For the past seven years, Dennis Youkstetter has been teaching economics at OLLI. This semester has him at the front of a class titled Microeconomics.

My first question was, “How can such a big subject be ‘micro’?” He replied that he will show us how to apply it in our daily lives. If one has a workable understanding of economics, the study of fiscal and monetary rules the government uses to manage the financial affairs of the country is not only fascinating, but critical to effectively manage day-to-day personal finances (i.e. interest rates, the amount of money in circulation, etc.)

Dennis is a native Californian, raised in Beverly Hills, and the father of three children. He earned his doctorate in Organizational Management from Columbia University while he lived in New York City. He built his own company which took failing companies and got them up and running by applying his management skills and knowledge of economics. Dennis also taught at the University of Southern California.

As seniors of this generation, we are living longer. Dennis comments, “Some of us will be retired for a longer period of time than our actual working years. How shall we handle our resources accumulated at a time of a different inflation rate?”

Welcome to practical economics! It sounds like a course we all need. Along with opera, movies, Shakespeare and art, we all need to know how to balance our checkbooks so we can enjoy and partake in all of the above.
Editor’s Comments

by Jack Blecher

THOUGHT FOR TODAY: When the white missionaries came to Africa, they had the Bible and we had the land. They said, “Let us pray.” We closed our eyes. When we opened them, we had the Bible, and they had the land.

~ Desmond Tutu

While Renee and I enjoyed a cruise, Rick Adams ran The SUN expertly. Thanks. While enjoying table talk at dinner on the ship, I was asked, “What do you do now that you are retired?” I told them about my involvement with OLLI and to my surprise, many passengers were also OLLI members. Yes, we are all over the map.

The SUN welcomes Sallie Rodman as a copy editor and Jim Worsham as a reporter. Geoff Carr, a reporter, is on a leave of absence for health reasons. We hope he returns soon.

On becoming aware of my need for drivers, my four-year-old great-grandson, Taven said, “When I get bigger, I will have a blue car ‘cause it’s my favorite color and I will drive you wherever you want to go.” Folks, enjoy your grandkids before they become impossible teens.

We enrolled 165 NEW members to OLLI this Fall. The SUN plans to feature more NEWBIES in future issues. The SUN staff congratulates the new executive board elected at our annual membership meeting. OLLI at CSULB has grown and prospered under the leadership of Malcolm Green for the last four years. Here’s to more successful years.

Richard Black, a longtime member of the governing council from Pine Ave, retired from OLLI. He submitted the poem below.

Winter Solstice, December 21, 2015; 8:49 pm PDT

On Aging

As I add years to my life
And strive to proceed with
dignity and grace
Preferring not to dwell on the past
All the while remembering
the positive encounters
with significant people and places
Fondly recalling the time of
Joy and Wonder.

by Richard Black, resident and past president of
Park Pacific Tower Residents Association
How did this happen? How is it that my photo and byline are atop the President’s Corner? OLLI impacts us all, but is my story unusual?

Some eight years ago, for reasons I can’t recall, I attended a Saturday OLLI registration event and enrolled for the first time. I signed up for a single course on financial planning. Thought that would be good for me. Two weeks later an office volunteer called to tell me the course had been canceled. Not wanting to refund my money, she suggested I instead take the next closest match, a stock market course. That didn’t interest me, but I agreed to take another look at The SUN. There was a hybrid literature/movie course taught by retired English Professor Arthur Axelrad. It was called Barking up the Wrong Tree and dealt with film treatments of Arthur Conan Dolye’s The Hound of the Baskervilles. It was my first humanities course in nearly forty years. This former science and math major fully enjoyed it.

Now you’re wondering why the new president is rambling on about some minor incident from years ago. Because I’m struck by the similarities between my experience and those of our new members to this day. Newcomers still show up at Saturday registration. They still pay the same amount as years past. We still have talented and entertaining instructors like the late, much missed, Dr. Axelrad. And that office volunteer who convinced me to stick around? It was Karin Covey, who still works in the office every week. Karin is the longest serving member of the OLLI Executive Council, which I’m now privileged to lead. Volunteers like Karin and Arthur are the lifeblood of OLLI. I still haven’t taken that financial planning course, but it’s on my to-do list.

From the Executive Director

It’s the time of year to reflect back and to think forward. 2015 at OLLI was the year we approved a new strategic plan and revised bylaws to support the changes in the structure of our Governing Council. The strategic plan for the next few years focuses on member communication, classroom space/convenience, technology modernization, and university collaboration. In addition to offering over 200 classes this year, we held our 3rd Instructor forum last July, and used The Point at CSULB meeting space for the 2nd annual Don and Lori Brault Successful Aging lecture.

We celebrated our volunteers with a Rock and Roll luncheon, held our 10th annual art show, purchased new assistive listening technology for our large classroom, installed new equipment in the podium in HSD 119, new flooring in our classroom and office on Pine Ave, and began holding art classes at Leisure World. We also held our first New Member Welcome gathering. We are grateful to our instructors and other volunteers who make our OLLI strong.

And as the year ends we are completing our annual fundraiser. To meet one of our strategic goals we are raising funds to provide a scholarship to a matriculated student, or students, at CSULB to celebrate our 20 years of lifelong learning on campus. Thank you for your support.

Looking into 2016, we have several things on the horizon in addition to new and exciting classes. These include completing our donor wall and installing new, comfortable seating in the lobby, and additional seating outside our front door. We are also investigating software that will allow us, like several other OLLIs, to register online, and collaborations with the Long Beach Library and a foray into a travel program. Please join us as a member and volunteer to help us expand our vision!
In the Spotlight

Welcome to a wonderful winter semester of new adventures in learning. Summer rushed by like a twinkle in one’s eye. Fall disappeared like leaves on a breeze. Yours truly spent her 28th summer watching the liquid highway on the Columbia River. Barges of wood, fish, and passengers floated by as I sat on the deck at the river’s edge with the Cascade Mountains behind me in Skamania, Washington.

In addition to my being fortunate to be in the Northwest this summer, my daughter Camryn has a great role on Broadway in a musical called Spring Awakening. They have a sold-out house every evening. We should rent a plane and have an innovative field trip to 47th and Broadway, NYC.

Becky, our splendid office manager and technical expert, had a wonderful holiday in Amsterdam and Germany and took in an opening night opera. Linda Palitz and Jan Berliner had an exciting experience on their trip to Israel. I am sure many of you had fun on your autumn holidays as well.

On August 22nd more than 200 members of OLLI registered for classes for the fall semester. This was the largest number of students that ever registered at one of our Saturday sessions.

Our quintessential organizer and volunteer, Janie Payan celebrated her 70th birthday; oh to be so young. Yours truly celebrated her 90th birthday as well. Because I don’t feel a day older than Janie, I am sure that there was a mistake at the hospital. And to top it off, our distinguished SUN editor, Jack Blecher celebrated his 93rd year; hoorah to all of our senior scholars!

Five members of OLLI were in rehab for various reasons this summer: Don Freidman, Dale Leiberfarb, Barbara Stevens, Don Freeman and Jane Adair. Fred Masback fell and broke his wrist. I hope they have all recovered and are able to return to OLLI.

Our satellite campuses at Pine Ave and Leisure World are getting new and different classes and drawing more students. Leisure World now has seven classes. Better watch out, they may try to equal our classes on campus shortly.

Enjoy the new semester and new classes, make new friends, and try something different. All of you, be well.

The First Amendment

What is the purpose of the 1st amendment of our Constitution? “It ensures against governmental intrusions on the essential personal freedoms; freedom of religion, freedom of the press, free expression, freedom of association and freedom of assembly.” (taken from a quote by Michigan State University). “It was adopted on December 15th, 1791, as one of the ten amendments that constitute the Bill of Rights.” (from Wikipedia).

Recently there have been protests regarding the freedom to express ourselves under any circumstances. Joe Ribakoff will clarify under what circumstances speech may be interpreted as a crime, or if a crime has really been committed. He will present Supreme Court cases that exemplify The First Amendment and discuss how they apply when national security and speech rights collide over issues of secrecy and privacy. Discussion will be emphasized, along with lecture and video presentations.

Mr. Ribakoff is a retired lawyer who has practiced 1st amendment law, criminal law and employee benefit law for twenty years. He graduated from Whittier Law School. He was awarded first place at Hofstra Law School in Long Island, New York, where he prepared a hate speech statute “as comprehensive as the first amendment would allow.” Joe would also like our members to know that “it is always a great experience to teach at OLLI.”

Learn how the first amendment of our constitution has been interpreted into our laws. Express your opinions for or against these laws, regarding situations that are occurring daily. You, too, have a voice.

→ See class description on page 26
It is important not to come to this class with a Sunday-school mental-ity. The point is to learn and gain an appreciation for the ancient stories and how they apply to us in the modern world. Alan also wants us to treasure the lovely language used in the two translations of the Bible.

The Bible as Literature by Barbara Butler

Do we in the twenty-first century have anything in common with the people and times from thousands of years ago? Believing that we do, Alan Maben sets out to prove his theses in his The Bible as Literature class. His objective is to have students gain an appreciation of times past and present. Alan states, “The Bible is fraught with history, politics, romance, conspiracies, and controversial issues.” All of these are apropos of today’s times. The class is especially timely for this period as we watch politicians parry and joust as they enter the primaries.

His approach in teaching is to take the class completely through the Bible using the King James Version for the poetry in the Psalms and the Song of Solomon, and the English Standard Version for the remainder. The beautiful language in the Bible will be juxtaposed with each text. Studies will be book-by-book, five to six weeks on the Old Testament and three weeks on the New Testament. Alan will use lectures and debates that should lead to lively discussions.

Alan holds a Bachelor’s Degree in History, specializing in World History. He graduated with honors and has taught classes in several churches.

Masterpieces of Asian Art by Art Gottlieb

If you are interested in “Art” (with a capital “A”) you undoubtedly know the history of Western Art, but how many people understand the distinct aesthetics of Asian Art? That’s where Delrie Hobbs comes in.

Hobbs describes her class as “an eclectic approach to the subject, where one or two pieces of art will be examined and discussed each week.” Students will learn the what, why and how specific elements make each piece an Asian masterpiece. Works under consideration will include sculpture, ceramics, painting, jade, metal and gardens.

The timeframe for this subject is from the Neolithic up to the present. Locations include the Ancient Near East, China, Tibet, Japan, and the Islamic world. Each discussion will cover the work historically, culturally, and possibly religiously. Delrie will certainly enrich our knowledge of Eastern Art.

The Masterpieces of Asian Art class is presented Thursday afternoons on campus. Come and be transported to another time and place!
From the Computer Lab
Two New and Welcome Computer Classes
by Kathy Winkenwerder

For the past three years, we’ve had an out-of-date Windows operating system in the lab. While some in the computer world moved on to what turned out to be the less-than-popular Windows 8, the University decided to stick to Windows 7, which meant we did too. But the computer lab will be up-to-date soon. Windows 10 will be coming to the lab’s computers, along with about four thousand others in the University community. We’re not sure when the operating system will be installed, but we look forward to the big day whenever it is.

In the meantime, if you have a computer that came with Windows 10 and you want to know how to use it or you have one that still uses Windows 8 and you want to upgrade it to Windows 10, OLLI can help. Wesley Peck, whom you see in the lab on Fridays and at Windows 8 classes, will teach the four-week class, Introduction to Windows 10. The new operating system is installed on only one of the lab computers. You may bring your laptop, if you have one, to class. You’ll learn how to upgrade to the new operating system, use the remodeled Start menu, find the new locations of old familiar functions, use Live Tiles, and explore the Microsoft Store and buy apps there.

You may have used Excel for some tasks at work, but now that you don’t go to the office anymore, this powerful calculating and organizing tool can still help you keep track of your life. Excel can create budgets of all kinds, manage finances, track projects, create calendars, develop home inventories, make professional-looking charts and graphs, and more. Gail Meredith, a long-time Boeing IT employee and now an OLLI instructor, will teach Using Microsoft Excel.

→ See class descriptions on page 31, 33

Annual Volunteer Lunch
by Sylvia Manheim

On September 26th, the annual volunteer luncheon was held at the Chart Room on the CSULB campus. It was a super success, and the ’50s theme made it lots of fun. Karin Covey and other volunteers greeted guests and invited them to start the afternoon with a root beer float or cherry coke.

Some eighty-five volunteers filled the room with laughter and joyous visiting. The tables were decorated with OLLI mugs, ornaments, and 45-RPM records from Karin Covey’s antique collection.

Barbara White, our Executive Director, opened the festivities by praising all of our volunteers and stating “Service is Joy. If you want to touch the future touch others.” Outgoing President Malcolm Green praised all volunteers and especially Betty Hutchens, who has been at OLLI for many years and set up our successful art show. She has moved to Palm Desert; OLLI awarded her a life-time membership, in hopes she will return to see us.

Lunch was a nostalgic buffet of traditional style ’50s burgers, hot dogs, French fries and onion rings. Dessert was an extra special make-your-own ice cream sundae bar.

Bill Fitzpatrick, our new OLLI President, introduced Steve Propes, the DJ for the afternoon. Steve entertained us by playing some of the all-time greats of the ’50s. He also shared the history and background of the music, and advertised his upcoming OLLI class! Many people hit the dance floor and moved to the tunes. Carl Curtis and Karen McDonough seemed to particularly enjoy the oldies and were seen dancing to Sam Cook’s “You Send Me.”

This annual luncheon is a small tribute to the volunteers who give their time, talent and energy to OLLI by teaching, reporting, staffing the office and much more throughout the year. A big Thank You goes out to all the volunteers. We also acknowledge the committee who made this luncheon happen: Karin Covey and husband Bob, Rebecca Low, Grace Blankenship, Vicki O’Toole, Candy Yamagawa, Patti and Jim Worsham and their grandson Luke, who helped with the decorations.
Celebrating OLLI Volunteers

Photos by Rick Adams and Louise Haglind

Jim and Patti Worsham

Herb Glazeroff and Tere Sievers

Grace and Dick Blankenship + Rick

DJ Steve Propes

Strollin’ and dancing

Betty Hutchens and Malcom

Renee Simon and Jack Blecher

New President and Emeritus Pres.
Get into the Spirit of Music

The OLLI Vocal Ensemble directed by talented music teacher Fran Harding, “rings out merrily” at many OLLI special events, notably the annual OLLI Art Show and holiday festivities. OLLI enthusiasts also enjoy reading articles and seeing photos featuring Fran and her ensemble in The SUN. Their magical vocals are often praised in The SUN, but now she wishes to encourage readers to sign up for her next class, which meets Thursdays from 3:30 to 5:00 in Room 101!

Fran states that in the beginning it is important to listen as she vocalizes ways to have fun exploring and understanding voice control. She says, “Let’s try to feel the bright, lyrical, emotional energy of the song and hit the right note and then engage the listener.”

Fran will have you learning quality vocal techniques, as well as entering a room with confidence where the spotlight will beam on yet another memorable performance.

The Retiree’s Dilemma - Solutions Offered

Are you retired or contemplating retirement? In either case, you are or will be entering a new and unfamiliar phase of life. The Boomers Retirement Workshop is taught by Ethel Pantalis Seal as part of the OLLI winter session.

Ethel begins with short lectures and provides experiential learning through small group interactive exercises. The class includes four or five guest speakers, including a psychologist, a career counselor, and a gerontologist. Social aspects of life, finding new friends, and enjoying retirement are the main focus; financial advice is not included. Resource lists and websites will be discussed and distributed.

Ethel retired from Boeing where she worked for twenty-nine years as a manager and international contracts negotiator. She has a Bachelor’s of Science degree from CSULB and an MBA from USC, is an avid traveler and photographer. She also took courses from the original authors of What Color is Your Parachute, a book that discusses career transitions. She is delighted to have the opportunity to share her knowledge with OLLI members on Tuesday mornings. The same course will be offered at the Jewish Community Center in Long Beach on Tuesday evenings from 5:30 to 7:00.

Consider the following quotes related to retirees: “Plans are nothing, planning is everything” - Dwight D. Eisenhower; “Happiness is not something readymade Buddha can give you. It comes from your own actions” - the Dali Lama; “The great thing about getting older is that you don’t lose all the ages you’ve been” - Madeleine L’Engle; “And in the end it’s not the years of your life that count. It’s the life in your years” - Abraham Lincoln; “Happiness depends upon ourselves” - Aristotle.

Come discover how to start a new life and have fun in retirement!

→ See class description on page 23-24
Executive Director Dr. Barbara White called the meeting to order on Saturday, September 19. She introduced the guest speaker, Josephine Caron, from the Long Beach Public Library system.

The Library system has a close alliance with OLLI. She encouraged us to obtain a free library card. With this we can access many benefits that include large-print books, DVDs, access to downloading electronic books, and the use of computers for two hours daily. The Bay Shore and El Dorado libraries are now open on Saturdays. The Bay Shore, Burnett, and North branch locations are also open on Sundays from 12 to 4 p.m.

Malcolm Green, our past president, reported on the state of OLLI. Annual costs to support OLLI are $300,000. Because there are only three employees, our volunteers continue to secure our existence, and we need more of them. Presently we have 1,640 members for the fall session. They attend more than eighty day and evening classes that are taught Monday through Saturdays. We have installed a donor wall, honoring the contributors that make OLLI possible. Donations and contributions fund our scholarship program that helps members who need financial assistance to attend OLLI. Members were reminded that they can use the Long Beach Transit or alternative transportation to avoid parking problems. Within the next year, we hope to have more indoor and outdoor seating to encourage socializing. One of our goals is eventually to be online with The SUN in color.

Thank you, Dr. Michael Gavin, for a most enjoyable and informative cinematic music quiz. Ernie Gilman won first prize, Malcolm Green and Bill Fitzpatrick tied for second place.

The new elected officers of OLLI for 2016 are

President: Bill Fitzpatrick  
Vice President: Naida Tushnet  
Treasurer: Karin Covey  
Secretary: Vicki O’Toole  
Members at Large: Len Jacobson and Michael Gavin.

Last, many thanks to Janie, Becky, Karin, and Candy for organizing our meeting.
Beginning on her birthday in March 2001, Betty Hutchens entered the portals of OLLI (then Senior University) to take her first classes, computer and watercolor. Because she has recently transitioned to a home in Palm Desert and a new chapter in her life, she leaves an unforgettable OLLI legacy.

The highlights of Betty’s story are here in the tributes, yet we may also find a lesson for us all. Soon after Betty began taking classes, Jean Lowe, a volunteer in charge of class aides at the time, advised Betty that the program would benefit greatly if all students gave of their time and talents. So in the spring of 2005, Betty volunteered as a computer coach and later that year as a Photoshop instructor. Meanwhile, Betty also gradually became the watercolor class liaison and instructor’s aide. She continued for many more years in multiple capacities and classes as student, coach, and instructor.

In her fifth year, Betty volunteered for a position on the Governing Council, and when there was a need to raise money for the OLLI program, Betty initiated several very successful fundraising events.

In 2006, Betty realized that the art students would be encouraged if their work could be displayed somewhere; thus began the popular annual OLLI Art Show. Later, she and Carl Curtis were instrumental in displaying student art in the OLLI classroom. In Betty’s words, “It gives the classroom a better look, provides thirty minutes of fame for the artists, and inspires new students.”

When asked if she has any words of wisdom to leave with OLLI students, Betty advises, “Heed the words of Jean Lowe! I heeded her advice and have continued until this day to give of my time and talents. I only hope it has made a difference.” We at OLLI heartily thank Betty for all of her hard work and tireless spirit of volunteerism—they have absolutely made a difference—and she is a shining example for all of us to follow!

I admire Betty because of her many talents, from writing to painting, to quilting, to organizing. I admire her because of her volunteer spirit and because you could trust her to follow through. I admire her because she has sustained personal losses and never given in to despair. She exemplifies everything OLLI stands for.

~ Josephine Fitzpatrick

I have reminded Betty that her great OLLI art event could not have happened without her amazing efforts. Now it is time for us to step up and carry on this great legacy to honor her and show our thanks. Betty has provided us with so many opportunities to grow and display our talents. You will not be forgotten, Betty! We hope that you will visit us often.

~ Craig Kimball

Betty Hutchens

Betty Hutchens: Spirited, organized, focused, strong, determined, dedicated, uplifting.

~ Barbara White
Betty Hutchens was an important part of the development of the art program at OLLI. She was a diligent participant and a valuable assistant in my watercolor class for many years. I enjoyed working with Betty and sharing many lunches at the Fantastic Café. Her enthusiasm for the arts resulted in a very successful annual art show, which showcased the diverse elements of OLLI offerings. Best wishes as she moves on to further accomplishments in Palm Desert!
~ Roy Hubbs

I first met Betty when I signed up for watercolor. She was not the instructor, but she ran the class. If you had a question, you went to Betty. However, it was a two-way street. When you saw that smiling face approaching, you knew you would be asked to volunteer for her project. She started the OLLI Art Show and ran it single-handedly for ten years. It will take three or more of us to do it in the future. She was involved in almost every OLLI function and will be sorely missed.
~ the Bruce (Bruce Hatch)

Betty is a remarkable woman—hard-working, reliable, creative, innovative, and very good at recruiting people to help with projects and tasks, never forgetting that special “Thank You.” Her legacy is all over OLLI—the annual art show, the Room 101 gallery, and the bright yellow OLLI T-shirts. Most of all, Betty is just plain fun to work with, to talk to, and to be around. Her smile, her good cheer, and her never-ending optimism and “can-do” attitude will be missed.
~ Karin Covey

Betty has been a tireless worker all her life. She made a life for herself and her kids, furthered her education, and prospered. She always has a positive comment and is ready to “roll up her sleeves” and dig in.
~ Phil Garcia

In addition to her many talents, Betty became a cartoonist. In time of need she created a clever cartoon for the winter 2015 issue of The SUN. Betty, we’ll miss you! The void created by your leaving will ultimately need several special people to fill it. Good fortune in the desert!
~ Jack Blecher

My first impression of Betty was that she was the instructor of the watercolor class, yet not noted in The SUN. From then on I have known her in a more important position—Betty is the “ROCK” of our classes . . . to take care of problems, assist the many instructors, and act as liaison with the administration. As our fellow artist, Betty is one of the hardest and most determined workers I have known.
~ John Detrick

Over the years, Betty has made so many contributions of her time, talents, and energy to our OLLI that just listing all of them would exceed the number of words I am allocated for this tribute. Her greatest asset, I think, has been her strong insistence that we provide venues for our artists to display their talents, in particular the annual art show and the Classroom 101 gallery. The appreciation and encouragement generated by these displays is one of the great strengths of our OLLI—IMHO.
~ Carl Curtis

Tributes to Betty were limited in this space; all will be sent to her.
Arnold Preiser, a member of our Memoir class, writes about his childhood years growing up in Soviet Russia during World War II. The devastation and deprivations, brought upon ordinary life by the war, were compounded by the early loss of his parents and grandparents. Furthermore, the harsh life under the communist system left a deep and lasting impression on him.

After earning his Ph.D. at the Moscow Energy Institute, he became an engineer and for fourteen years worked in Moscow and Kiev. In 1976 he immigrated to the United States. He became a naturalized U.S. citizen in 1984, where he continued to work in his field of electronic sensors development for both the nuclear and aerospace industries.

New Boots

I desperately needed a new pair of shoes. My old ones had reached the point that even I, a handy and resourceful twelve-year-old boy, could not fix. They were not even new to start with. Being the youngest boy in the family, all my clothes and shoes were hand-me-downs from my older brother, who in turn got them from an older cousin.

The country was in ruins after four bloody war years and over twenty-five million Russian soldiers, my father included, killed. Children were left to fend for themselves, forcing us to mature much faster. Food and clothes were always in short supply. The only way for me to get a pair of new shoes was from the Swap Meet called “Tolchok.” The word tolchok can be loosely translated as push and shove. The Tolchok was held on a big, unpaved, barbed-wire fenced vacant lot on the outskirts of the city.

On Sundays, the place was full of regular folks, trying to sell or buy all kinds of merchandise from underwear to AK-47s. When my mother died, my brother and I went there to sell her clothes. So, on one Sunday morning I headed to the Tolchok to buy my shoes. After cruising through the crowd, I finally spotted what I was looking for. A tall middle-aged man was slowly walking with a shiny pair of boots hanging over his shoulder. They looked like new with almost a quarter inch thick real leather soles. I slowly approached the seller and casually inquired about the price. The man looked down at me and shouted: “One hundred rubles.” I looked at him in disbelief and walked away without a word. I didn’t have that much money, but I kept my eyes on the seller. I asked a boy slightly older than myself for help. The boy went up to the seller and offered twenty-five rubles for the boots. The man angrily rejected the offer. I kept circling the seller, trying to stay out of his view. Time passed. It got darker. People were slowly leaving the place. Finally, I approached my seller and offered to buy his boots for 30 rubles. To my delight, he quickly agreed.

They were big on me, but I stuffed newspaper inside and proudly wore them to school. Everybody was jealous of my new boots. I cleaned and polished them every day after school. My happiness lasted until the first rainy day when the soles of my boots suddenly swelled up with water and disintegrated as did my pride. The “thick leather sole” turned out to be well-camouflaged cardboard.

> See class description on page 27
It is well-known that both exercise and social support are key components of successful aging. However, it can be challenging to stay inspired in an exercise program when doing it alone. Working out with a friend or family member builds additional motivation to keep you on track with your health and fitness goals.

The LifeFit Center @ The Beach (LFC) offers many opportunities to enhance your health and fitness with your friends. Two of the LFC’s most recent programming additions include Buddy Training (two members working with a personal trainer) and Small Group Training (three members working with a personal trainer). Sweating and laughing next to a buddy develops deeper social bonds, creates a feeling of comfort, and makes you more likely to try new exercises. Not only is it an affordable option, it is also a way to build new friendships while bettering your fitness.

Summer and Fall 2015 were filled with social activities: a fun team exercise scavenger hunt around the CSULB campus, friendly competitions aimed to promote regular exercise, and a yearbook contest in which members shared high-school yearbook photos for a chance to win a free month of LFC membership. All of these events boosted camaraderie and pride within the LFC community.

The major benefit of being part of the LFC is developing lasting friendships while staying physically active. We invite you to join us to improve your health and fitness while becoming part of the LFC family. To learn more about the LFC, stop by for a tour or contact Assistant Director Emily Sopo at 562-985-2087 or emily.sopo@csulb.edu.

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**Cranial Challenge**

The penny gum ball machine contains six red balls, four white balls, and one blue ball.

How many pennies must Rebecca spend to get three matching balls?

→ See answer on page 14

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**Cartoon by Phil Garcia**

“I Lift, you grab...was that concept just a little too complex, Carl?”

Garcia 2015
OLLI at CSULB - 2016
Class Sessions
Winter  January 11 - Mar 7
Spring  April 11 - June 6
Summer  June 27 - August 22
Fall  October 7 - December 2

Holidays–No OLLI Classes
Campus & Office Closed
Jan 18  Martin L King Jr. Day
March 31  Cesar Chavez Day
May 30  Memorial Day
July 4  Independance Day
September 5  Labor Day
November 11 Veterans Day
Nov.21-26  Thanksgiving Break

SPRING REGISTRATION
HSD 101 Classroom
Saturday, March 5, 2016
8:30 - 11:30 AM
Classes fill by first come, first served

OLLI NOTICE
A DAY IN LA
OLLI’s inaugural Day Trip . . .
A motor coach tour of
What’s New in LA, including:
The Broad Museum
Grand Central Market
Clifton’s Cafeteria

MARCH 2016
Watch for details
during the Winter session

OLLI’s 10th Annual Art Show
In the Design Gallery
Celebration of arts, song, dance, music, readings, fun!
Sunday, Feb 21  1:00 - 3:00
February 13 to 21, 2016
Contact the office for entry and exhibit information

SAVE THE DATE

Interested in Bicycling? Join the OLLI riders group and learn more about biking in Long Beach. Sign up in the office or contact Dolores at doloresjaunzemis@yahoo.com

Cranial Challenge
(from page 13)

ANSWER: 6
Consider the worst case in which five pennies get Rebecca two red, two white, and one blue. The sixth ball results in a matched set.

More pictures and article on pages 6 - 7
FALL 2015 CONTRIBUTORS

** With thanks to ALL of you including our 15 Anonymous Donors.
Your contributions support the successful programs and facilities for educating seniors.

Ruth & Erwin Anisman
Helene Ansel
Vivien Arluk
Marilyn Austin
Jack Awad
Robert Barmeyer
John Barnes
Helen Barrad
Bradley Beaver
Sheri Beebe
Claire Beekman
Barbara Bell
Nessa & David Bernstein
Conny Bessem
Patricia Beyer
Renee Simon & Jack Blecher

Happy 90th Birthday to Sylvia Manheim

Sylvia Manheim  
In memory of Jerry Manheim

Kerry Martin
Fred Masback
Patricia Maxwell
Richard McCabe
Andrea McClintock
Kareen McClory
Glori McCune

for Computer Lab

Karen & Patrick McDonough
William Mednick
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Sheila Morgan
Joy Mullen
Gary Murph
Joe Murray
Bernard Natelson
Helgard Niewisch
Nancy Niver
Phyllis O’Connor
Susan Pack
Nancy Paradise
Lagrimas Petilo
Donald Preuss
Fern & Art Ramirez
Jody Ramsey
Patricia Recharte
Caroline Reed
Arlene Rees
Cathy Ridder
Eileen Ringerman
Cheryl Rodi
Karen Schluntz
Trina Schneider
Sylvia & Brian Schoelkopf
Grace Sheldon
Charles Sheldon
Phrasel Shelton
Patricia A Simmons
Gloria Simon
Barbara J Smith
Phyllis Spear
Nancy & Mark Speizer

Happy Birthday to Sylvia Manheim

Alice Stasiak
Pauline Strong

Alexandra Sullivan
Patricia Sutch
Sue & Sam Sutton
Judy Swaaley
Tim Teahan
Thelma Teitel
Bernadette & John Tellez
Naida Tushnet
Jack Upshaw
David Urstein
Linda Van Couvering
Paula Van der Lans
Ceal Vignovich
Suzanne Walsh
Frances Wang
Maureen Ward
Harriet Warner
Jerald Warren
Ann Weiss
Linda Wheeler
Sandy Whitall
Janette & Richard White
Jill Whittington
Katherine Wightman
Jane Williams
Brucelle Williamson
Catherine Winans
Ingela Woldenius
Barbara L Wolfe
Linda & Wesley Wong
Pat Wrenn
Rae & Milford Wyman

SCAN Health Plan

for Balance & Fall Prevention

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

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

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

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

Registration opens
Saturday March. 5 \ 8:30 - 11:30

How to Register
Check off the list!

✓ Complete the personal information on both sides of the form.
✓ Check the classes that you want to take.
✓ Make payments by check or in cash.
✓ Make checks payable to:
  CSULB Foundation for classes/membership
  and a separate check for . . .
  CSULB Parking Services for parking permits

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

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

Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Fees and donations are tax deductible as allowed by current law.
**OLLI @ the BEACH WINTER 2016 Registration**

**January 11 ~ March 7**

Name: ___________________________ Date: __________________

Address: ___________________________ City: __________________ Zip: __________

Home phone #: ___________________________ Email: __________________

Cell phone #: ___________________________

<table>
<thead>
<tr>
<th><strong>OLLI Membership</strong></th>
<th>$40.00</th>
<th>$ ________</th>
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<tr>
<td><strong>Annual Fee</strong></td>
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<tr>
<td>Non-Computer Class Tuition</td>
<td>$10.00</td>
<td>$ ________</td>
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<tr>
<td>8-Week Computer Class</td>
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<td>$ ________</td>
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<tr>
<td>4-Week Computer Class</td>
<td>$20.00</td>
<td>$ ________</td>
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**Contribution** $__________ (Office Use)__________

Contributors will be acknowledged in our publications.

☐ if you would like to remain anonymous check here.

Cash ____ Check # ________  Total $ _________

Make Check Payable to CSULB FOUNDATION

Parking Permit ☐ $33.00 per Qtr. Cash ☐

Check # ________ (Office Use) ________

☐ Disabled (DMV receipt copy on file required)

Make Check Payable to CSULB PARKING SERVICES

---

**OLLI @ the BEACH**

**WINTER 2016 Registration**

**January 11 ~ March 7**

<table>
<thead>
<tr>
<th><strong>TIME</strong></th>
<th><strong>COMPUTER CLASSES</strong></th>
<th><strong>OS</strong></th>
<th><strong>SITE X</strong></th>
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<tbody>
<tr>
<td><strong>Mondays, January 11 - March 7</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>iPhone</td>
<td>iOS</td>
<td>C-101</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>Excel 2013</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Beginning Windows</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesdays, January 12 - March 1</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>iPhone</td>
<td>iOS</td>
<td>C-101</td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Intermediate Photoshop Elem.-I</td>
<td>PC</td>
<td>C-101</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Computer Drawing</td>
<td>PC/Mac</td>
<td></td>
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<tr>
<td>3:15-5:15</td>
<td>Samsung Smartphones</td>
<td>Andr</td>
<td></td>
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<tr>
<td><strong>Wednesdays, January 13 - March 2</strong></td>
<td></td>
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</tr>
<tr>
<td>8:30-10:30</td>
<td>Exploring the iPad</td>
<td>iOS</td>
<td>C-101</td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>iPad Apps Only</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>It’s Your Mac I</td>
<td>Mac</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>I Took Photos, Now what?</td>
<td>Mac</td>
<td></td>
</tr>
<tr>
<td><strong>Thursdays, January 14 - March 3</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>Int. Win Review-4 weeks 2/11</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Intermediate Windows</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Manage Photos with Picasa</td>
<td>PC/Mac</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Intro to Win 10 - 4 weeks 1/14</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td><strong>Fridays, January 15 - March 4</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
<td>ALL</td>
<td>Free</td>
</tr>
</tbody>
</table>

See page 31 for fee details & dates

---

**Time Computer Classes VS**

**Fridays, January 15 - March 4**

<table>
<thead>
<tr>
<th><strong>TIME</strong></th>
<th><strong>SITE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-5:00 Open Computer Lab</td>
<td>ALL Free</td>
</tr>
</tbody>
</table>

Join the OLLI Bike Riders Club!

---

**Tuesdays, January 12 - March 1**

<table>
<thead>
<tr>
<th><strong>TIME</strong></th>
<th><strong>CLASSES</strong></th>
<th><strong>SITE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:15</td>
<td>Memoir of a Mind</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Films About Art: Take 2</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Longevity Stick</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-1:30 Social Security/Medicare (1/25)</td>
<td>PA-To</td>
<td></td>
</tr>
<tr>
<td>10:00-1:30</td>
<td>Advanced Directives (2/29, 3/7)</td>
<td>PA</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>After Beethoven: Romantic...</td>
<td>PA</td>
</tr>
<tr>
<td>11:30-1:30</td>
<td>3 D Projects</td>
<td>C-119</td>
</tr>
<tr>
<td>11:45-1:00</td>
<td>Ukulele for All Levels</td>
<td>C-101</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Foundations of Investing</td>
<td>PA</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Toward a Meaningful Life (6 wks)</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Special Author Event (3/7)</td>
<td>C-101 Free</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Crime Scene Investigation</td>
<td>C-119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Short Stories</td>
<td>LW</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Play the Recorder</td>
<td>C-101</td>
</tr>
<tr>
<td>10:30-12:30</td>
<td>Ageless Archery</td>
<td>Adv. / Beg.</td>
</tr>
<tr>
<td>1:00-2:50</td>
<td>Drawing</td>
<td>Adv. / Beg.</td>
</tr>
</tbody>
</table>

See page 31 for fee details & dates

---

**OLLI LFC class tuition waived for LifeFit Gym Members.**

<table>
<thead>
<tr>
<th><strong>TIME</strong></th>
<th><strong>CLASSES</strong></th>
<th><strong>OS</strong></th>
<th><strong>SITE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:30</td>
<td>Foundations of Investing (7 wks)</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>Boomers’ Retirement Workshop</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>8:30-9:50</td>
<td>Balance and Fall Prevention</td>
<td>1/19 LFC* 1</td>
<td></td>
</tr>
<tr>
<td>9:30-11:00</td>
<td>Cancer: Causes, Prevention...</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>10:45-12:15</td>
<td>Play Reading Circle</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>11:15-1:30</td>
<td>Irish Movies: The Troubles</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Microeconomics</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Drawing for All</td>
<td>LW</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15 LA Opera (1/26, 2/9, 2/23, 3/1)</td>
<td>C-101</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:45-3:15 Special Events (1/12 &amp; 2/2)</td>
<td>C-101 Free</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Laugh, Laugh, Laugh Again</td>
<td>LW</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>The Bible as Literature</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>3:15-4:45 Meditation (4 wks 2/23)</td>
<td>LFC*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-7:00</td>
<td>Boomers Retirement Workshop</td>
<td>JCC</td>
<td></td>
</tr>
</tbody>
</table>
Name: ____________________________________________

Phone #:__________________________________________

Member Information
Emergency Contact:

Phone: ____________________________________________

Relationship: _______________________________________

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

Class Locations

CSULB Campus (C) - Lower Campus in HS&D Building
Rooms 101, 105, 119, Computer Lab 100
Archery Field (ARCH) Student Union Lanes (USU)
LifeFit Center (LFC*) KIN Building, Rooms 107 and 110
OLLI Pine Avenue (PA) OLLI Leisure World (LW)
737 Pine Ave, Suite 202 13533 Seal Beach Blvd
Enter from Solano Ct. Seal Beach, CA 90740
Long Beach, CA 90813 Clubhouse 3, 6
562 - 436 - 2100 Art Studio - rear of
Park Pacific Tower (PA-To) Clubhouse 4

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

OLLI @ the BEACH  WINTER 2016 Registration

WEDNESDAYS, January 13 - March 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:45</td>
<td>Elem. Japanese</td>
<td>C-119</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick (new day)</td>
<td>LFC*</td>
</tr>
<tr>
<td>9:45-11:15</td>
<td>Rock n’ Roll Roots</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Taking Better Photos</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Seal Beach &amp; Los Al</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Basic Tarot for Fun...</td>
<td>PA</td>
</tr>
<tr>
<td>11:30-1:00</td>
<td>Communicating w Ourselves &amp; Others</td>
<td>C-101</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Ageless Fashion</td>
<td>C-119</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Watercolor Painting</td>
<td>LW</td>
</tr>
<tr>
<td>1:15-3:15</td>
<td>Memory into Poetry</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Even Deadlier Stories</td>
<td>C-119</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>First Amendment to the US Const.</td>
<td>PA</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Healthy Food Choices</td>
<td>(5 wks)</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Write, Edit, Rewrite, Publish</td>
<td>C-119</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Senior Yoga/Gigong</td>
<td>LFC*</td>
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THURSDAYS, January 14 - March 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:50</td>
<td>Balance and Fall Prevention   1/21</td>
<td>LFC*</td>
</tr>
<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>Basketball: American Game</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>Rail Getaways</td>
<td>C-101</td>
</tr>
<tr>
<td>10:45-12:15</td>
<td>Copy Cat Art: Drawing</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Current Events and Issues</td>
<td>C-101</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beginning Painting</td>
<td>PA</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>Tai Chi Chih</td>
<td>LFC*</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Building Blocks of Investing</td>
<td>C-119</td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Masterpieces of Asian Art</td>
<td>C-101</td>
</tr>
<tr>
<td>2:15-3:15</td>
<td>Shall We Dance?</td>
<td>LFC*</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Catch the Spirit Chorus</td>
<td>C-101</td>
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FRIDAYS, January 15 - March 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:30</td>
<td>Not Your Daughter’s Yoga</td>
<td>LFC*</td>
</tr>
<tr>
<td>8:15-9:30</td>
<td>The Present Moment</td>
<td>C-101</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Intermediate Bridge I</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Acting with Alice</td>
<td>LW</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Spiritual Traditions of the World</td>
<td>C-101</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Beginning Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Movie Turning Points</td>
<td>C-101</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Intermediate Bridge II</td>
<td>C-119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Beginning Knitting</td>
<td>LW</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Estate Planning 101</td>
<td>C-119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Stress Mgmt Workshop (1/22 &amp; 29)</td>
<td>C-101</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>American Gov &amp; Politics</td>
<td>(5 wks)</td>
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SATURDAYS, January 16 - March 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:30-12:00</td>
<td>Adv. Watercolor Painting/Lab</td>
<td>C-105</td>
</tr>
<tr>
<td>9:00-12:00</td>
<td>Women’s Image in Films</td>
<td>C-101</td>
</tr>
</tbody>
</table>

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

** Checks payable to CSULB Foundation or CSULB Parking Services

OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
OLLI Membership                      $40.00  $ ________  
Annual Fee
Non-Computer Class Tuition   $10.00  $ ________ 
8-Week Computer Class           $35.00  $ ________ 
4-Week Computer Class     $20.00  $ ________ 

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

Cash ____Check # ________
Total $ __________

Make Check Payable to CSULB FOUNDATION

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

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASSES</th>
<th>SITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAYS, January 11 - March 7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-9:45</td>
<td>Memoir of a Mind</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Films About Art: Take 2</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Longevity Stick</td>
<td>PA-To</td>
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<tr>
<td>10:00-1:30</td>
<td>Social Security/Medicare</td>
<td>PA</td>
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<td>10:00-1:30</td>
<td>Advanced Directives</td>
<td>PA</td>
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<tr>
<td>12:00-1:30</td>
<td>After Beethoven: Romantic...</td>
<td>PA</td>
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<tr>
<td>11:30-1:30</td>
<td>3 D Projects</td>
<td>C-119</td>
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<tr>
<td>11:45-1:00</td>
<td>Ukulele for All Levels</td>
<td>C-101</td>
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<tr>
<td>1:30-3:00</td>
<td>Foundations of Investing</td>
<td>PA</td>
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<tr>
<td>1:30-3:00</td>
<td>Toward a Meaningful Life</td>
<td>C-101</td>
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<tr>
<td>1:30-3:00</td>
<td>Special Author Event</td>
<td>C-101</td>
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<tr>
<td>2:30-3:30</td>
<td>Crime Scene Investigation</td>
<td>C-119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Short Stories</td>
<td>LW</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Play the Recorder</td>
<td>C-101</td>
</tr>
<tr>
<td>10:30-12:30</td>
<td>Ageless Archery Adv. / Beg.</td>
<td>ARCH</td>
</tr>
<tr>
<td>1:00-2:50</td>
<td>Bowling Adv. / Beg.</td>
<td>USU</td>
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<tr>
<td></td>
<td>See page 31 for fee details &amp; dates</td>
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</tbody>
</table>

**TUESDAYS, January 12 - March 1**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASSES</th>
<th>SITE</th>
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<tbody>
<tr>
<td>8:00-9:15</td>
<td>Foundations of Investing</td>
<td>C-101</td>
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<tr>
<td>8:30-10:30</td>
<td>Boomer's Retirement Workshop</td>
<td>C-119</td>
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<tr>
<td>9:30-9:50</td>
<td>Balance and Fall Prevention</td>
<td>LFC*</td>
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<tr>
<td>9:30-11:00</td>
<td>Cancer: Causes, Prevention...</td>
<td>C-101</td>
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<tr>
<td>10:45-12:15</td>
<td>Play Reading Circle</td>
<td>C-119</td>
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<tr>
<td>11:15-1:30</td>
<td>Irish Movies: The Troubles</td>
<td>C-101</td>
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<tr>
<td>12:30-2:00</td>
<td>Microeconomics</td>
<td>C-119</td>
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<tr>
<td>1:00-3:00</td>
<td>Drawing for All</td>
<td>LW</td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>LA Opera</td>
<td>C-101</td>
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<tr>
<td>1:45-3:15</td>
<td>Special Events</td>
<td>C-101</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Laugh, Laugh, Laugh Again</td>
<td>LW</td>
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<tr>
<td>3:30-5:00</td>
<td>The Bible as Literature</td>
<td>C-101</td>
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<tr>
<td>3:15-4:45</td>
<td>Meditation</td>
<td>LFC*</td>
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<tr>
<td>5:30-7:00</td>
<td>Boomer's Retirement Workshop</td>
<td>JCC</td>
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<tr>
<td>TBD</td>
<td>Join the OLLI Bike Riders Club!</td>
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</tbody>
</table>

OVER
Member Information

Emergency Contact:

_____________________________________
Phone:

Relationship:

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

| Name: ___________________________________ |
| Phone #:__________________________________ |

Please return this form with your check/s to:
OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu

Class Locations

CSULB Campus (C) - Lower Campus in HS&D Building Rooms 101, 105, 119, Computer Lab 100
Archery Field (ARCH) Student Union Lanes (USU)
LifeFit Center (LFC*) KIN Building, Rooms 107 and 110
OLLI Pine Avenue (PA) OLLI Leisure World (LW) 737 Pine Ave, Suite 202 13533 Seal Beach Blvd
Enter from Solano Ct. Seal Beach, CA 90740 Long Beach, CA 90813 Clubhouse 3, 6
562 - 436 - 2100 Art Studio - rear of Park Pacific Tower (PA-To)

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

FREE! SPECIAL EVENTS at OLLI
Jan. 12 Sustainable Energy 1:45 - 3:15
Jan. 25 Social Security/Medicare (PA) 10:00 - 1:30
Feb. 2 WW2 Citizen in Confinement 1:45 - 3:15
Mar. 7 Local Author on CSULB 1:30 - 3:00
Mar. 12 Celebrate Eisenhower 12:30 - 2:30

WINTER 2016 Registration

<table>
<thead>
<tr>
<th>WEDNESDAYS, January 13 - March 2</th>
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<tbody>
<tr>
<td>8:15-9:45 Elem. Japanese</td>
</tr>
<tr>
<td>8:30-9:30 Longevity Stick (new day)</td>
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<tr>
<td>9:45-11:15 Rock ‘n’ Roll Roots</td>
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<tr>
<td>10:00-11:30 Taking Better Photos (5 wks)</td>
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<tr>
<td>10:00-11:30 Seal Beach &amp; Los Al (3 wks)</td>
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<tr>
<td>10:00-11:30 Basic Tarot for Fun... (7 wks)</td>
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<td>11:30-1:00 Communicating w Ourselves &amp; Others</td>
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<tr>
<td>11:45-1:15 Ageless Fashion (3 wks)</td>
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<tr>
<td>1:00-3:00 Watercolor Painting</td>
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<td>1:15-3:15 Memory into Poetry</td>
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<td>1:30-3:00 Even Deadlier Stories</td>
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<td>1:30-3:00 First Amendment to the US Const.</td>
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<tr>
<td>3:30-5:00 Healthy Food Choices (5 wks)</td>
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<tr>
<td>3:15-4:45 Write, Edit, Rewrite, Publish</td>
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<tr>
<td>4:00-5:00 Senior Yoga/Gigong</td>
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<table>
<thead>
<tr>
<th>THURSDAYS, January 14 - March 3</th>
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<tbody>
<tr>
<td>8:30-9:50 Balance and Fall Prevention 1/21</td>
</tr>
<tr>
<td>8:30-9:30 Longevity Stick</td>
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<tr>
<td>8:30-10:00 Memoir Writing</td>
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<td>9:00-10:30 Basketball: American Game</td>
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<tr>
<td>10:00-11:00 Tai Chi Chih</td>
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<tr>
<td>10:15-11:45 Rail Getaways</td>
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<tr>
<td>10:45-12:15 Copy Cat Art: Drawing</td>
</tr>
<tr>
<td>12:00-1:30 Current Events and Issues</td>
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<tr>
<td>1:00-3:00 Beginning Painting</td>
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<tr>
<td>1:15-2:00 Tai Chi Chih</td>
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<tr>
<td>1:30-3:00 Building Blocks of Investing</td>
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<tr>
<td>1:45-3:15 Masterpieces of Asian Art</td>
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<tr>
<td>2:15-3:15 Shall We Dance?</td>
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<tr>
<td>3:30-5:00 Catch the Spirit Chorus</td>
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<thead>
<tr>
<th>FRIDAYS, January 15 - March 4</th>
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<tbody>
<tr>
<td>8:15-9:30 Not Your Daughter’s Yoga</td>
</tr>
<tr>
<td>8:15-9:30 The Present Moment (4 wks)</td>
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<tr>
<td>8:30-10:00 Intermediate Bridge I</td>
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<tr>
<td>10:00-11:30 Acting with Alice</td>
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<td>10:15-11:45 Spiritual Traditions of the World</td>
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<tr>
<td>10:15-11:45 Beginning Bridge</td>
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<tr>
<td>12:00-3:00 Movie Turning Points</td>
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<tr>
<td>12:30-2:00 Intermediate Bridge II</td>
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<tr>
<td>2:30-4:00 Beginning Knitting</td>
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<td>2:30-4:00 Estate Planning 101</td>
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<tr>
<td>3:15-4:45 Stress Mgmt Workshop (1/22 &amp; 29)</td>
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<tr>
<td>3:15-4:45 American Gov &amp; Politics (5 wks)</td>
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<tr>
<th>SATURDAYS, January 16 - March 5</th>
</tr>
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<tbody>
<tr>
<td>8:30-12:00 Adv. Watercolor Painting/Lab</td>
</tr>
<tr>
<td>9:00-12:00 Women’s Image in Films</td>
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</tbody>
</table>
Memoir of a Mind
A seminar focused on the writing of a narrative of the writer’s consciousness as it shifts from one stance to another: doubting to trusting; creationism to Darwinism; liberalism to libertarianism; belief to agnosticism, etc. Sessions begin with a discussion of techniques, ending with the writing of a draft that the instructor will evaluate. Participants will be encouraged to share their revisions with the rest of the class. The writing can be a part of a larger autobiographical project.
Instructor: Lim Paulino, Jr., Professor Emeritus, author
Mondays, Jan. 11 – March 7
8:15 – 9:45 AM
CSULB, HS&D, room 101

Films about Art; Take Two
Here we go again for more fun films and light discussion. The topic is contemporary western art. Spoiler Alert: this is not an art history class. The 20th century became a time for intense experimentation with subject, composition, form and materials. Some questions to consider: What is beauty? Is beauty and art essential to our well-being? If a piece is in a museum or the critics expound upon its virtues as fine art, does that mean it is? These intriguing questions will be explored via documentaries, art-house films, and video art pieces. Come for some discoveries and casual debate of ideas.
Instructor: Josie Mc Causland, M.A. French Literature
Mondays, Jan. 11 – March 7
10:00 – 11:30 AM
CSULB, HS&D, room 101

Advance Directive Workshop
An Advance Directive is a form you fill out to describe the medical care you want if something happens to you and you cannot speak for yourself. It tells your family and doctor what to do if you’re badly hurt or have a serious illness that keeps you from saying what you want. Join Constance, a registered nurse, as she explains the importance of an AD and walks you through how to fill out the forms.
Instructor: Constance Maalumbo, RN and Masters in Homeopathy
Mondays, Feb. 29 & Mar. 7 (2 wks)
10:00 AM – 1:00 PM (3 hours)
Pine Ave., Suite 202

Longevity Stick
This class promotes physical fitness, increased energy, and mental relaxation. Longevity stick involves gentle motions, stimulates blood circulation, increases flexibility, aids balance and coordination, is easy to learn, and is fun! Bring a one-inch dowel, one – two inches longer than your height, with rubber (not plastic) end caps. (Available at most hardware stores.) Athletic shoes are recommended, as is loose and layered clothing.
Instructor: Camilla Marie Gartland, certified longevity stick instructor
Mondays, Jan. 11 – March 7
10:00 – 11:30 AM
Pine Ave., Park Pacific Tower (meet in the garden)

3-D Projects Using Paper Art Techniques
Take paper techniques to a new dimension—literally. We’ll work with wood, fabric and acrylic as well as paper, ink and paint. Create 3-D cards, a chalkboard desk organizer, an altered composition book, a necklace, gift cardholders, and a memory box. Because this class requires specific materials purchased by the instructor, please bring $20 cash to cover materials to the first meeting. We’ll start immediately; so bring small detail scissors and a “wet” adhesive like Tombow Mono Multi liquid glue to the first class. Any questions? Please email the instructor at lisaspaperarts@gmail.com
Class limit: 15
Instructor: Lisa Peskay Malmsten
Mondays, Jan. 11 – March 7
11:30 AM – 1:30 PM
CSULB, HS&D, room 119

Ukulele for All Levels
Learn to play songs with no prior musical training or learn to enhance what you already know about playing a uku-lele! Join us for hands-on practice. Be prepared to be amazed at what you can do! Bring your uke and plan to have a lot of fun.
Instructor: Pedro Rodriguez
Mondays, Jan. 11 – March 7
11:45 AM – 1:00 PM
CSULB, HS&D, room 101

LOOK for the NEW COURSES offered this term!
Foundations of Investing
This class will cover the foundations of investing and wealth building strategies to help you reach your financial goals. It includes lessons on how to evaluate stocks and bonds, fixed income investments, mutual funds, asset allocation, asset management, long-term care insurance, tax-advantaged investing, and retirement planning. Each class will include time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.
Instructor: Vince Fierro, Financial Advisor, M.A.
Mondays, Jan. 11 – March 7
1:30 – 3:00 PM
Pine Ave., Suite 202

Crime Scene Investigation
This class will have three focal points: protecting against fraud and how to detect fraud, understanding the court system, and understanding and evaluating physical evidence as it is presented during a court trial. Selected hands-on exercises will be used to enhance the importance of evidence and how it is collected and processed.
Class limit 25
Instructor: John Zacha, MA Public Policy, BS Criminal Justice
Mondays, Jan. 11 – March 7
2:00 – 3:30 PM
CSULB, HS&D, room 119

Short Stories
Join us to read and discuss a new selection of impressive short stories. The short story is sometimes an under-appreciated art form. The characters must be established quickly and efficiently. The author must create tone, voice, style, atmosphere, point of view, and communicate an aspect of our human condition. Let us see if the short stories we read meet the criteria.
Class limit: 15
Instructor: Dale Lieberfarb, MA
Mondays, Jan. 11 – March 7
2:30 – 4:00 PM
LW, Clubhouse 3, room 3

Toward a Meaningful Life
Back in the 1950s Viktor Frankl wrote about the existential vacuum - the purposelessness - that permeated our culture. Today the situation is worse than it was then. Toward a Meaningful Life can contribute toward replacing the void of meaninglessness with a more engaging, purposeful and happy existence. Toward a Meaningful Life integrates many positive psychology interventions and research findings into a package that should benefit any committed seeker of meaning.
Instructor: Rabbi Abba Perlmuter, ordained 1979, postgraduate studies in Brooklyn, NY
Mondays, Jan. 11 – Feb.22 (6 wks)
1:30 – 3:00 PM
CSULB, HS&D, room 101

Understanding Medicare is becoming more relevant as an estimated 10,000 baby boomers turn 65 each day for the next 19 years according to the Pew Research Center. This basic course begins with a brief history and overview of the Medicare program, then dives into more in-depth details about the various parts of Medicare. Social Security Benefit Planning Workshop will revisit the origins of the Social Security system, take a closer look at the mechanics of the program, and explore the ways in which individuals can maximize benefits and avoid the pitfalls.
Instructor: John Pack, CFP® RICP®
Monday, Jan. 25 only
Social Security 10:00 - 11:30
Medicare 12:00 - 1:30
Pine Ave., Suite 202

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 times and is gaining new popularity. For those who know nothing of the recorder and those who know a little. Please bring your own recorder. Recorders are available for those without one.
Instructor: Muriel Pendelton
Mondays, Jan. 11 – Mar. 7
3:15 – 4:45 PM
Pine Ave., Suite 202

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

Instructor: Andy Dilsaver, AAMS, Financial Advisor
Tuesdays, Jan. 19 - March 1 (7 weeks. Note late start date)
8:00 – 9:15 AM
CSULB, HS&D, room 101

Balance and Fall Prevention Program
This class will address factors that contribute to falls and ways to eliminate them. Participants will receive balance and mobility evaluations before and after an exercise program designed to improve balance and decrease the risk for falls. In addition, participants will receive information for home exercises. Participants must be able to safely walk a distance of 200 feet without an assistive device, stand for 45 minutes with minimal rest, and have no cognitive impairment or unstable medical conditions. The results of the evaluations will be used in a research project. Class will be held on TWO days a week and will finish March 24. Class Limit: 35
Class leader: Dr. Olfat Mohamed, Physical Therapy, CSULB
Tuesdays AND Thursdays
NOTE START DATE: Class held TWO days each week from Jan. 19 - Mar. 24
8:30 – 9:50 AM
LifeFit Center, KIN 107

Boomers’ Retirement Workshop
Come explore the more social aspects of this new life phase called “retirement.” Whether a couple or a single, you will enjoy participating in small group exercises and topical discussions. These exercises will help you define your personal retirement lifestyle and develop a supportive daily routine. Learn how to upgrade your sense of purpose and place while creating opportunities for making new friends. Use your intelligence, life experience and decision making skills to empower you and your peers. These sessions use interactive tools, guest speakers and local resources to help clarify and define your own way forward.

Instructor: Ethel Pantalis Seal, MBA finance & org. development
Tuesdays, Jan. 12 - March 1
8:30 - 10:30 AM
CSULB, HS&D, room 119

→ See article on page 8

Cancer: Causes, Prevention, Early Detection, and Control
We will share the most important data on major progress achieved in the understanding of the causes of cancer, explain the current methods of diagnosis and the treatments used. Cancer prevention and early detection are mandatory in our country and many types of cancer are curable. Cancer is no longer the most lethal of chronic diseases but the most chronic of lethal diseases. We also review the diagnosis and treatment of important diseases. Questions will be most welcome.

Instructor: Dr. Edgar Moran, Professor of Medicine, Emeritus University of California, Irvine
Tuesdays, Jan. 12 – March 1
9:30 – 11:00 AM
CSULB, HS&D, room 101

A Play Reading Circle XII
Experience drama first-hand! Join this class to read plays from various historical periods; learn about the playwrights and the times in which they lived; discuss the significance and value of each play. A list of the plays will be available at the first class. Class Limit: 15
Instructor: Muriel Pendleton
Tuesdays, Jan. 12 – March 1
10:45 AM – 12:15 PM
CSULB, HS&D, room 119

Irish Movies: The Troubles
Feature films set during the Troubles – the political and military conflict that plagued Northern Ireland, the Republic of Ireland, and Great Britain for decades from the late 1960s – constitute a genre all their own. We will screen and ponder eight notable works from the past twenty years.

Instructor: Bill Fitzpatrick
Tuesdays, Jan. 12 – March 1
11:15 AM – 1:30 PM
CSULB, HS&D, room 101

Microeconomics: How the Government Manages the Economy
As “seniors” most of us no longer work. We manage our financial affairs through our own initiative. Some will be “retired” for more years than our total “working” years. Resources must last longer than any previous generation. The class will cover economic principles and how they are designed to work to manage U.S. government financial affairs and how they impact us in our personal decision making. Questions and comments are welcomed.

Class limit: 28
Instructor: Dennis Yorkstetter
Tuesdays, Jan. 12 – March 1
12:30 – 2:00 PM
CSULB, HS&D, room 119

→ See article on front page
LA Opera
Jan 26 & Feb. 23: LA Opera Talk
Take a deeper look into opera and classical music through the eyes of an operaphyle as they share their passion and enthusiasm through a specially prepared opera talk.

Feb 9: The Magic Flute
A young man and his reluctant sidekick start a journey to rescue a kidnapped princess. They soon learn that the forces of darkness may not be as evil as they thought. Armed with an enchanted flute, they seek the truth, ultimately finding their way to true love.

March 1: Madame Butterfly
(Presenter: Larry Verdugo)
In the early 1900s, the American naval officer Pinkerton, stationed in Nagasaki has “bought” a young Japanese bride, Cio-Cio-San, known as Butterfly. When his ship sails back to the U.S., she waits for his return with their young child. He does return, but only to bring the child back to America, where his new American wife will help raise him. How will it end?

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

The Bible as Literature
The bible has been the primary book of the Western world. Let us explore together the fascinating themes this book can offer and the impact it has made on the world. This will not be a sermon class. It will be interactive format that explores the different genres of this insightful collection of writings. We will study the human drama of politics, war, betrayal, and romance.
Instructor: Alan Maben, AA
Biblical Studies, BA History, grad.
work History and Christianity
Tuesdays, Jan. 12 – March 1
3:30 – 5:00 PM
CSULB, HS&D, room 101

→ See article on page 5

Boomers’ Retirement Workshop
Come explore the more social aspects of this new life phase called “retirement.” Whether a couple or a single, you will enjoy participating in small group exercises and topical discussions. These exercises will help you define your personal retirement lifestyle and develop a supportive daily routine. Learn how to upgrade your sense of purpose and place while creating opportunities for making new friends. Use your intelligence, life experience, and decision-making skills to empower you and your peers. These sessions use interactive tools, guest speakers, and local resources to help clarify and define your own way forward.
Instructor: Ethel Pantalis Seal, MBA
finance & organizational development
Tuesdays, Jan. 12 - March 1
5:30 – 7:00 PM
Alpert Jewish Community Center

→ See article on page 8
Elementary Japanese 101
Class will begin with polite expressions (or “aisatsu”) that are crucial in daily communication and pertain to Japanese customs and traditions. “Hiragana“ (one of two Japanese syllabaries) will be introduced early on to enhance reading and writing skills. Handouts and video clips will be used regularly for extra listening and speaking practice. Students are welcome to tell their own experience with Japanese culture and to participate in a class ‘culture project’ toward the end.  **Class limit: 25**
**Instructor: William J. Teweles. Ph.D.**
Wednesdays, Jan. 13 - March 2
8:15 – 9:45 AM
CSULB, HS&D, room 119

Longevity Stick:
“Movement is the best Medicine”
The purpose of Longevity Stick is to help prevent disease and deterioration, protect your health and increase body awareness. Combining eastern and western medical knowledge, the 12 easy-to-learn movements aid in developing better balance, coordination, flexibility, strength, breathing capacity, mental focus and concentration. Bring a one-inch dowel - one to two inches longer than your height - with rubber (not plastic) end caps. Athletic shoes are recommended, as is loose and layered clothing.  **Class limit: 25**
**Instructors: Lynne Marsh, M.A. (sub for Shona Howe-Winter only)**
Wednesdays, Jan. 13 - March 2
8:30 – 9:30 AM
CSULB, LifeFit Center, KIN 110B

Rock and Roll Roots from the 1960s and Beyond
View Youtube videos of original recordings of hits, obscurities and original versions of well-known songs. Hear stories about soul, Motown, girl group, surf, garage, East L.A., low rider, British Invasion roots and good ol’ rock and roll, many not heard anymore on the radio dial. Negligible amount of singer/songwriter folk rock. We will rock!
**Instructor: Steve Propes, BA, R&B DJ on KLON, Charter TV DJ; taught rock history CSULB Extension, author of 8 books on rock history.**
Wednesdays, Jan. 13 - March 2
9:45 – 11:15 AM
CSULB, HS&D, room 101

Basic Tarot for Fun and Self-Empowerment
This basic class brings together symbols and signs so anyone can become his/her own intuitive consultant. We use the highly acclaimed Voyager Tarot® deck, which is a modern pathway for spiritual seekers. Tune in to the symbols and interpret for yourself the meaning of the card. We will use The Hero’s Journey spread for exploring what is coming up for you in the next 3 to 6 months. The Voyager Tarot Deck can be ordered from Amazon.com. Decks will be available to borrow or to buy, others welcome.
**Instructor: Donna Kannard, Ph.D., author of Trance Magic**
Wednesday, Jan. 13 - Feb. 24 (7 weeks)
10:00 – 11:30 AM
Pine Ave., room 202

Communicating with Ourselves and with Others
We all communicate with ourselves through our thoughts. We communicate with others through verbal and non-verbal messages we send. We will focus on sharpening our communication skills and understanding how to communicate more effectively. There will be didactic presentations followed by class exercises to practice acquired skills including assertive communication, mindfulness, and developing contingency statements to resolve conflict.
**Instructors: Herb Glazeroff, Ph.D. & Tere Sievers, M.A., M.F.T.**
Wednesdays, Jan. 13 - March 2
11:30 AM – 1:00 PM
CSULB, HS&D, room 101

Taking Better Photos
This 5 week class will focus primarily on composition, philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures and using newer technologies. You need not have a film or digital camera. If you do, bring it and your camera manual to the first class.  **Class limit: 25**
**Instructor: Terry Fiskin**
Wednesdays, Jan. 13 - Feb. 10 (5 wks)
10:00 – 11:30 AM
CSULB, HS&D, room 119

Seal Beach and Los Alamitos: Long Beach’s Forgotten Suburbs
The small communities of Seal Beach, Los Alamitos (and Rossmoor, too) share a long, and often humorous history with their big brother across the moat, Long Beach. We’ll take an informative (and fun) look at how their local histories collide over Bixbys, beets, boats, boardwalks, booze, brothels, and ‘the burbs’ – and a few other things as well. Recommended: A love of history and a sense of humor.  **Class limit: 28**
**Instructor: Larry Strawther, TV writer and author of Seal Beach: A Brief History and A Brief History of Los Alamitos and Rossmoor**
Wednesdays, Feb. 17, 24 & Mar. 2 (3 wks)
10:00 – 11:30 AM
CSULB, HS&D, room 119
Ageless Fashion
Learn about timeless fashions for the ageless woman. Look at color, first impression and how choosing the correct colors will make your skin and face glow. Learn your make-up and fashion personalities, the 8-various body types and styles that best complement each one. Find out how to shop within your own wardrobe and create a core-wardrobe by using your accessories to create more looks.
Instructor: Kathy Marshall, Certified Image Consultant/Fashion Stylist
Wednesdays, Jan. 13, 20, 27 (3 weeks) 11:45 AM – 1:15 PM
CSULB, HS&D, room 119

Beginning Watercolor Painting
Learn to paint using watercolors with a talented teacher and artist. Bring your own supplies to the Leisure World classroom to try out new techniques in a guided setting. Class limit: 30
Instructor: Ladd Terry
Wednesdays, Jan. 13 - March 2 1:00 – 3:00 PM
LW Clubhouse 4, Art Studio (rear)

Memory into Poetry: Finding Words for Your Life
Shape your life experiences into poems! We know that people might forget years, but keenly remember moments. In our poetry workshop, 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. Poems by contemporary voices will spark creative inspiration and discussion. Reflect and write! First-time poets welcome! Class limit: 25
Instructor: Linda Carr, Ph.D.
Wednesdays, Jan. 13 - March 2 1:15 – 3:15 PM
CSULB, HS&D, room 101

Even Deadlier: Further Reflections on the Seven Deadly Sins
What is sinful today has changed with time, place, and culture. Few people today consider shopping on the Sabbath threat to one’s spiritual health. Great Books Foundation explores the “classic” seven deadly sins. This text contains stories that illustrate two different manifestations of each sin, by distinguished authors from a variety of backgrounds and countries. Participate in a lively and stimulating discussion. Books will be loaned to participants at the first class. Class limit: 19
Instructor: Arlene Rees
Wednesdays, Jan. 13 - March 2 1:30 – 3:00 PM
CSULB, HS&D, room 119

The First Amendment to the US Constitution
If the 1st Amendment prohibits our government from making laws that abridge freedom of speech, then why are there so many speech laws? We will examine the decisions in which the US Supreme Court tells us what the First Amendment means. Among the issues are secrecy, the heckler’s veto, privacy as a speech right, and if money is speech.
Instructor: Joe Ribakoff, J.D.
Wednesdays, Jan. 13 - March 2 1:30 – 3:00 PM
Pine Ave., room 202
→ See article on page 4

Write, Edit, Rewrite, Publish your Non-fiction!
Have you wanted to see your own personal experiences in print? This is a workshop for those who want to write, seek honest but respectful critiquing, and get help with final editing. Opportunities for publishing will be discussed. There is nothing like seeing your work in print.
Class limit: 10
Instructor: Sallie Rodman, author
Wednesdays, Jan. 13 - March 2 3:15 – 4:45 PM
CSULB, HS&D, room 119

Making Healthier Food Choices
How can you make healthy choices without giving up the foods you love? Learn basics like label reading and portion size along with information on specific nutrients and eating to prevent chronic disease. We’ll compare diet claims and learn the advantages of cooking with herbs and spices. Food tasting and recipe sharing will add to the fun.
Instructor: Kathy McCool, Registered Dietitian, Certified Specialist in Gerontological Nutrition
Wednesdays, Feb. 3–March 2 (5 weeks) 3:30-5:00 PM
CSULB, HS&D, room 101

Senior Yoga/Qigong
Yoga and Qigong are complementary health practices used for centuries for gaining strength, balance, coordination and well-being. We will explore gentle and mindful movements that help in developing concentration and flexibility in mind and body. Ram is an internationally trained yoga instructor who certifies teachers at his school, Long Beach School of Yoga.
Instructor: Ram Bhakt Rezai
Wednesdays, Jan. 13 - March 2 4:00-5:00 PM
CSULB, LifeFit Center, KIN 107

Pride Greed Lust Envy Wrath Gluttony Sloth
THURSDAY

Longevity Stick:  
“Movement is the best Medicine” 
The purpose of Longevity Stick is to help prevent disease and deterioration, protect your health and increase body awareness. Combining eastern and western medical knowledge, the 12 easy-to-learn movements aid in developing better balance, coordination, flexibility, strength, breathing capacity, mental focus and concentration. Bring a one-inch dowel -1 to 2 inches longer than your height - with rubber (not plastic) end caps. Athletic shoes, loose and layered clothing are recommended.

Instructors: Lynne Marsh, M.A.
Thursdays, Jan. 14 – March 3
8:30 – 9:30 AM
LW, Clubhouse 6, room 6C

Balance and Fall Prevention Program 
See description on page 25 
Tuesdays AND Thursdays 
Jan. 26 - Mar. 24 
8:30 – 9:50 AM 
LifeFit Center, KIN 107

Basketball: An American Game 
A peach basket hung on a YMCA wall in 1891 by Dr. James Naismith was the beginning of what it now known as Basketball. Learn more about the game played professionally as well as in schoolyards, colleges, and the Olympics – by both men and women. This class will explore the origins, history, and development of basketball from its humble beginnings to the billion-dollar business it is today. It’s a slam-dunk! Class limit: 28
Instructor: Bob Cooney, B.A., M.A.
Thursdays, Jan. 14 – March 3
9:00 - 10:30 AM
CSULB, HS&D, room 119

Tai Chi Chih at Pine Ave. 
Come and experience the deep relaxation and serenity of Tai Chi Chih, the American version of a Chinese system for maintaining health. It is known as “moving meditation” which brings about inner peace and quietness. This is a great way to obtain great health. It has 19 movements and one pose. All levels are welcome.
Instructor: Florence St. Peter

Copy Cat Art: Drawing 
Like to draw pictures? Like to impress or share your expertise? You don’t have to be a full-blown artist. In this class students will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pens will be provided. Work your brain!
Instructor: Patricia Woods, assisted by Ian Woods
Thursdays, Jan. 14 – March 3
10:45 AM – 12:15 PM CSULB, HS&D, room 119

Rail Getaways in Southern California 
Let’s explore the hidden Southern California by rail: tour downtown’s Union Station, California Science Center in Exposition Park, or even take a train up the coast to red-roofed Santa Barbara. In 8 weeks you’ll learn the ins and outs of our Metro Rail system, the exciting destinations on our regional commuter rail network of Metrolink and the many fascinating trips available through Amtrak. Every two weeks on Saturday the instructor, Carl Schiermeyer, will lead optional excursions on Amtrak to various The final class will review an overnight train option to Mary Colter’s gem of a Harvey House—La Posada—in Winslow, Arizona. Last year the La Posada trip also included a tour of the Hopi Reservation on First Mesa.
Instructor: Carl Schiermeyer
Thursdays, Jan. 14 – March 3
10:15 – 11:45 AM
CSULB, HS&D, room 101

Beginning Painting
Come have some fun! You’ll learn basics of art, i.e., form and shape, perspective, use of color, layout and more. The goal of the class is to have a painting of your own creation at the end. No artistic talent or experience required. Students will explore their own creativity learning about acrylic paint and what it will do. A list of materials will be distributed at the first class meeting. $15.00 materials fee unless student supplies own materials.
Class limit: 15
Instructor: Kristi Eaglehorse, BA Fine Arts; AA Design & Illustration; Thursdays, Jan. 14 – March 3
1:00 – 3:00 PM
Pine Ave., Suite 202

A Novel Approach to Memoir Writing 
Former kamikaze pilot. Man from Holland Jan.

Instructor: Kristi Eaglehorse, BA Fine Arts; AA Design & Illustration; Thursdays, Jan. 14 – March 3
1:00 – 3:00 PM
Pine Ave., Suite 202
### Thursday

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

**Instructor:** Carl Curtis & Jim Espinosa  
**Thursdays, Jan. 14 – March 3**  
12:00 – 1:30 PM  
CSULB, HS&D, room 101

**Masterpieces of Asian Art**
This course focuses on select masterpieces of Asian Art. It is an eclectic (rather than Survey) approach to art as we examine 1-2 pieces per class to discover what makes it a masterpiece. Each work is discussed within its historical, cultural and religious (as needed) context. Come add to your Eastern Art awareness!

**Instructor:** Delrie Hobbs  
**Thursdays, Jan. 14 – March 3**  
1:45 – 3:15 PM  
CSULB, HS&D, room 101  
→ See article on page 5

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

**Instructor:** Al Talberg  
**Thursdays, Jan. 14 – March 3**  
1:15 - 2:00 PM  
LifeFit Center, KIN 110

**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 an overview of estate planning. What should you know and expect in selecting and working with a professional financial planner? No products or services are sold, endorsed, or marketed in any way.

**Instructor:** Steve Masoner, Investment Counselor  
**Thursdays, Jan. 14 – March 3**  
1:30 - 3:00 PM  
CSULB, HS&D, room 119

**Shall We Dance?**
Dancing is excellent for your brain and good for your body. If you can walk, you can dance! If you can count to four, you can dance! Learn or brush up your cha-cha, swing, waltz, and other dances, with lots of laughs guaranteed along the way. So grab a partner and get ready for more fun at receptions, parties, and on cruises. It's easier with a partner, singles are also welcome.

**Instructors:** Donna O'Keefe  
**Thursdays, Jan. 14 – March 3**  
2:15 - 3:15 PM  
LifeFit Center, room KIN 107

**Catch the Spirit of Music**
Do you like to lift your voice? Do you like to sing in the shower? Do you like to feel good? Do you like to harmonize? If so, “catch the spirit” and join the OLLI SATB Vocal Ensemble. We'd love to have you.

**Possible $5.00 fee for music.**

**Instructor:** Fran Harding  
**Thursdays, Jan. 14 – March 3**  
3:30 – 5:00 PM  
CSULB, HS&D, room 101  
→ See article on page 8

### Friday

**Not Your Daughter’s Yoga**
Don’t be afraid to try. Come. Participate in a relaxing, fun way to stay young in body, mind and spirit. No body is too old, stiff for yoga. All levels welcome. Class will: ease in seniors who want to learn yoga; teach basic yoga skills and philosophy; help seniors learn how to breathe and exercise their way to improved or stabilized mobility and health. **Class limit: 30**

**Instructor:** David Hennage  
**Fridays, Jan. 15 – March 4**  
8:15 – 9:30 AM  
LifeFit Center, room KIN 107

**Intermediate Bridge I**
This class is for players who have played some bridge, perhaps way back in college days. We will review score keeping, opening one of a suit, No Trump, and then slam bids.

**Instructor:** Inge Johnson, retired teacher  
**Fridays, Jan. 15 – March 4**  
8:30 - 10:00 AM  
CSULB, HS&D, room 119

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

**Instructor:** Inge Johnson  
**Fridays, Jan. 15 – March 4**  
10:15 – 11:45 AM  
CSULB, HS&D, room 119
FRIDAY

The Present Moment
Being in the present - through sports and meditation (and many other interests: cooking, music, etc.). We will talk about and use such activities as contemplation, intention, focus, and attention. We will meditate in each class using different methods (breathe, walking, mantra, mindfulness).
Instructor: Jane Adair, Ph.D. Physical Ed
Fridays, Jan. 15 – March 4
10:15 – 11:15 AM
CSULB, HS&D, room 101

Spiritual Traditions of the World
We will examine how the various spiritual traditions of the world have been transmitted by sages and mystics, philosophers and theologians, scholars, and teachers unto our own time. They now have become available to all who will spend the time to study them. We also will examine the universality of these great spiritual traditions and how they relate to the world’s cultures. We will continue to investigate how the lessons learned from depth, humanistic and transpersonal psychologies now culminate in Integral Studies and the necessary transcendental practices (or “injunctions”) needed to verify the current finding of those disciplines.
Instructor: Mark Barnett, D.D., Ms.D.
Fridays, Jan. 15 – March 4
10:15 – 11:45 AM
CSULB, HS&D, room 101

Beginning Knitting
KNITTING! It’s fun, it’s useful, it’s colorful. It’s a source to expand your creativity, increase your eye/brain/hand connections, and build new neuron pathways for greater brain health. Learn the basics of knitting and complete one or two projects of your choice. (Spoiler alert!!! - there will be homework...knits and purls do take practice!)
First meeting: bring needles and yarn, plus a spiral notebook for taking notes. If you do not yet have materials, you may use mine. Find ideas for your practice piece (www.knitpicks.com or www.lionbrand.com).
Class limit: 12
Instructor: Jackie Thomas
Fridays, Jan. 15 – March 4
2:30 – 4:00 PM
LW, Clubhouse 3, room 3

Acting with Alice
Develop your creativity! Discover your talent! Gain poise and confidence in front of an audience! All this and more await you in our basic acting class. Participation in theatre games, improvisations, monologues, and scene study will help you heighten your imagination and sharpen your sense of observation. If you’ve ever wondered how actors learn their craft, this course is for you. There is no memorization required in this class.
Class limit: 18
Instructor: Alice Lemon, M.A., Drama, Theatre
Dates: Friday, Jan. 15 – March 4
10:00 – 11:30 AM
LW, Clubhouse 3, room 3

Intermediate Bridge II
This class is for players who have played some bridge, perhaps way back in college days. We will review score keeping, opening one of a suit, No Trump, and then slam bids. This is the same class as Intermediate I but at a later time.
Instructor: Inge Johnson
Fridays, Jan. 15 – March 4
12:30 – 2:00 PM
CSULB, HS&D, room 119

Movie (and Life’s) Turning Points
Movies often are mirrors of life. One constant in films is a turning point, a major incident that marks the end of a “scene” or period followed by a change of direction. Such turning points occur in our lives, too. In this class we’ll watch some memorable movies with pivotal events of different types. Are failures stronger motivators of change than successes? Does a new path have both positive and negative consequences? Is a personally chosen decision better than one imposed by others? Enjoyable movies and worthwhile discussions guaranteed!
Instructors: Yoko Pusavat & Tere Ross
Fridays, Jan. 15 – March 4
12:00 – 3:00 PM
CSULB, HS&D, room 101

Estate Planning 101
Planning your estate requires making many 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. These decisions may be more difficult if there is conflict among those family members or friends. This workshop-style class will provide suggestions and practical tools that may make estate planning less overwhelming.
Instructor: Susan Berkman
Fridays, Jan. 15 – March 4
2:30 – 4:00 PM
CSULB, HS&D, room 119
**FRIDAY**

**Stress Management**
The definition of stress will be discussed with an explanation of why all stress is not always a negative. Participants will fill out a stress scale. Learn that change has always been a part of the human condition but it is the rate of change today that has resulted in the stress we all experience. Find interventions including meditation, progressive relaxation, exercise, and time management. We’ll implement goals with the use of Alan Lakein’s task strategy, progressive relaxation, exercise, and advice from an outstanding teacher.

*Instructor: Bernard Natelson*

Fridays, January 22 & 29 (2 weeks)
3:15 - 4:45 PM
CSULB, HS&D, room 101

**American Government and Politics**
The class will provide a broad overview of the formal institutions of American government including the Supreme Court, the federal bureaucracy, the effect of the media on politics. Also how our elected leaders use public opinion, and how the political ignorance of the public affect our government. It will also consider the public attitude toward political parties.

*Instructor: James Espinosa, M.A.*

Arts, Political Science

Fridays, Feb. 5 – March 4 (5 weeks)
3:15 - 4:45 PM
CSULB, HS&D, room 101

**SATURDAY**

**Art Workshop and Advanced Watercolor Painting**
Intended for students who have experience in painting or drawing; nondirected time for artists to improve painting skills. Share experiences, exchange ideas, give feedback and critique each other’s work. Bring art materials, paint your favorite subjects, explore creativity. Choose the time you wish! Lessons and advice from an outstanding teacher is given between 10:00 and 12:00.

*Instructor: Mike Daniels*

Saturdays, Jan. 16 – March 5
8:30 AM - 12:00 noon
CSULB, HS&D, room 105

**Women’s Image On Film: Virgin to Vamp**
Women had just won the right to vote when the roaring twenties began. During that fast paced decade, women would go from virgin to vamp, from damsels in distress to fearless pioneers in the film industry. Come meet the fascinating, exciting, and powerful women who found their voice in the 1920s!

*Instructor: Allyson Hathcock*

Saturdays, Jan. 16 – March 12
9:00 AM - 12:00 noon
CSULB, HS&D, room 101

→ See article on back page

**SPECIAL EVENTS**

**Screening of a New Documentary**
**IKE: From Warrior to President, 1942 – 1952**

Dr. George A. Colburn, historian and documentary writer/producer, presents a pre-broadcast screening of his new program on Dwight D. Eisenhower, the WW II Supreme Allied Commander in Europe and 34th US President. This is Colburn’s 10th TV documentary about the remarkable public life of Eisenhower, 1941 – 1961. Visit www.EisenhowersSecretWar.com for more information about his other shows.

This class opens with a review of Ike’s leadership of American and Allied forces in Europe and the many crises he encountered in the battle to destroy Hitler’s Nazi forces. In the second half, it examines his decision in 1952 to enter the race for the presidential nomination of the Republican Party and the political battles he encountered. “He is one of the great world leaders of the 20th century,” Colburn notes, “but despite his accomplishments he remains one of the most underestimated historical figures.” Come find out why!

*Saturday, March 12, 2016*
12:30 - 2:30 PM
Room 101

**A WWII Japanese Incarceration Story**

Presented by Cherry Ishimatsu

When Pearl Harbor was attacked by Japan on December 7, 1941, U.S. citizens feared another attack and war hysteria seized the country. President Roosevelt signed Executive Order 9066, forcing 120,000 loyal Americans of Japanese ancestry to relocate to ten isolated camps throughout the U.S. Hear the story of Cherry’s life before and after an Arkansas camp and her survival and return to California.

*Tuesday, February 2*
1:45 - 3:15 PM
Room 101

**Long Beach State: A Brief History**

Journalism professor Barbara Kingsley-Wilson provides information on the people who helped grow the college from bean fields into one of the largest universities in California. A member of the Historical Society of Long Beach, she has long enjoyed learning about local history. Discover more about the “First Ever Book on Cal State Long Beach History!”

*Monday, March 7*
1:30 - 3:00 PM, Room 101

**Sustainable Focus:**
**Setting the Stage for Tomorrow**

Presented by Len Hering, RADM, USN (ret)

Global climate change is a complex system - its impacts on national security are often overlooked. Jen’s passion in sustainability is educating people on the dangers the future holds without taking responsible actions to secure the nation’s energy independence and to preserve water, air quality and other resources. Hering was awarded a 2005 Presidential Award for Leadership in Federal Energy Management.

*Tuesday, January 12*
1:45 - 3:15 PM, Room 101
ACTIVITY CLASSES

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

Advanced Archery Lab
Provides former AGELESS ARCHERY students time to continue training and mastering skills they were taught. Materials fee of $10 is payable in cash to instructor.
Mondays, January 25 - Mar. 7
10:30 AM - 12:30 PM

Bowling for Better Health
Can indoor sports be fun and healthy? The CSU Student Union offers "state of the art" bowling lanes. Mel offers coaching techniques to help you learn or improve. A fee of $20.00 is payable in cash to USU at first class to cover the rental of ball/shoes and use of the lanes.
Instructor: Mel Leach, Prof. Emerita, certified bowling coach
Mondays, March 14 - May 2
1:00 – 2:50 PM
Student Union Bowling Lanes

Advanced Bowling Lab
Can indoor sports be fun and healthy? The CSU Student Union offers "state of the art" bowling lanes. Mel offers coaching techniques to help you improve. A fee of $20.00 is payable in cash to USU at first class to cover the rental of ball/shoes and use of the lanes.
Mondays, January 25 - Mar. 7
1:00 – 2:50 PM
Student Union Bowling Lanes

Computer Classes Winter 2015

Mondays

Getting to Know Your iPhone (iOS)
Have an iPhone and aren’t sure how to get the most out of it? This newly expanded class for beginners will cover the apps that come with your iPhone, as well as how to get new ones; how to look at and send email; how to enter text; how to take pictures and videos, how to organize and share them; personalize your iPhone using Settings; surf the Web; listen to music; and manage your calendar and contacts.
Prerequisites: have an iPhone 4 or higher.
Instructor: Kathy Winkenwerder
January 11 – March 7
8:30 – 10:30 AM

Using Microsoft Excel 2013 (PC)
Excel is a powerful personal tool that can be used to keep track of your finances, follow your progress on projects, make inventories, develop calendars, and much more. Learn how to create a spreadsheet on your own or use one of Excel’s many templates, enter and edit numbers and text, format a spreadsheet, insert photos, make calculations, create colorful charts and graphs, print your spreadsheet, use simple formula functions, as well as basic conditional formatting techniques.
Prerequisite: Be familiar with the Windows operating system.
Instructor: Gail Meredith
January 11 – March 7
1:00 – 3:00 PM

FRIDAYS
Open Computer Lab
10:00 AM - 5:00 PM
Join us for practice, questions, help.
Bring your own technology tools or use the Mac/PC computers in the Lab.

Beginning Windows (PC)
Learn to use your PC to help you keep in touch with friends and family, quickly find important information, play all kinds of games and much more. In this first part of the Windows class, you’ll practice using a computer mouse, get to know the keyboard and, in general, understand how your computer works. You’ll also learn the basics of email and how to search for things on the Web. You’ll have the instructor and experienced coaches ready to help you as you learn. No Prerequisites.
Instructor: Richard Sherwood
January 11 – March 7
3:15 – 5:15 PM

→ See article on page 6
TUESDAY

Exploring the iPad (iOS)
Learn how to get the most from your iPad. Get acquainted with iPad features and apps, and see how to play music, browse the Web, read and send email, watch videos and movies, keep a calendar and address book, take and store pictures, listen to audio-books 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.

Prerequisite: You have an iPad.
Instructor: Marilyn Gettys
January 12 – March 1
8:30 – 10:30 AM

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

Prerequisite: Basic computer skills.
Instructor: Patricia Woods
January 12 – March 1
1:00 – 3:00 PM

Intermediate Photoshop Elements – I (PC)
Take your skills to the next level and turn those snapshots into photographs. You’ll learn how to take off ten pounds the easy way or remove those bloodshot eyes. Topics will include tips, shortcuts, layers and masks, followed by people and portraits. Then you will move onto working with color and some very special effects. Create pictures you can take real pride in sharing with others.

Prerequisite: Beginning Photoshop Elements parts one and two or instructor’s permission.
Instructor: Harold Drab
January 12 – March 1
10:45 AM – 12:45 PM

Samsung Smartphone Basics (Android)
Explore how a Samsung smartphone works. Learn what you can do with yours, what comes with your phone, what apps are and how to download them. Get comfortable with the touch screen and practice using it. See what you can do with your Samsung smartphone besides making and answering phone calls or texts. You’ll learn how to check mail, use the camera, browse the Web, play games, listen to music, and get directions from a map.

Prerequisite: have a Samsung smartphone.
Instructor: Richard Sherwood
January 12 – March 1
3:15 – 5:15 PM

WEDNESDAY

iPad Apps Only (iOS)
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 each week.
Instructor: Marilyn Gettys
January 13 – March 2
10:45 AM – 12:45 PM
**WEDNESDAY**

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

**Prerequisites:** You own a Mac; you’d like to own a Mac. Text: The Little Mac Book, Lion Edition by Robin Williams

**Instructor:** Bonnie Elsten

**January 13 – March 2**

1:00 – 3:00 PM

**I Took Pictures, Now What? (Mac)**
Learn how to move the photos in your camera to the Photos application on your computer, where you can edit and organize your photos, as well as create albums, slideshows, books, calendars, and cards. We will use online services like Costco or Snapfish to print photos, create photo books or gifts. We will scan pictures, so you can add them to documents, such as family newsletters, and to email, cards, labels and T-shirts. If you have an iPhone, iPad, or iPod Touch, you’ll learn how to synch your photos to your Mac or share them on Facebook.

**Prerequisite:** previous Mac experience

**Text:** Photos for OSX and iOS, by Jeff Carlson

**Instructor:** Bonnie Elsten

**January 13 – March 2**

3:15 – 5:15 PM

**THURSDAY**

**Intermediate Windows Review (PC) (4-Week class)**
Get individualized support to reinforce the skills learned in your intermediate PC 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 processor and where to store documents.

**Prerequisite:** Current or past enrollment in Intermediate Windows

**Instructor:** Toni Evans

**Feb 11 – March 3 (4 weeks)**

8:30 – 10:30 AM

**Intermediate Windows (PC)**
In this second part of the Windows PC class, you’ll learn and practice 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. Learn to find Web sites and Internet safety tips. You’ll try a word processing program to easily create your own documents.

**Prerequisite:** Beginning Windows PC or have the skills taught in that class.

**Instructor:** Reggie Gates

**January 14 – March 3**

10:45 AM – 12:45 PM

**Free App Workshop**
Interested in exploring bundling smartphone and tablet apps into a single presentation format so you can show it to others? Students will share ideas about topics, such as travel or medical themes, guided by the workshop leader.

**Date:** Feb 18. May be extended to two sessions with interest.

3:15 – 5:15 PM

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

**Prerequisites:** Intermediate PC

**Instructor:** Reggie Gates

**January 14 – March 3**

1:00 – 3:00 PM

**Introduction to Windows 10 (4-Week class)**
Learn how to navigate Microsoft’s new operating system. Determine if your computer can use Windows 10 and how to upgrade to it. Learn how to personalize the new Start Menu. 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 1 computer running Windows 10, students are encouraged to bring their own laptops.

**Prerequisites:** Basic computer skills

**Instructor:** Wesley Peck

**January 14 – Feb 4**

3:15 – 5:15 PM

→ See article on page 6
OLLI at JCC
Alpert Jewish Community Center
3801 East Willow Street, LB
Between Lakewood and Redondo Ave.
562-426-7601
Enter at the gate opposite The Grand and park anywhere in the lot. Classes are usually held in Room 27 (down the main hall to the rooms off to the right.)

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

OLLI at CSULB

OLLI @ CSULB Parking Permits
For the convenience of our members, parking passes for Parking Lot 11 are sold in our office for $33.00 per 3-month quarter. Members may not park in carpool or employee parking without special permits. Checks made out to Parking Services or cash is accepted payment.

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

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

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

**Parking Options Downtown**

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

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

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

* **PA-Suite 202 classroom** is accessed from the “alley” or Solana Court door to the building. Use the buzzer and wait for a sound to open the door. Classroom is up a flight of stairs. A lift is available upon request.

* **PA-Tower** classes are in the Park Pacific Tower apartment building at 714 Pacific Ave. just behind the OLLI classroom building. Buzz office for entrance to the 2nd Floor room.

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**OLLI at CSULB Governing Council**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Barbara White</td>
<td>Executive Director</td>
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<tr>
<td>Bill Fitzpatrick</td>
<td>President</td>
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<tr>
<td>Naida Tushnet</td>
<td>Vice President</td>
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<tr>
<td>Karin Covey</td>
<td>Treasurer</td>
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<td>Vicki O’Toole</td>
<td>Secretary</td>
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<td>Len Jacobson</td>
<td>Member-at-Large</td>
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<td>Michael Gavin</td>
<td>Member-at-Large</td>
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<td>Jack Blecher</td>
<td>Communications</td>
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<td>Richard Adams</td>
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<td>Pat Wrenn</td>
<td>Education</td>
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<td>Karen McDonough</td>
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<td>Kathy Wikenwerder</td>
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<td>Wesley Peck</td>
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<td>Open</td>
<td>Member Services</td>
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<tr>
<td>Malcolm Green</td>
<td>President Emeritus</td>
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Members-at-Large represent the general membership at Governing Council meetings.

**Upcoming Governing Council Meetings:**
December 11 - January 15 - February 19

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

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**Advisory Board**

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

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**Long Beach Transit Buses**

Many buses pass through the CSULB campus and stop at the transit center near Brotman Hall. For information, call Long Beach Transit at 562-591-2301. Use a Senior TAP card and get the best reduced fare of 60 cents per ride.

**CSULB Campus Connection Shuttle**

Campus Shuttles run around the campus during the fall and spring semesters. A shuttle stops at the south-west corner of Lot 11 and will drop you off in front of the Design building. Check the CSULB website for schedule.
Women’s Image on Film
The Silents: Virgin to Vamp
by Thelma Teitel

R
e-live our youth of Saturday afternoons at the movies with Women’s Image in Film! In addition to the films, we will learn about the women pioneers in the film industry and how they found their voice in a world that was and is still dominated by men. The late 1920s were among the most rewarding years for women in the film industry. There were more women writers, producers, directors, and stars in Hollywood than at any other time in history, including today.

Held on Saturdays at the CSULB campus, this course is led by Allyson Hathcock, a woman with a passion for film history. She has taught many other OLLI film classes and has demonstrated her enthusiasm for the genre and her knowledge of the personal history of many stars and artisans.

This winter session class offers a great opportunity to go back in time with a highly-qualified guide. We’ll go all the way back to the time of the Silents and appreciate the impact that that era’s women in film, both before and behind the camera, have had on our society.

The smell of fresh popcorn would help to complete that Saturday afternoon movie experience!

→ See class description on page 30