>
</tbody>
</table>

Thank You Volunteers

Have you seen Stu Span?

OLLI Activities

Mark Your Calendar!

10th Annual OLLI Art Show
February 9 - 13, 2015
Duncan Anderson Gallery, Design Building
Intake of Art on Friday February 6
Arts Program Reception
Sunday, February 15
1:00 to 4:00 pm

Dick Blankenship and Sylvia Manheim

Bea and Dolores

Amy Silverman and Robert Cooney

Photographer Terry Fiskin

Arthur Hopkins and Ukulele players

Cranial Challenge
Answer: 26
Make the Most of Your Social Security

While taking a class from a UCLA history professor, John Pak became “mesmerized” with the mechanics of the Social Security System, from its inception to its present day financial challenges. In fact, the class helped inspire him to become a Certified Financial Advisor.

This winter, John will share his enthusiasm and expertise at two OLLI financial workshops designed to help students maximize their hard-earned Social Security benefits by making wise investments.

John radiates charisma when he talks about instilling trust in his strategies for productive portfolios that can help secure a better financial future for ourselves and our families. Even now, this “kid from Queens, N.Y.” is still pursuing his own upward mobility as he continues to attend financial workshops throughout Southern California.

He’s also educating others throughout the state. John recently accepted invitations to speak at 15 California colleges and universities. Among them are USC, UC Santa Barbara, UC Riverside, CSULB and UCLA, where he’s currently employed part-time developing lessons for financial planning extension courses.

John’s convincing arguments for more enriching Social Security benefit investments could benefit you. Sign up early so you can enhance your knowledge of the “Four Life Cycles of Building Wealth” in these contemporary Powerpoint workshops at the Pine Avenue location in downtown Long Beach. John will focus on SOCIAL SECURITY MAXIMIZATION on Jan. 13 and SOCIAL SECURITY PITFALLS on Feb. 10.

→ See class description on page 25

Short Stories. . . a la The Great Books

Dale Lieberfarb, BS in Science and MA in Psychology, will be leading another lively Leisure World class on the SHORT STORY in the Winter session. Dale took the first Great Books class offered by Dolores Volpe many years ago at Senior University. She loved it and decided to facilitate another Great Books class as none were offered. Dale has since continued to facilitate her own classes at OLLI for the past five years utilizing an OLLI-owned Great Book Series.

Looking for new material, Dale then decided to facilitate a SHORT STORY class, not from the Great Books collection, but using the same criteria that the Great Books Foundation has developed. The three criteria are:

1. The selection has contemporary significance;
2. The selection is inexhaustible. It can be read again and again;
3. The selection is relevant to a large number of great ideas and great issues.

OLLI SHORT STORY students will be provided with the reading selections and each session has a new group of short stories. The author has been researched and different aspects of the author’s life are explored together using the method of shared inquiry. Many other significant writers and their contributions to literature will also be considered.

Ms. Lieberfarb encourages students to share the significant issues that arise in the reading and in discussion with the other students, as she believes that our different knowledge and life experiences add to the pleasure of the literary discussions.

Since the class size is limited, run, don’t walk, as an early sign-up is recommended.

→ See class description on page 25
We have created wonderful memories during our first two years in operation. We have also grown significantly and continue to conduct high quality programs and services.

Here are a few highlights that have occurred during our first two years:

1. Membership Growth: We have expanded our membership from about 30 members in our Pilot Program in October 2012, to over 300 active members!!!

2. Expanded Hours of Operation: When we first opened, our hours of operation were from 9 am – 2 pm Monday – Friday. We are now open from 8:30 am – 7 pm Monday – Thursday, 8:30 am – 2 pm on Friday, and 8:30 am – 12 pm on Saturdays.

3. Parking: We are delighted to provide parking close to the LifeFit Center! Lot 10A is dedicated to LifeFit Center members.

4. Successful Programming: Members have experienced improved health and fitness through our group fitness and personal training programming. The Strength for Living Program, our 16-Week small group training program, has grown and improved.

5. Increased Student Internships: During our first semester, we had three kinesiology fitness student interns. We now have over 12 interns from the kinesiology, gerontology, recreation and leisure studies, and the nutrition and dietetics departments.

6. PT@The Beach: Our collaboration with PT@The Beach provides a wellness model where individuals can go from rehab to wellness in the very same facility. LifeFit members receive discounts as cash patients or can use insurance to receive physical therapy services.

For more information about membership in the LifeFit Center or the Strength for Living program, please visit The LifeFit Center @ The Beach website: www.csulb.edu/lfcbeach or call 562-985-2015.

CranialChallenge

Around the dining room table eight guests each held a glass of wine. If everyone clicks their glass with everyone else, how many clicks occur?

→ See answer on page 11

Our OLLI members

Cindy Smith, our now retired Office Administrator, is a full-time grandma. She spends part of her week with her 3-year-old grandson, Archer, and brought him to OLLI one day last month. He was a joy to have around the office, but he will have to improve his telephone skills and learn the alphabet a little better!

Cartoon by Betty Hutchins

Keep an eye out for Stu!
Kim Masoner
March 23 1960  –  October 20, 2014
Kim, known locally as an advocate for the environment and a champion for her community, died October 20 from complications of fibromyalgia and stomach issues. She is well remembered at OLLI, both as the instructor of Crochet & Chat, a 2011 class in which students made mats out of plastic grocery bags to distribute to the homeless, and also as the wife of Steve Masoner, the long time OLLI instructor of the Financial Rules of the Road class. Kim loved day trips to Seal Beach as a teen and moved there in 1984. Later, as president and then executive director of the Seal Beach Chamber of Commerce, Kim created many seasonal community events that remain popular to this day. According to Steve, “Keeping the beach clean and making a difference was important to her” so in 1999, Steve and Kim co-founded the nonprofit organization “Save Our Beach”, which for 15 years has continued to host monthly beach cleanups in Seal Beach and Long Beach. Donations in her memory can be made to the Save Our Beach Foundation.

George Lynn Hardy
March 9, 1947  –  Sept. 17, 2014
George, a student at OLLI for several years, died in an automobile accident on September 17, 2014. George was born in Long Beach, graduated from Poly High School and worked as a welder until he started his own gardening business in 1984. Following his retirement in 2000, he became an interested and dedicated OLLI student. His first love was the drawing and watercolor classes as well as the art history classes. He thoroughly enjoyed all of Bill Fitzpatrick’s classes on Irish history and culture. His interests were wide-ranging and varied and he took at least 2-3 classes each session. He also pursued his love of pottery and wood carving. George is survived by his wife, Judy, his daughter Lisa, his grandson Michael, and his two brothers, Jim and Mike.

Tadao Hara
1926 - 2014
Tadao Hara, a former Kamikaze pilot, died Aug. 31 from cancer at age 87. He didn’t expect to live such a long life. As a Kamikaze pilot, Tadao was prepared to die for Emperor Hirohito during World War II. But the war ended before he could make that final flight. Tadao eventually became an educator and minister, dividing his time between his native Japan and its former foe, the United States. He earned several degrees in both countries, including a master’s in education from Cal State Long Beach. After he retired, Tadao became a student in OLLI’s Memoir Writing class. His “Stories of a Would-Be Suicide Pilot” appeared in “Perspectives on World War II,” an anthology composed by OLLI students. Donations in his memory can be made to OLLI.

OLLI at CSULB - 2015
Class Sessions
Winter January 12- March 9
Spring April 13 - June 8
Summer June 26 - August 29
Fall October 5 - Dec 9

Holidays–No OLLI Classes
Campus & Office Closed
Dec. 24-Jan. 2 Winter Break
January 19 Martin Luther King Jr. Day
March 31 Cesar Chavez Day
May 25 Memorial Day

OLLI Scholarship Program
The scholarship fund is supported by donations from community organizations such as Long Beach Cares, SCAN, Housing Opportunities Program for the Elderly (HOPE), and generous OLLI members.

Over the years, more than 80 qualified applicants have been able to join OLLI and participate in classes with their tuition and fees partially covered by the funds. We hope to continue to make OLLI accessible to any seniors who wish to learn and be active in OLLI.

If you would like to contribute specifically to the OLLI Scholarship Fund, please contact the OLLI Office or note “Scholarship Fund” on your check memo line.
FALL 2014 CONTRIBUTORS

**With thanks to ALL of you including our 16 Anonymous Donors.**

Your contributions support the successful programs and facilities for educating seniors.
Vision
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

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

OLLI Info - The Details

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

- Class Limits
  Enrollment in computer classes and lecture classes with limits will be on a first-come, first-served basis.
- Computer Classes
  Some computer classes have minimum enrollments. If enrollment is not met one week before the first class meeting, the class may be cancelled and students will be notified.
- Returned Check Policy
  CSULB Foundation or Parking charges $7.00 per check for returned checks and you will be responsible for the amount of the check plus $7.00. You will be contacted by the OLLI office or parking Services.
- Refunds
  No refunds will be made after the first week of classes for parking passes or for class tuition. NOTE: Please keep OLLI financially healthy by registering and paying for all classes attended.
- Disclaimer
  Our instructors come with a variety of backgrounds, experiences and influences. We strive to provide diverse views while maintaining the highest quality of excellence in all classes. The views of the instructors are their own and do not necessarily reflect or represent the views of the Osher Lifelong Learning Institute at CSULB or the University.

Registration opens Saturday
December 6 - 8:30 - 11:30 am

How to Register
Check off the list!

- Complete the personal information on both sides of the form.
- Check the classes that you want to take.
- Make payments by check or in cash.
- Make checks payable to: CSULB Foundation for classes/membership and a separate check for...
  CSULB Parking Services for parking permits
- Bring your registration form with you when you register; or mail your form and payment to the address on the back of the registration form.
- Please share the extra registration form with a possible new member.
- An OLLI at CSULB name tag will be available the first week of classes. It represents your proof of membership for the entire year.
- Call the office with any questions, 562-985-8237.

Scholarships
OLLI at CSULB offers a scholarship program for those who clearly need financial assistance to participate in our classes. Please stop by the OLLI office to complete the Scholarship form or for more information about types of assistance.
We also appreciate donations to the Scholarship Fund.

Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Fees and donations are tax deductible as allowed by current law.
OLLI Membership                      $40.00  $ ________
For ALL Members - Annual Fee

Non-Computer Class Tuition $10.00  $ ________

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

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

(check here)
If you would like to remain anonymous check here.

Cash ____Check # ________

Total $ _________
Make Check Payable to CSULB FOUNDATION

Parking Permit   □$33.00 per Qtr.   Cash □
Check # ___________ (office) ____________
Disabled (DMV cert. copy on file required)
Make Check Payable to CSULB PARKING SERVICES

Name: ____________________________________________________________  Date: _________________
Address: _______________________________________ City: _______________________ Zip: ____________
Phone #: __________________________________    Email: _________________________________________

OLLI @ the BEACH   WINTER 2015 Registration
January 12  ~ March 9

Time Computer Classes Site X
MONDAYS, January 12 - March 9
8:30-9:30 Foundations of Investing C-119
8:15-9:45 Copy Cat Art C-101
9:45-11:15 Safety Essentials for Boomers... C-119
10:00-11:30 WW II: The Good War ? C-101
10:00-11:30 Longevity Stick PA
11:30-1:30 New Color Techniques for DIY C-119
11:45-1:15 How Happiness Thinks (6 wks) C-101
11:45-1:15 Two Revolutionary Figures (2 wks-Mar) C-101
1:00-2:30 Music Theory and Form PA-T
1:30-3:00 Effective Communication Skills C-101
1:30-3:00 A More Glamorous You (3 wks-Feb) PA
2:00-3:30 CSI for the Potential Juror C-119
2:30-4:00 Financial Security for Seniors LW
2:45-4:15 Topics in Music History PA-T
3:15-4:45 Play the Recorder C-101
3:15-4:45 Intro to the World of Shamans LFC*

TUESDAYS, January 13 - March 3
8:30-9:30 Meditation C-101
9:00-10:00 Longevity Stick LFC*
9:45-11:15 Opera Giants of the 19th Century C-101
10:00-11:30 OLLI Players PA-Th
10:00-11:30 Life Transitions PA
10:30-12:00 Play Reading Circle X C-119
11:30-1:00 Van Gogh Special Event (1/13) C-101 free
11:45-1:15 LA Opera (1/27, 2/10,2/24) C-101
11:30-1:00 Long Beach Opera (1/20, 3/3) C-101
1:00-3:00 Social Security Tips (1/13 & 2/10) PA
1:15-3:15 Memory into Poetry C-101
1:30-3:00 Stepping On (7 wks) LFC*
2:30-4:00 Short Stories a la Great Books LW
3:30-5:00 Voice Class for All Levels (6 wks) C-101

* OLLI LFC Class Tuition waived for LifeFit Gym Members.
**Member Information**

<table>
<thead>
<tr>
<th>Emergency Contact:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td></td>
</tr>
<tr>
<td>Relationship:</td>
<td></td>
</tr>
</tbody>
</table>

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

**Class Locations**

| CSULB Campus (C) - lower Campus in HS&D Building Rooms 101, 105, 119, Computer Lab 100 |   |
| Archery Field (FLD) Student Union Lanes (SU) |   |
| LifeFit Center (LFC*) KIN Building, Rooms 107 and 110 |   |
| OLLI Pine Avenue (PA) 737 Pine Ave Suite 202 Enter from Solana Ct. Long Beach, CA 90813 562-436-2100 |   |
| OLLI Leisure World (LW) 13533 Seal Beach Blvd Seal Beach, CA 90740 Clubhouse 3 or 6 |   |

The Alpert Jewish Community Center (JCC)
3801 East Willow Street
Long Beach, CA 90815
562-426-7601

**FREE! SPECIAL EVENTS at OLLI**

| January 13 | Van Gogh Lecture Rm. 101 11:30-1:00 |
| March 6 | Low Vision & AMD Rm. 101 12:00-3:00 |
| February 9-13 | 10th Annual OLLI Art Show |
| February 15 | Arts Program Reception 1:00-4:00 Duncan Anderson Design Gallery |

Please return this form with your check/s to:
OLLI at CSULB
Building HS&D, Room 100, MS-5609
1250 Bellflower Blvd
Long Beach, CA 90840-5609
**Checks payable to CSULB Foundation or CSULB Parking Services**

**WEDNESDAYS, January 14 - March 4**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-12:00</td>
<td>Art Workshop Lab</td>
<td>C-105</td>
</tr>
<tr>
<td>9:30-11:00</td>
<td>China’s Cultural/Hist. Heritage</td>
<td>C-101</td>
</tr>
<tr>
<td>9:30-11:00</td>
<td>Taking Better Photos</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Self-Hypnosis</td>
<td>PA</td>
</tr>
<tr>
<td>11:15-1:15</td>
<td>Travel Workshop (1/21 &amp; 1/28)</td>
<td>C-119</td>
</tr>
<tr>
<td>11:15-12:45</td>
<td>The Plays of JM Synge</td>
<td>C-101</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>W. Somerset Maugham</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>5 Stories - 5 weeks</td>
<td>PA</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Building Blocks of Investment</td>
<td>C-119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Health Science and Care</td>
<td>C-101</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Great Books: Even Deadlier</td>
<td>C-119</td>
</tr>
<tr>
<td>7:00-8:30 pm</td>
<td>The Art of Words/Writing</td>
<td>JCC</td>
</tr>
</tbody>
</table>

**THURSDAYS, January 15 - March 5**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
<td>LW</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
<td>C-101</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>Current Real Estate Trends</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Tai Chi Chih</td>
<td>PA</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Current Events</td>
<td>C-101</td>
</tr>
<tr>
<td>10:45-12:15</td>
<td>Write, Edit, Re-write, Publish</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Investing/Managing Finances</td>
<td>C-101</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beginning Art</td>
<td>PA</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>Tai Chi Chih</td>
<td>LFC*</td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Folk Guitar</td>
<td>C-101</td>
</tr>
<tr>
<td>2:15-3:45</td>
<td>Meditation (4 wks-starts 1/29)</td>
<td>LFC*</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Catch the Spirit Chorus</td>
<td>C-101</td>
</tr>
</tbody>
</table>

**FRIDAYS, January 16 - March 6**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:30</td>
<td>Senior Yoga and more</td>
<td>LFC*</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>A More Glamorous You (3 wks)</td>
<td>C-101</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Beginning Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Advanced Directives (3 wks-Jan)</td>
<td>LW</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Life &amp; Times of Modern China</td>
<td>C-101</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Intermediate Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Reel Food for Thought (7 wks)</td>
<td>C-101</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Vision AMD Special Event (3/6)</td>
<td>C-101</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Advanced Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Virginia Woolf at the Dalloways</td>
<td>LW</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Estate Planning</td>
<td>C-119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Globalizing Visual Literacy (6 wks)</td>
<td>C-101</td>
</tr>
</tbody>
</table>

**SATURDAYS, January 17 - March 7**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-12:00</td>
<td>Naughty Pre-Code Movies</td>
<td>PA</td>
</tr>
</tbody>
</table>

**OLLI Office:** 562-985-8237  Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
OLLI @ the BEACH  WINTER 2015 Registration
January 12 ~ March 9

Name: ________________________________  Date: ________________

Address: ______________________________ City: ________________  Zip: ____________

Phone #: ______________________  Email: __________________________

OLLI Membership                      $40.00  $ ________
For ALL Members - Annual Fee
Non-Computer Class Tuition $10.00  $ ________
8-Week Computer Class           $35.00  $ ________
4-Week Computer Class     $20.00  $ ________

Contribution $ __________(Office)__________
Contributors will be acknowledged in our publications.
☐ if you would like to remain anonymous check here.

Cash ____Check # ________
Total $ __________
Make Check Payable to CSULB FOUNDATION

Parking Permit  ☐$33.00 per Qtr.  Cash ☐
Check # ___________ (office) ____________

☐ Disabled (DMV cert. copy on file required)
Make Check Payable to CSULB PARKING SERVICES

LifeFit Center Member  ☐YES  ☐Parking LFC

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>OS</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAYS, January 12 - March 9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>It’s Your PC I - Getting Started</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Beg. Photoshop Elements I</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>It’s Your PC II (Int. Computer)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Computer Copy Cat Coloring</td>
<td>PC/Mac</td>
<td></td>
</tr>
</tbody>
</table>

| TUESDAYS, January 13 - March 3 |
| 8:30-10:30 | Smartphone Basics (4 wk-start Jan) | iOS/An |
| 8:30-10:30 | Smartphone Basics (4 wk-start Feb) | iOS/An |
| 10:45-12:45 | Int. Photoshop Elements II | PC |
| 1:00-3:00 | Computer Copy Cat Coloring | PC/Mac |
| 3:15-5:15 | iPad Apps Only | PC/Mac |

| WEDNESDAYS, January 14 - March 4 |
| 8:30-10:30 | Exploring the iPad | iOS |
| 10:45-12:45 | Exploring the iPad | iOS |
| 1:00-3:00 | It’s Your Mac I | Mac |

| THURSDAYS, January 15 - March 5 |
| 8:30-10:30 | Itunes (4 wks-start Jan) | PC/Mac |
| 8:30-10:30 | iPhone (4 wks-start Feb) | iOS |
| 10:45-12:45 | It’s Your PC II (Int. Computer) | PC |
| 1:00-3:00 | Google: Email and More | PC/Mac |
| 3:15-5:15 | It’s Your PC II - Lab (4 wks-start Jan) | PC |
| 3:15-5:15 | Intro to Win 8 (4 wks-start Feb) | PC |

| FRIDAYS, January 16 - March 6 |
| 10:00-5:00 | Open Computer Lab | ALL | Free |

* OLLI LFC Class Tuition waived for LifeFit Gym Members.
## OLLI @ the BEACH  Winter 2015 Registration

**Member Information**

Emergency Contact: ________________________________

Phone: ________________________________

Relationship: ________________________________

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

**Waiver form is available in the office.**

### Class Locations

- **CSULB Campus (C)** - lower Campus in HS&D Building Rooms 101, 105, 119, Computer Lab 100
- **Archery Field (FLD)** - Student Union Lanes (SU)
- **LifeFit Center (LFC*)** - KIN Building, Rooms 107 and 110
- **OLLI Pine Avenue (PA)**
  - 737 Pine Ave Suite 202
  - Enter from Solana Ct.
  - Long Beach, CA 90813
  - 562 - 436 - 2100
- **OLLI Leisure World (LW)**
  - 13533 Seal Beach Blvd
  - Seal Beach, CA 90740
  - Clubhouse 3 or 6
- **The Alpert Jewish Community Center (JCC)**
  - 3801 East Willow Street
  - Long Beach, CA 90815
  - 562 - 426 - 7601

### FREE! SPECIAL EVENTS at OLLI

- **January 13**  Van Gogh Lecture Rm. 101  11:30-1:00
- **March 6**  Low Vision & AMD Rm. 101  12:00-3:00

- **February 9 - 13**  10th Annual OLLI Art Show
- **February 15**  Arts Program Reception  1:00-4:00
  - Duncan Anderson Design Gallery

Please return this form with your check/s to:

**OLLI at CSULB**

Building HS&D, Room 100, MS-5609

1250 Bellflower Blvd

Long Beach, CA 90840-5609

**Checks payable to CSULB Foundation or CSULB Parking Services**

### WEDNESDAYS, January 14 - March 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-12:00</td>
<td>Art Workshop Lab Rm. 105</td>
</tr>
<tr>
<td>9:30-11:00</td>
<td>China’s Cultural/Hist. Heritage</td>
</tr>
<tr>
<td>9:30-11:00</td>
<td>Taking Better Photos Rm. 119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Self-Hypnosis</td>
</tr>
<tr>
<td>11:15-1:15</td>
<td>Travel Workshop (1/21 &amp; 1/28) Rm. 105</td>
</tr>
<tr>
<td>11:15-12:45</td>
<td>The Plays of JM Synge Rm. 119</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>W. Somerset Maugham Rm. 119</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>5 Stories - 5 weeks Rm. 119</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Building Blocks of Investment Rm. 119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Health Science and Care Rm. 119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Great Books: Even Deadlier Rm. 119</td>
</tr>
<tr>
<td>7:00-8:30 pm</td>
<td>The Art of Words/Writing JCC</td>
</tr>
</tbody>
</table>

### THURSDAYS, January 15 - March 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick Rm. 119</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Memoir Writing Rm. 119</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>Current Real Estate Trends Rm. 119</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Tai Chi Chih Rm. 119</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Current Events Rm. 119</td>
</tr>
<tr>
<td>10:45-12:15</td>
<td>Write, Edit, Re-write, Publish Rm. 119</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Investing /Managing Finances Rm. 119</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beginning Art Rm. 119</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>Tai Chi Chih Rm. 119</td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Folk Guitar Rm. 119</td>
</tr>
<tr>
<td>2:15-3:45</td>
<td>Meditation (4 wks-starts 1/29) Rm. 119</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Catch the Spirit Chorus</td>
</tr>
</tbody>
</table>

### FRIDAYS, January 16 - March 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:30</td>
<td>Senior Yoga and more Rm. 119</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>A More Glamorous You (3 wks) Rm. 119</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Beginning Bridge Rm. 119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Advanced Directives (3 wks-Jan) Rm. 101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Writing Yourself Well (5 wks) Rm. 119</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Life &amp; Times of Modern China Rm. 119</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Intermediate Bridge Rm. 119</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Reel Food for Thought (7 wks) Rm. 119</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Vision AMD Special Event (3/6) Rm. 119</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Advanced Bridge Rm. 119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Virginia Woolf at the Dalloways Rm. 119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Estate Planning Rm. 119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Globalizing Visual Literacy (6 wks Rm. 119)</td>
</tr>
</tbody>
</table>

### SATURDAYS, January 17 - March 7

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-12:00</td>
<td>Naughty Pre-Code Movies Rm. 119</td>
</tr>
</tbody>
</table>

**OLLI Office:** 562-985-8237  **Fax:** 562-985-8213

**Web site:** www.csulb.edu/centers/olli

**Email:** olli@csulb.edu
Foundations of Investing
This class will cover the foundations of investing including: lessons on how to evaluate bonds, read stocks and tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, and retirement plans. The class also covers tips in selection of a professional financial advisor and what to expect when working with a financial advisor. Each class includes time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.
Instructor: Andy Dilsaver, B.S., Financial & Marketing advisor
Mondays, Jan. 12 – Mar. 9
8:00 – 9:30 AM
CSULB, HS&D, room 119

Copy Cat Art: A Form of Pre-Art
Like to draw pictures? Like to impress or share your expertise? In this class we will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pens are provided. Arrive, relax, and enjoy drawing.
Instructor: Patricia Woods, State Golden Bell Award for Perf. Arts; assisted by Ian Woods
Mondays, Jan. 12 – Mar. 9
8:15 – 9:45 AM
CSULB, HS&D, room 101

Safety Essentials for Boomers, Seniors, and Others
This course will examine the numerous safety issues that seniors and others encounter in their daily lives. Topics include: personal health safety, household, automobile, driving, fire safety and earthquake safety preparedness. Also covered will be hazard recognition to aid in understanding the safe use of potentially dangerous products that we come into contact with in our daily lives.
Class limit: 25
Instructor: Mickey Warnock, B.A. Environmental Studies, retired Safety Manager
Mondays, Jan. 12 – Mar. 9
9:45 – 11:15 AM
CSULB, HS&D, room 119

World War II: the Good War?
The Second World War often has been described as ‘the good war’, a conflict with clear-cut villains and self-evident heroes. The war did lift the United States out of the doldrums of the Great Depression and ultimately brought prosperity to the nation, but in many ways ‘the good war’ was a myth, a version of the conflict that has been sanitized and romanticized in the popular imagination. This series of lectures will address not only the military and diplomatic issues surrounding World War Two, it will emphasize the impact of the war on Americans on the home front and abroad.
Instructor: Don Schwartz, Ph.D. Modern European History, Prof. Emeritus CSULB
Mondays, Jan. 12 – Mar. 9
10:00 – 11:30 AM
CSULB, HS&D, room 101

Longevity Stick
This class promotes physical fitness, increased energy, and mental relaxation. Longevity stick involves gentle motions, stimulates blood circulation, increases flexibility, aids balance and coordination, is easy to learn, and is fun! Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. (Available at Lowe’s, Home Depot, or most hardware stores.) Tennis or athletic shoes are recommended, as is loose and layered clothing.
Instructor: Camilla Marie Gartland, certified longevity stick instructor
Mondays, Jan. 12 – Mar. 9
10:00 – 11:30 AM
Pine Ave., room 202

New Color Techniques for DIY Projects
Are you willing to put a toe in the DIY (do-it-yourself) water? Try using new media like alcohol inks, inka gold paint and stamp paste, and modern decoupage to decorate or upcycle items around your house. For all levels of experience. Join us, be creative and have fun in this 2-hour hands-on class. Most projects will be completed in one class meeting. A $15 materials fee will be collected from each student at the first meeting. We’ll start immediately, so bring your basic kit (small notebook, black fine-tip pen such as Ultra-fine Sharpie, small scissors, tape runner and paper trimmer) to the first class. If you have questions about these items or about the class in general, please email the instructor: lisaspaperarts@gmail.com. Class limit: 15
Instructor: Lisa Peskay Malmsten
Mondays, Jan. 12 – Mar. 9
11:30 AM – 1:30 PM
CSULB, HS&D, room 119
How Happiness Thinks
Since the dawn of time, man has been fascinated by the workings of the human brain. Recently, scientists have been discovering the underlying dynamics that shape and influence our frame of mind—new ways to cope with anxiety and stress, steps we can take to crystallize our self-concept, and tools to build resilience to ride through any challenge life throws our way.

Instructor: Rabbi Abba Perlmutter, postgraduate studies in Brooklyn, NY
Mondays, Jan. 12 – Feb. 23
11:45 AM – 1:15 PM (6 weeks)
CSULB, HS&D, room 101

Music Theory and Form
Classical music listening can be enhanced by understanding certain elements. Students will learn music vocabulary, what it means for a piece of music to be in a particular key, the harmonic tensions and relaxations in music, and how different types of pieces are built.

Instructor: Patricia Dobiesz
Mondays, Jan. 12 – Mar. 9
1:00 – 2:30 PM
Pine Ave., Tower

Effective Communication Skills
Participants have an opportunity to become more comfortable with self-expression and to learn more effective communication skills. DVDs from The Great Courses are combined with exposure to practical communication skill building and class discussion. There will be one-on-one and small group exercises that allow the student to try out new skills and enhance existing ones.

Instructors: Herb Glazeroff, Ph.D., & Tere Sievers, M.A., M.F.T., specializing in Solution-Focused Brief Therapy.
Mondays, Jan. 12 - March 9
1:30 – 3:00 PM
CSULB, HS&D, room 101

Two Revolutionary Figures, Ernesto “Che” Guevara and David Alfaro Siqueiros
The two sessions will focus on the strong character of these two political activists. The class will view the Guevara docudrama “Motorcycle Diaries” and a power point of Siqueiros in an attempt to understand why these two great forces in politics and art chose to defend the rights of the people.

Instructor: Harold Cannon, Ph.D.
Spanish
Mondays, March 2 & 9
11:45 AM – 1:15 PM (2 weeks)
CSULB, HS&D, room 101

A More Glamorous You
Learn about the psychology of color, first impression, and wearing colors that harmonize with natural skin tone. Become aware of your “fashion personality” so you can save time and money when shopping/dressing. Learn about the various body types for women and how to dress to look the very best possible. Class will also include a corewardrobe and accessorizing session.

Instructor: Kathy Marshall, Image Consultant, Fashion Stylist
Mondays, Feb. 9, 16, 23
1:30 – 3:00 PM (3 weeks)
Pine Ave., room 202

CSI for the Potential Juror
This class will have three focal points: protecting against fraud and how to detect fraud, understanding the court system, and understanding and evaluating physical evidence as it is presented during a court trial. Selected hands-on exercises will be used to enhance the importance of evidence and how it is collected and processed.

Instructor: John Zacha, grad student CSULB, B.S. criminal justice, minor forensic studies
Mondays, Jan. 12 – Mar. 9
2:00 – 3:30 PM
CSULB, HS&D, room 119

Financial Security for Seniors
This class will cover financial concerns related to seniors. It will cover strategies to help manage uncertainty in an uncertain world. Topics include how to determine your personal risk tolerance and asset allocation, investing for rising interest rates, weathering market “ups and downs”, effective estate planning, identity theft and financial elder abuse. Each class will include time for answering your specific questions. No products or services are sold, endorsed, or marketed in any way.

Instructor: Seve Ann Gilpin, Financial Advisor
Mondays, Jan. 12 – Mar. 9
2:30 – 4:00 PM
LW, Clubhouse 3, room 3
Meditation
Meditation has been defined as a way to quiet the mind, connect with our inner self, and even heal our body. In the Western world it is being accepted not only as a spiritual practice, but also as an adjunct to other therapies to treat chronic pain, lower blood pressure, even treat PTSD. It is a useful tool for everyone to disconnect from the constant barrage of emails, negative news, and traffic jams. Carol believes daily meditation provides her with insight into different levels of consciousness. After experimenting with other forms of meditation, today she primarily uses a technique classified as “open focus”.
Instructor: Carol Beckerman, M.A.
Tuesdays, Jan. 13 – Mar. 3
(no class on Jan. 20)
8:15 – 9:30 AM
CSULB, HS&D, room 101

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increase physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.
Instructor: Shona Howe
Tuesdays, Jan. 13 – Mar. 10
9:00 – 10:00 AM
CSULB, LifeFit Center, KIN 107

Topics in Music History
Listening to classical music is a real pleasure, and can be made even more so if you learn how to listen and what to listen for. In this class we will look at the history of western art music through a series of eight topics, focusing on listening and covering social relevance, eras, composers, texture, and form.
Instructor: Patricia Dobiesz
Mondays, Jan. 12 – Mar. 9
2:45 – 4:15 PM
Pine Ave., Tower

Play the Recorder
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance time and currently is gaining popularity. This class is open to those who know nothing of the recorder and to those who know a little. Bring your own recorder or they are available for those without one.
Instructor: Muriel Pendelton
Mondays, Jan. 12 – Mar. 9
3:15 – 4:45 PM
CSULB, HS&D, room 101

Intro to the World of Shamans
Come and learn what our ancestors knew. In this experiential class the students will learn how to journey into non-ordinary reality. They will experience a shamanic journey and learn how our ancestors accessed knowledge about the world around them. Shamans journey to receive information, inspiration, healing, and knowledge. This course will introduce the students to spirit helpers and other worlds. Students who previously have taken this class may repeat it—something for everyone!
Instructor: Mushroom Montoya, graduate Fndn for Shamanic Studies
Mondays, Jan. 12 – Mar. 9
3:15 – 4:45 PM
CSULB, LifeFit Center, KIN 107

Formen, Time, Genre and Stile
Three concerts in which we will examine three elements that dominated eighteenth century music: form, time, genre and style.
Instructor: Steve Kohn
Tuesdays: Jan. 13 – Mar. 3
9:45 – 11:15 AM
CSULB, HS&D, room 101

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increase physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.
Instructor: Shona Howe
Tuesdays, Jan. 13 – Mar. 10
9:00 – 10:00 AM
CSULB, LifeFit Center, KIN 107
**LA OPERA Educators Series**

**Tuesday, Jan. 27**  
**John Corigliano - The Ghosts of Versailles**  
Trapped in the spirit world, the ghost of Marie Antoinette bitterly reflects on her final suffering. Her favorite playwright tries to entertain the melancholy queen with the continuing adventures of his beloved characters from The Barber of Seville and The Marriage of Figaro. But sneaky Figaro refuses to play by the script, breaking free from the opera-within-the-opera in a surprise bid for a better life. The Ghosts of Versailles turns history on its head as love attempts to alter the course of destiny.

**Tuesday, Feb. 10**  
**Gioachino Rossini - The Barber of Seville**  
Dashing Count Almaviva has lost his heart to the spunky Rosina, whose doddering guardian is determined to marry her himself. It’s Figaro to the rescue, as the resourceful barber conjures up wacky schemes and strategies to unite the young lovers. Enjoy one of the most playful and popular in the entire operatic repertoire.

**Tuesday, Feb. 24**  
**Wolfgang Amadeus Mozart - The Marriage of Figaro**  
Change is in the air and Figaro’s world is turning upside down. On the eve of the wily barber’s marriage to Susanna, Count Almaviva’s wandering eye has landed on the lovely bride-to-be. Servant and master go head to head, and even the Countess herself must spring into battle when she learns of her husband’s plans. Or is she embroiled in a liaison of her own? Mozart’s comic masterpiece brilliantly bucks the conventions of his time to deliver an ageless message of love and forgiveness.

**L B Opera Presentations**

**Tuesday, January 20**  
**Tobias Picker - Therese Raquin**  
Love surrenders to lust in this scandalous tale of primal appetites, embraced by a lavish, sensual score that mirrors the lovers’ turbulent affair. Thérése, bound by an unhappy marriage, falls deeply in love with an old friend, but romance turns to madness when they commit a crime that will haunt them forever. Learn about this deadly ménage à trois in what Opera Now calls “a meaningful opera infused with moments of searing reflection and luxurious sensuality.”

**Tuesday, March 3**  
**Gavin Bryars - Marilyn Forever**  
With its sultry film noir musical palette, the opera is at once amorous and distant, accessible yet mysterious. The US premiere of Bryars’ opera is a celebration of Marilyn Monroe’s life, flashedy before our eyes through a series of Hollywood vignettes as told by the men who surrounded her. Learn more about a true American icon known by all, desired by many, understood by few.

**Instructor:** L.A. Opera Educators

**February 1:**  
**CSULB, HS&D, room 101**

→ See article on page 7
TUESDAY

Social Security Secrets
Did you know there are over 500 different ways that you can claim your benefits? Did you know you could claim 50% of your ex-spouse’s benefits? The average retiree leaves thousands of dollars ‘on the table’ simply because they don’t understand how to optimize their social security benefits. This is a chance for you to learn and help others avoid the same mistakes. John Pak, CFP®, will simplify some of the more popular rules as well as the confusing ones. Classes are open to persons of all ages who are interested in learning and discussing the Old-Age, Survivors, and Disability Insurance (OASDI) federal program. Attendees will be able to request a free social security personalized assessment.
Instructor: John Pak, financial services
Tuesdays, Jan. 13 & Feb. 10
1:00 – 3:00 PM
Pine Ave., suite 202
→ See article on page 12

Stepping On
“Stepping On” is research based and scientifically proven to reduce falls. “Stepping On” is a 7-week group program with a follow-up phone call and 3-month booster session to support and facilitate strategies adopted during the program. Topics include: Exercises and Moving about Safely, Home Hazards, Vision and Falls, Community Safety, Footwear, and more.... Class limit: 10
Instructor: Ayla Donlin
Tuesdays, Jan. 13 - Feb. 24 (7 wks)
1:30 – 3:00 PM
LifeFit Center, KIN 94

Short Stories
Join us to read and discuss a new selection of great short stories. The short story is sometimes an under-appreciated art form. The author must create tone, voice, style, atmosphere, and point of view. The characters must be established quickly and efficiently.
Reading materials will be provided.
Class limit: 15
Instructor: Dale Lieberfarb, M.A.
Tuesdays, Jan. 13 – Mar. 3
2:30 - 4:00 PM
LW, Clubhouse 3, room 3
→ See article on page 12

Memory into Poetry:
Finding Words for Your Life
Shape your life experiences into poems! We know that people forget years but remember moments. In this poetry workshop you will learn how to develop language for meaningful events as well as for the “snapshots” of your life. Each class meeting will include time to free-write and to read aloud. Poetry by contemporary poets will provide creative inspiration as well as spirited discussion.
First-time poets welcome! Class limit: 25
Instructor: Linda Carr, Ph.D.
Tuesdays, Jan. 13 – Mar. 3
1:15 – 3:15 PM
CSULB, HS&D, room 101

Voice Class for all Levels
Bring out the best in your singing and speaking voice! A conservatory-trained teacher will provide exercises to enhance your breath control, tone quality and vocal range. Taught in a playful yet professional way, beginners and those hesitant yet curious to see just what their voice can do, are encouraged to sign up!
Class limit: 12
Instructor: Harriet Bennish, Vocal Instructor/Coach, Voice Teacher
Tuesdays, Jan. 27 - March 3 (6 wks)
3:30 – 5:00 PM
CSULB, HS&D, room 101

WEDNESDAY

Art Workshop Lab
Intended for students who have experience in painting or drawing. This non-directed time is for artists to improve painting, focusing on elements such as: colors, value patterns, perspectives and composition. Students contribute by sharing experience, exchanging ideas, feedback and critiquing each other’s work. Bring art materials and reference photos, paint your favorite subjects, explore your imagination and creativity. Choose the time you wish!
Instructors: from the group
Wednesdays, Jan. 14 – Mar. 4
between 8:00 AM - 12:00 noon
CSULB, HS&D, room 105

China’s Cultural and Historic Heritage
This course covers a broad spectrum of cultural topics about China’s historical, philosophical, linguistic, literary, and artistic traditions. For people who follow the changing scenes of world affairs, this course might help broaden the understanding of the underlying cause and effect of the sociopolitical development of an old civilization. Knowledge provided may satisfy inquisitive minds on the behavior patterns of the Chinese people. Eight topics will be included. Each will deal with one distinct cultural character. This course is a further investigation of topics taught in spring 2014.
Instructor: Teresa Sun, BA Chinese Lit. from Taiwan Normal Un., MA Ed. UCLA, Ph.D. Ed. Seton Hall Un.
Wednesdays, Jan. 14 - Mar.11
9:30 – 11:00 AM
CSULB, HS&D, room 101

→ See article on page 12
Taking Better Photos
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. You need not have a film or digital camera. If you do, be sure to bring it and your instruction manual to the first class.
Instructor: Terry Fiskin
Wednesdays, Jan. 14 – Mar. 4
9:30 – 11:00 AM
CSULB, HS&D, room 119

Self Hypnosis for Relaxation, Self Improvement, and Fun
This is a fun filled adventure into the benefits of Self Hypnosis and other self directed techniques which improve the quality of life. Self Hypnosis is effective in many areas of life including stress reduction, relaxation, pain relief, self control, positive thinking and better sleep, but best of all more JOY. Each class will end with a guided meditation.
Instructor: Donna Kannard, Ph.D., author of Trance Magic
Wednesdays, Jan. 14 – Mar. 4
10:00 – 11:30 AM
Pine Ave., room 202

The Plays of John Millington Synge
Synge is the most highly esteemed playwright of the Irish literary renaissance, the movement in which William Butler Yeats and Lady Augusta Gregory made their mark at the turn of the twentieth century. We open with Synge’s life and times and then turn to his works. Watch and discuss the six plays that comprise Synge’s theatrical canon, headlined by his masterpiece – The Playboy of the Western World.
Instructors: Bill Fitzpatrick, Ph.D. & Patrick McDonough, Ph.D.
Wednesdays, Jan. 14 – Mar. 4
11:15 AM – 12:45 PM
CSULB, HS&D, room 101

W. Somerset Maugham
Maugham was praised for his artistry and gift of story-telling. He wrote seventy-eight books and at one time, had four of his plays running in London. We will focus on how his works and films reflect his being an orphan, an expatriate, and a homosexual. Works include the short story “Rain,” Of Human Bondage, The Letter, The Moon and Sixpence, The Painted Veil, and The Razor’s Edge.
Instructor: Paulino Lim Jr., CSULB Emeritus Prof., author
Wednesdays, Jan. 14 – Mar. 4
11:15 AM – 1:15 PM (2 weeks)
CSULB, HS&D, room 119

Five Stories, Five Weeks
Let’s fight the winter doldrums with this five-week class where we’ll read short stories by award winning writers. Some stories will be familiar while others will present a new reading surprise. You can expect enjoyable and stimulating discussions, plus a chance to meet other literature lovers like yourself. The stories will be available in class. Class limit: 15
Instructor: Mona Panitz
Wednesdays, Jan. 14 – Feb. 11
1:30 – 3:00 PM (5 weeks)
Pine Ave., suite 202

Building Blocks of Investing
We will cover a wide variety of topics related to personal investing including: basics of financial planning, how to read stock tables, fixed income investments, bonds, long term care insurance, retirement plans, annuities, distribution options for retirement plans, and what you should know / expect in working with a professional financial planner. No products or services are sold, endorsed, or marketed in any way.
Instructor: Steve Masoner,
Investment Counselor
Wednesdays, Jan. 14 – Mar. 4
1:30 – 3:00 PM
CSULB, HS&D, room 119

Health Science and Health Care
Our Body Systems
A review of anatomy and physiology applied to a better understanding of our body structure and functions in the normal, diseased, and aged states. We’ll discuss these in relation to the effects of environment, medications, and toxic agents. Includes a presentation of body systems: cardiovascular, respiratory, digestive, urinary and more...
Instructor: Dr. Edgar Moran
Wednesdays, Jan. 14 – Mar. 4
3:15 – 4:45 PM
CSULB, HS&D, room 101
**WEDNESDAY**

**Even Deadlier: Further Reflections on the Seven Deadly Sins**
The notion of what is sinful changes with time, place, and culture. Few people today consider shopping on the Sabbath or eating meat on Friday a threat to one's spiritual health. Yet the seven sins listed as “deadly” by Pope Gregory I, 600 A.D., still hold a place in modern standards. Editors from the Great Books Foundation have compiled a collection of short stories illustrating the “classic” seven deadly sins. The text contains fourteen stories that illustrate two different manifestations of each sin. Distinguished authors from a variety of backgrounds and countries include notables such as F. Scott Fitzgerald, Aldous Huxley, etc. Books will be loaned to participants at the first class. *Class limit: 19*

**Instructor:** Arlene Rees  
**Wednesdays, Jan. 14 – Mar. 4**  
3:15 – 4:45 PM  
CSULB, HS&D, room 119

---

**Current Real Estate Trends**
Have you heard that real estate is a fast changing industry? Do you want to gain a perspective to evaluate the market? Do you want to learn how to evaluate properties for sale or property management tips? Come to this class to discuss and learn about the ever-changing real estate business. See changes in lending and banking business. There is no real estate market—it is a neighborhood market. *Class limit: 25*

**Instructor:** Alan Fasnacht, M.A., real estate agent & broker, owner: escrow & mortgage company, property mgmt.  
**Thursdays, Jan. 15 – Mar. 5**  
9:00 – 10:30 AM  
CSULB, HS&D, room 119

---

**The Art of Words**

**Creative Writing Experience**
Using the Amherst Writers & Artists method, you’ll discover your unique voice and writing style. Through the use of prompts and exercises, you’ll explore, create and surprise yourself with weekly writings. The Art of Words offers the new, experienced and shy writer a safe and supportive space to take risks and learn from one another. No writing experience necessary.  

**Instructor:** Marta Ceja Mora,  
Certified leader in Amherst Writers & Artists method as described in *Writing Alone & With Others*  
**Wednesdays, Jan. 14-Mar. 4**  
7:00 – 8:30 PM  
Alpert Jewish Community Center  
*(Member of OLLI and class tuition required)*

---

**THURSDAY**

**Longevity Stick**
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance and increasing physical strength by stretching the muscles and tendons. Bring a one-inch dowel - one to two inches longer than your height - with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.  

**Instructor:** Lynne Marsh, M.A.  
**Thursdays, Jan. 15 – Mar. 5**  
8:30 – 9:30 AM  
LW, Clubhouse 6, room C

**A Novel Approach to Memoir Writing**
A former kamikaze pilot. A man from Holland whose family hid Jews during World War II. The man who invented “rice crispy” ice cream. The woman who wrote her stories based on family recipes. They’ve written their memoirs. When are you going to write yours? How about now?  

**Instructor:** Josephine Fitzpatrick  
**Thursdays, Jan. 15 – Mar. 5**  
10:00 – 11:00 AM  
Pine Ave., room 202

---

**National and International Current Events and Issues**
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.  

**Leader(s): To Be Determined**  
**Thursdays, Jan. 15 – Mar. 5**  
10:15 – 11:45 AM  
CSULB, HS&D, room 101

→ See article on page 7
**THURSDAY**

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

**Instructor:** Sallie Rodman, published author, Finalist Writers Digest contest

**Beginning Art**
Come have some fun! Experiment with colored pencils, crayons, paper, and acrylic paint. Learn some of the basics of art, like form and shape, perspective, layout and more. The goal is to have a painting of your own creation at the end. A list of needed materials available at first class meeting. $10.00 materials fee unless student supplies own materials.

**Instructor:** Kristi Eaglehorse, BA Fine Arts; AA Design & Illustration

**Tai Chi Chih**
Tai Chi Chih is an American version of a Chinese system for maintaining health and balance. There are 19 movements and one pose in this discipline. Students can be taught this simple program regardless of physical capability.

**Instructor:** Al Talberg

**Thursdays, Jan. 15 – Mar. 5**
**1:15 - 2:00 PM**
**LifeFit Center, KIN 107**

**Folk Guitar**
Dust off your acoustic guitar! Brush up on the essentials of playing the folk guitar. Learn how to tune your instrument and how to play chords, strum and pick for folk and pop music.

**Instructor:** Michael Meckna, Ph.D.

**Thursdays, Jan. 15 – Mar. 5**
**1:45 – 3:15 PM**
**CSULB, HS&D, room 101**

**Meditation**
Dr. Allen Arnette has been teaching Asian healing arts for over 25 years. Learn simple meditative techniques to practice in one's daily life for physical, mental and spiritual well-being. Emphasis will be on the practice of related techniques such as breathing and light stretching. Philosophy will be taught along with the practices.

**Instructor:** Dr. Allen Arnette

**Thursdays, Jan. 29, Feb. 5, 19**
**2:15 – 3:45 PM**
**(4 weeks)**
**LifeFit Center, KIN 110B**

**Special Mix of Senior Yoga**
Don't be afraid to try! Come. Participate in a relaxing, fun way to stay young in body, mind and spirit. No body is too old, stiff for yoga. All levels welcome. Learn yoga and philosophy; learn how to breathe and exercise your way to improved or stabilized mobility and health.

**Instructor:** David Hennage

**Fridays, Jan. 16 – Mar. 6**
**8:15 - 9:30 AM**
**LifeFit Center, KIN 107**

**FRIDAY**

**Beginning Bridge**
A class for players who have had absolutely no background with this fascinating game. We will start with "Whist" and go on, one step at a time, so that each lesson includes fun and laughter as well as instruction.

**Instructor:** Inge Johnson

**Fridays, Jan. 16 – Mar. 6**
**8:30 - 10:00 AM**
**CSULB, HS&D, room 119**

**A More Glamorous You**
See the class description on Monday at 1:30 - Pine Ave. location.

**Instructor:** Kathy Marshall

**Fridays, Jan. 16, 23, 30**
**8:30 – 10:00 AM**
**(3 weeks)**
**CSULB, HS&D, room 101**

**Advance Directive Workshop**
An Advance Directive is a form you fill out to describe the kind of medical care you want to have if something happens to you and you cannot speak for yourself. Join a registered nurse, as she explains the importance of an advance directive and walks you through how to fill out the forms. **Class limit: 30**

**Instructor:** Constance Malaambo, R.N., M.A. in Homeopathy

**Fridays, Jan. 16, 23, 30**
**10:00 – 11:30 AM**
**(3 weeks)**
**LW, Clubhouse 3, room 3**
Write Yourself Well
You do not need to be a writer for this class. There is no correct way to write. Grammar, punctuation, spelling, etc. are incidental. Each of us has faced conflicts or stressors in our lives. Your words can help you heal. This class is based on techniques in the book *Writing for Wellness* by Julie Davey. Subjects include choosing happiness and recapturing joy as well as expelling anger and changing priorities. Books will be available for class use. **Class limit:** 25
**Instructor:** Joan Smith
**Fridays, Feb. 6 – Mar. 6 (5 weeks)**
10:00 – 11:30 AM
LW, Clubhouse 3, room 3

Life and Times of Modern China
In this class we will study the culture, civilization, religion, and philosophy of Ancient China from the Han Dynasty to the time of the Chinese Republic. We will learn how Buddhism influenced China and will see the impact of Chinese philosophy on the rest of the world against the backdrop of the political and social history of China.
**Instructor:** Mark Barnett, D.D., Ms.D.
**Fridays, Jan. 16 – Mar. 6**
10:15 – 11:45 AM
CSULB, HS&D, room 101

Intermediate Bridge
If you have some bridge experience, this class is for you. We will review all of the basics and gradually learn some refinements to improve your skill in playing. This class is designed for pleasure, not competition.
**Instructor:** Inge Johnson, retired teacher
**Fridays, Jan. 16 – Mar. 6**
10:15 – 11:45 AM
CSULB, HS&D, room 119

Reel Food for Thought
The movie-loving duo is back with a menu of food films to digest, in part inspired by the French epicure Brillat-Savarin. You are what you eat, he stated. If that is true, join us to view various cuisines being consumed and then to explore the effects of the food on body, mind, and soul. We’ll watch meals being prepared by master chefs, talented amateurs and high-tech robotic machines. Come and enjoy some reel pleasures of the table. Bon appétit!
**Instructors:** Yoko Pusavat & Teresa Ross
**Fridays, Jan. 16 - Feb. 27 (7 wks)**
12:00 – 3:00 PM
CSULB, HS&D, room 101

Globalizing Your Visual and Cultural Literacy
This course will cover the challenge of “thinking with your eyes” with the addition of “cultural literacy”. Three key terms will serve as the center of our discussions: Context, Situational Ethics, and Cultural Relativism. In order to maximize the potential of visuals as communicative agents we will consider the roles gender, age, and education play in an individual’s perceptual experiences and responses. “Think about what you are told in spite of what you see, and think about what you see in spite of what you are told.” I invite you to join me on this exciting journey. This class is an extension of the class in Visual Literacy; but ultimately who receives gifts from your estate, including charities. This workshop-style class will provide suggestions and practical tools that may make estate planning less overwhelming.
**Instructor:** Elizabeth Karen Reinhart, M.A., J.D.
**Fridays, Jan. 16 – Mar. 6**
2:30 – 4:00 PM
LW Clubhouse 3, room 3

Estate Planning 101
Planning your estate requires making decisions that will affect family members, friends and your current lifestyle. You must decide how much you need to live, what happens if you get ill, and ultimately who receives gifts from your estate, including charities. This workshop-style class will provide suggestions and practical tools that may make estate planning less overwhelming.
**Instructor:** Susan Berkman
**Fridays, Jan. 16 – Mar. 6**
2:30 – 4:00 PM
CSULB, HS&D, room 119

Advanced Bridge
For players who know the basics and want to learn more. Learn conventions so that you can play successfully at duplicate bridge or join strangers for bridge parties.
**Instructor:** Inge Johnson
**Fridays, Oct. 10 – Dec. 5**
12:30 – 2:00 PM
CSULB, HS&D, room 119

Virginia Woolf Invites You to the Dalloways’ Party
Is there a state of mind that Virginia Woolf labels “party consciousness”? Do we assume a different persona in social gatherings? Can we make personal connections in such situations? Explore these questions and others through the rich evocative language of Woolf’s seven inner-related short stories. Reading materials will be provided. **Class limit:** 18
**Instructor:** Elizabeth Karen Reinhart, M.A., J.D.
**Fridays, Jan. 16 – Mar. 6**
2:30 – 4:00 PM
LW Clubhouse 3, room 3
Those Naughty Pre-code Movies!
In 1934, the Motion Picture Production Code was put in place to censor the “evil” seen in such films as “Red Headed Woman” and “Sign of the Cross”. Come find out what was so scandalous, so naughty, and so decadent until 30 years ago, these films were banned from being viewed by the public. Many current movie buffs have not seen them or know very little about them. Allyson Hathcock, a passionate and enthusiastic movie historian, will share with you the stories surrounding each of the movies she will show.
Instructor: Allyson Hathcock
Saturdays, Jan. 17 – Mar. 7
10:00 AM – 12:00 PM
Pine Ave., room 202

CSULB ID Cards
Do you have a Student ID card? Current members of OLLI at CSULB can get ID cards from the ID Services office located inside the Bookstore on campus. All you need is your OLLI name badge or registration form and a picture ID. Info about ID card and ASI benefits is available in the hall outside the OLLI office door.

Notice of Class Size Limits
To assure the safety of our OLLI members and maintain the integrity of the Fire Marshall regulations required of all our public classrooms, please respect the room capacity number posted. We cannot register members in a class that is already at capacity, nor can we allow standing room for unregistered members.
Thank you for your consideration in this important matter.
Dr. Barbara White
Executive Director

Olli Activities - Special Events

Winter Registration STARTS on December 6
Come to our Saturday Registration Day for Winter term. Bring completed forms to the OLLI CSULB Classroom on Saturday Dec. 6, from 8:30 to 11:30 to enroll in Winter classes. Cash or checks are accepted (a separate check for Parking Permits, please). Lot 9 is open and parking is allowed with your OLLI Permit or pay for General parking.

Special Event
FREE!
VAN GOGH
William J. Havlicek’s lecture, like his much-admired book, is based largely on Vincent van Gogh’s astonishing letters of which over 900 exist. Dr. Havlicek offers some remarkable revelations, among them the role played by Johanna van Gogh-Bonger, Vincent’s sister-in-law, without whom little of the artist would ever have been known. Revealed too is the artist’s vicarious relationship with Charles Dickens, as well as Havlicek’s discovery of how Victor Hugo gave Van Gogh the idea for one of his most celebrated paintings of all: The Starry Night. Dr. Havlicek also dispels much of the myth that has come to surround Vincent’s tumultuous life: “The letters reveal an unknown, adventurous, deeply compassionate Vincent whose essence seems to have been lost in the dramatic and often apocryphal stories surrounding his illness and early death. My effort therefore is to unveil these unknown aspects of Vincent—ones that are even heroic and certainly praiseworthy.”
Tuesday, January 13 only
11:30 AM - 1:00 PM
CSULB, HS&D, room 101

Free Event!
Macular Degeneration: A Senior Epidemic
Did you know that 35-40% of seniors will develop age-related macular degeneration (AMD)? Your risk may be high for this disease, which destroys the central vision. It can make it impossible or challenging to read, drive, watch TV, accomplish daily tasks and recognize the people around you.

This class is for you, whether you have AMD or not. You’ll learn
•Lifestyle factors that add to risk.
•Daily tips to prevent or slow AMD.
•The latest in treatments and exciting new research.
•Techniques and devices to make the most of the vision you have.
•Resources and support that can help.

Age-Related Macular Degeneration:
Judi Delgado, “What You Can Do”
Low Vision Rehabilitation:
Avani Patel, OD, Low Vision Specialist
“How To See Your Best”
Resource Fair – Braille Institute and Enhanced Vision
Handouts, refreshments and a free drawing for a magnifier.

Friday, March 6 only
12:00 - 3:00 PM
CSULB, HS&D, room 101

Auditing Classes
Are there classes on the schedule that you are curious about? You have the opportunity to audit one meeting of any class for no fee. This does not include computer classes or full classes with class size limits.
If you do audit a class and decide to continue, simply stop by the OLLI office to sign up and pay for the class. Your cooperation is appreciated!
**MONDAY**

**It’s Your PC I Getting Started (PC)**
Learn to use your PC to help you keep in touch with friends and family, quickly find important information, play all kinds of games and much more. In this first part of the It’s Your PC class, you’ll practice using a computer mouse, get to know the keyboard and, in general, understand how your computer works. You’ll also learn the basics of email and how to search for things on the Web. You’ll have the instructor and experienced coaches ready to help you as you learn.

*No Prerequisites.*

**Instructor: Richard Sherwood**

**January 12 – March 9**

**8:30 – 10:30 AM**

**Beginning Photoshop Elements I (PC)**
Adobe Photoshop Elements is one of the most versatile image enhancement photo programs available today. First you will learn how to use the Adobe Organizer Program. This will get those picture files in a logical retrievable order. We will enhance those pictures with hands-on use of the many quick fix options available. Learning about resolution will help you email or prepare pictures for right size prints.

*Prerequisite: Computer 101*

**Instructor: Harold Drab**

**January 12 – March 9**

**10:45 AM – 12:45 PM**

**It’s Your PC II (PC) (formerly Intermediate Computer)**
In this second part of the It’s Your PC class, you’ll learn and practice these basic computer skills: save, print, cut and paste, drag and drop, how to delete an item, make a file or folder, and how to manage the windows on your desktop. You’ll also learn the basics of email, including how to send and receive messages, how to attach documents, and open documents that have been sent to you. The Internet section will include how to find Web sites, as well as Internet safety tips. You’ll also take a quick look at a word processing program, so you will be able to easily create your own documents, and even insert photos.

*Prerequisite: It’s Your PC I class or have the skills taught in that class.*

**Instructor: Dalia Hernandez**

**January 12 – March 9**

**1:00 – 3:00 PM**

**TUESDAY**

**Smartphone Basics (iPhone and Android) (4-Week Class)**
Explore how smartphones work, how useful they can be and how much fun you can have using one. 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 else you can do with your smartphone besides making and answering phone calls or texts. You’ll learn how to set up voice mail, check your email, use your phone’s camera, browse the Web, play games, listen to music, and get directions from a map. There’ll also be an explanation of what the cloud is and how to store things on it. The class will include demonstrations of the features of an iPhone and a smartphone with the Android operating system.

**Instructor: Marilyn Gettys**

**January 13 – February 3**

**8:30 – 10:30 am**

An additional session offered:
**Smartphone Basics (iPhone and Android) (4-Week Class)**

**February 10 – March 3**

**8:30 – 10:30 am**

**Intermediate Photoshop Elements II (PC)**
Move your skills beyond the beginning classes, and turn those snapshots into photographs. Topics covered include: vignettes, collages, extracting and adding objects, frames, creations and text effects. Create pictures you can take real pride in sharing with others.

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

**Instructor: Harold Drab**

**January 13 – March 3**

**10:45 AM – 12:45 PM**
TUESDAY

Copy Cat Coloring (PC/Mac)
Learn to color using a computer mouse instead of a crayon. You’ll apply colors to a variety of pictures of animals, flowers, people, places, patterns, and fanciful designs in an activity that’s fun, relaxing and increasingly popular with adults. In this extension of the Copy Cat Drawing class you’ll use the latest version of Corel Painter X3 to transform a plain line drawing into a beautiful, colorful picture. The result will be a digital image that you can print out or send to friends and family. Students should be familiar with basic computer functions. Class limit: 6
Instructor: Patricia Woods
January 13 – March 3
1:00 – 3:00 PM

IPad Apps Only
For those who know already know how to use your iPad and all its features. The first class meeting will be a review of the apps that come on your iPad. This class will then cover additional apps available, we will download them on your iPads, review all the functions of the apps and why you might want to use them. The most popular apps will be covered in the first classes and the students will decide as a class what apps are covered in the remainder of the classes. Prerequisite: You must have an iPad and bring it to class every week.
Instructor: Marilyn Gettys
January 13 – March 3
3:15 – 5:15 PM

Exploring the iPad
Learn how to get the most from your iPad. Get acquainted with iPad features and apps, and see how to play music, browse the Web, read and send email, watch videos and movies, keep a calendar and address book, take and store pictures, listen to audiobooks and podcasts, use the iPad as an e-reader, video chat, talk to Siri, and even more. See how to find, buy and download the right apps for you, no matter what your interests are. Bring your iPad with you to each class.
Prerequisite: You have an iPad.
Instructor: Kathy Winkenwerder
January 14 – March 4
8:30 – 10:30 AM

I Took Pictures. Now What? (Mac)
Learn how to get photos from your camera (digital or film) into a computer, order prints from an online service (Costco, PhotoWorks, etc.) and create photo books, slide shows, movies and DVDs. You’ll add photos to documents such as a family newsletter, to your email, cards, labels, T-shirts, and more. Find out how to use photos as a screen saver or desktop background, and organize your photos into albums in iPhoto.
Prerequisite: Basic Mac skills
Instructor: Bonnie Elsten
January 14 – March 4
3:15 – 5:15 PM

WEDNESDAY

Exploring the iPad
See the class description above.
Instructor: Marilyn Gettys
January 14 – March 4
10:45 AM – 12:45 PM

It’s Your Mac.
Do What You Want to Do (Mac)
Are you a beginning Mac user? Join us for a real hands-on class where you will explore many of the applications that came with your Mac. Learn how to manage the dock, finder windows, menus and shortcuts. We will use the Apple email program, set up the Contacts, use Safari to browse the Internet, write and save documents and more. Discover how to personalize your computer for the way you want to use it. Change your desktop, screensaver and views to reflect your interests and needs. There will be plenty of opportunities to get your questions answered.
Text: The Little Mac Book, Lion Edition by Robin Williams
Prerequisites: You own a Mac; you’d like to own a Mac.
Instructor: Bonnie Elsten
January 14 – March 4
1:00 – 3:00 PM

FRIDAYS

Open Computer Lab
10:00 AM – 5:00 PM
The lab is open for you to practice what you have learned in class or to get answers to your questions about your computer problems. It’s a place to get one-on-one-attention from your peers. Bring your laptop or iPad if you would like help with your personal computer or device.
Prerequisite: Basic Mac skills
Instructor: Bonnie Elsten
January 14 – March 4
3:15 – 5:15 PM
A Quick Look at iTunes (4-Week class)
As you explore the many features of this popular media player, you’ll learn how to buy music at the iTunes store, create your own music library and music playlists. In addition to music, you’ll see videos, movies, audiobooks, podcasts and free Internet radio stations from all over the world at the store. You also can look through the hundreds of free classes offered at iTunes U. If you have an iPod, iPhone or iPad, you’ll see how iTunes keeps track of your apps and syncs the material on your remote device with your computer. Students: if you have music CDs, bring one to class. 
Prerequisites: Basic PC or Mac skills.
Instructor: Kathy Winkenwerder
January 15 – February 5
8:30 – 10:30 AM

A Quick Look at the iPhone (4-Week class)
Have an iPhone and aren’t sure how to get the most out of it? This short class for beginners will include a review of the apps that come with your iPhone, as well as how to get new ones, how to look at and send email, how to take pictures and videos and share them, how to manage your settings, how to surf the Web, how to listen to music, how to manage your calendar and contacts, and how to personalize your iPhone.
Prerequisites: have an iPhone 4 or higher. Bring your activated and charged phone to each class.
Instructor: Kathy Winkenwerder
February 12 – March 5
8:30 – 10:30 AM

It’s Your PC II (PC) (formerly Intermediate Computer)
In this second part of the It’s Your PC class, you’ll learn and practice these basic computer skills: save, print, cut and paste, drag and drop, how to delete an item, make a file or folder, and how to manage the windows on your desktop. You’ll also learn the basics of email, including how to send and receive messages, how to attach documents, and open documents that have been sent to you. The Internet section will include how to find Web sites, as well as Internet safety tips. You’ll also take a quick look at a word processing program, so you will be able to easily create your own documents, and even insert photos.
Prerequisite: It’s Your PC I class or have the skills taught in that class.
Instructor: Reggie Gates
January 15 – March 5
10:45 AM - 12:45 PM

Google: Email & Lots More (PC/Mac)
Learn to set up the Gmail program just the way you like it as you exchange mail with fellow students and explore Gmail’s many features. Also learn how to receive and send pictures, and include links in emails and email formatting. Explore other Google programs, including Calendar, an online calendar that can be synced to your smart phone; Maps, including street view; Search features – including UPS or FedEx package tracking, airline flight tracking, etc. The basics of Internet security and data backup will also be covered. Text: Handouts.
Prerequisites: Intermediate computer or instructor’s permission. Students must have gmail account and bring username and password to class.
Instructor: Reggie Gates
January 15 – March 5
1:00 – 3:00 PM

It’s Your PC II - Lab (PC) (4-Week class)
Get individualized support to reinforce the skills you learn in your intermediate computer class. Students will get one-on-one help with anything covered in the class, such as using email, finding things on the Web, making folders, copying and pasting, using a simple word processing program, and where to store the documents you create.
Prerequisite: Current or past enrollment in the It’s Your PC II class.
Instructor: Toni Evans
January 15 – February 5
3:15 – 5:15 PM

Introduction to Windows 8 (4-Week class)
Learn how to navigate and control Microsoft’s latest operating system, see how to determine if your computer can use Windows 8, and how to upgrade to Windows 8. Become familiar with and learn how to personalize the new Start Screen. Discover where your old familiar programs are hiding. Explore the new world of Live Tiles and Apps. Learn to utilize the Microsoft Store to get new free or paid for Apps. See how to run older programs and learn about free programs that can bring back some of the functions of previous versions of Windows. Because the lab has only 2 computers running Windows 8, students are encouraged to bring their own laptops. Text: Any Windows 8 book
Prerequisites: Basic computer skills
Instructor: Wesley Peck
February 12 – March 5
3:15 – 5:15 PM
**OLLI at JCC**

Alpert Jewish Community Center
3801 East Willow Street, LB
Between Lakewood and Redondo Ave.
562-426-7601

Enter at the main gate and park anywhere in the lot. Classes are usually held in Room 27 (down the main hall to classrooms on the right.)

---

**OLLI Leisure World**

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

---

**OLLI at CSULB**

**OLLI at CSULB Parking Permits**

For the convenience of our members, General parking passes for **Parking Lot 11** are sold in our office for **$33.00 per 3-month quarter**. Members may not park in carpool or employee parking without special permits. Checks or cash are accepted payments.

If you have a current DMV disabled placard and provide a copy of the DMV receipt for OLLI files, you may obtain access to **Employee Lot 9**. Members must display their placard or license plate AND their OLLI parking permit when they are parked in Lot 9. Use of both the placard and OLLI permit is allowed in employee spaces in Lot 11.

If you receive a ticket from Parking patrol, contact Parking Services (Merriam Way) at 562-985-4146.

---

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

- All-day-parking lot is $5.00 on the south-east corner of 7th Street and Pacific Avenue.
- Metered parking: 2 hour limit, use quarters.
- Non-metered street parking: North of 8th Street on Pacific Ave. and Pine Ave., as well as neighborhood streets west of Pacific Avenue.

Limited or NO parking is available adjacent to the OLLI building. Watch signs and spaces allowed. Note street sweeping signs on all streets.

* Take the Bus: Check bus schedules for routes to Pacific and 7th St. A Passport bus goes along Pine Ave with very good connections to the Downtown area. Check Transit schedules and ask about Senior TAP cards for travel.
* PA-Suite 202 classroom is accessed from the “alley” or Solana Court door entrance to the building. Use the buzzer and wait for a sound to open the door. Classroom is up a flight of stairs. A lift is available upon request.
* PA-Tower classes are in the Park Pacific Tower apartment building at 714 Pacific Ave. just behind the OLLI classroom building. Use buzzer for entrance to the 2nd Floor room.

OLLI at CSULB
Governing Council

Barbara White Executive Director
Malcolm Green President
William Fitzpatrick Vice President
Karin Covey Treasurer
Vicki O’Toole Secretary
vacant Archivist
Judie Irving Community Relations
Kathy Winkenwerder Computer Lab
Wesley Peck Computer Lab
Pat Wrenn Curriculum
Karen McDonough PA Contact
Richard Black PA Contact
Ken Nakagawa PA Contact
Dolores Volpe LW Contact
Bea Roth LW Contact
vacant Membership
Len Jacobson Member-at-Large
vacant Member-at-Large
Jack Blecher Publications
Suzanne Walsh Publications
Janie Payan Social & Special Events
Jody Ramsey Ad Hoc Development
Dennis Youkster Ad Hoc Development
Don Friedman Ad Hoc Arts Committee
Betty Hutchens Ad Hoc Arts Committee
Carl Curtis President Emeritus
Dean Ken Millar CHHS Ex-Officio

Advisory Board

Donald Brault Nancy Lewis
Dixie Grimmet Theresa Marino
Kit Katz Dr. Susan Mathieu
Donald Lauda Dr. Iris Schutz
Rosemary Lewallen Charlene Young

Long Beach Transit Buses

Many buses pass through the CSULB campus and stop at the transit center near Brotman Hall. For information, call Long Beach Transit at 562-591-2301.

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

CSULB Campus Connection Shuttle

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

Use the Long Beach Transit website for all bus routes www.lbtransit.com
Those Naughty Pre-Code Movies

by Art Gottlieb

If you’re interested in taking an OLLI class or two, you may also be old enough to remember when the Hays Office reviewed American movies. The Hays Code, known officially as the “Motion Picture Production Code,” was established in 1934 to establish a set of industry moral censorship guidelines that governed the production of most U.S. motion pictures. The Hays Office then interpreted the infamous “code,” which was designed to spell out what was acceptable and unacceptable and censored anything that was considered “obscene.” Such things as being scantily dressed, a male and female in the same bed together (even with neck-to-toe pajamas), passionate kissing, panting and sighing . . . were strictly taboo. In fact, they were considered unacceptable content for a public audience.

Before the code went into effect, however, many memorable classic films were produced starring well-known movie actors. If names such as Ida Lupino, Joan Crawford, James Cagney, Jean Harlow, Spencer Tracy, or Clark Gable spring to mind, it’s because they made their mark in the “roarin’ twenties” and thirties before the “up-righteous code” took effect.

If you’d like to revisit these old gems with themes of gold diggers, home wreckers, gangsters, and gun molls, a special class has been planned for you at the Pine Avenue campus. Allyson Hathcock will lead the class and show films of the “Pre-Code Era” that were eons ahead of their time. As an aficionado of classic Hollywood films and one who studied their history at UC Irvine, Miss Hathcock will delight her class with backstage tales of intrigue, loose morals, and notorious fights between glamorous movie-stars. Films shown in this class will include Red Headed Woman, She Done Him Wrong, Lady Killer, and The Sign of the Cross. Come find out what was so salacious, so naughty, and/or so decadent, that up until thirty years ago, it was banned from public viewing.

→ See class description on page 30

*Registration for Winter session starts Saturday Dec. 6, 2014 - 8:30 -11:30 am