

OSHER LIFELONG LEARNING INSTITUTE

OLLI

at
California
State University,
Fullerton

January 16 to April 13

CELEBRATING
45 YEARS



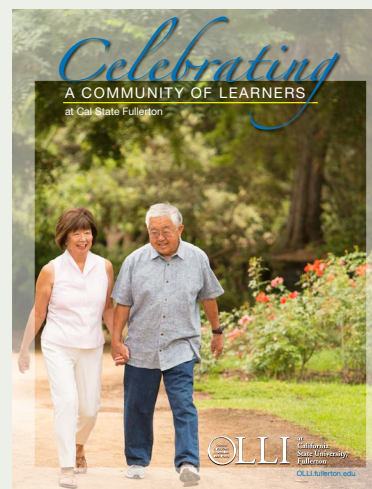
A SELECTION OF
Classes & Activities
for Semi-Retired/Retired Adults
OPEN TO THE PUBLIC WITHOUT CHARGE

What is OLLI?

Lifelong learning for retired and semi-retired persons at Cal State Fullerton. The Osher Lifelong Learning Institute (OLLI) at CSUF is one of over 100 university-based programs in the United States. Each OLLI reflects the culture of its university and OLLI's learning community. OLLI-CSUF is one of the largest and best-known OLLIs with a diverse curriculum and extensive membership benefits. Lifelong learners at CSUF spearheaded the fundraising and supervised the on-campus construction of

the CSUF Ruby Gerontology Center where more than 95 percent of OLLI's in-person classes are offered. In addition, about 30% of the classes are Zoom or Livestreamed.

Today, OLLI offers classes of interest to new retirees and those planning to retire. Each semester's classes include study groups, educational lectures, discussion groups, computer education, physical activities, special events, and social activities.



Free Course Catalog

It's easy to get an OLLI-CSUF catalog.

- Visit olli.fullerton.edu and click the link under "More Information" labeled "View Current Catalog" to view the current catalog.

Membership Benefits

OLLI members receive many special membership benefits and privileges which require no additional fees.

Benefits include:

- Auditing more than 10,000 CSUF classes (about 2500 are virtual) with the permission of the instructor (a \$1,665 value for part-time tuition fees)
- A campus-wide parking pass (\$334/semester value)
- Access to hundreds of video-recorded past classes
- Opportunities to collaborate with CSUF faculty and students
- Members each have a personal, licensed CSUF Zoom account
- Access to the CSUF Information Technology Help Desk



Sample Free* Classes for a Vibrant Life

Experience the joy and fun of learning – without the stress of homework, exams or educational prerequisites. OLLI-CSUF has a lot to offer that will ensure a vibrant, active life as you begin or near retirement. The following classes are open to the public without charge, except for a campus parking fee on weekdays. “Test drive” lifelong learning by sampling one or more of our offerings.

oli.fullerton.edu

*Campus parking fees may apply.

SATURDAY CLASSES

SPRING PREVIEW

**Saturday, January 13 * 9:00 a.m.-Noon * Auditorium/Shapiro ABCD/
Various RGC Rooms**

Befitting the beginning of our 45th year at CSUF, this annual event expands to a major new member sign-up activity as well as a spring semester classes and activities preview with RGC rooms designated for members and guests to ask questions of representatives of each of our eight major curriculum areas. We also will honor those OLLI members with five or more years of membership who have reached the age of 90+. Their many contributions built the vibrant lifelong learning program we now enjoy. After the 10:00 a.m. auditorium presentation, complimentary light refreshments will be served in Shapiro. On-site registration will be offered throughout the event. Free parking is provided, with shuttle service from the State College Parking Structure (enter on Gym Drive, off State College Boulevard). For more information about OLLI, call 657-278-2446, email oli-info@fullerton.edu, or visit our website's “Welcome to OLLI” page: [Welcome to OLLI - Osher Lifelong Learning Institute | CSUF \(fullerton.edu\)](http://Welcome%20to%20OLLI%20-%20Osher%20Lifelong%20Learning%20Institute%20|%20CSUF%20(fullerton.edu).).

TRANSITIONS IN RETIREMENT ESSENTIALS SERIES

**Eight Saturdays, 9:30 a.m. – 11:30 a.m. Zoom/Stream
Free weekend parking**

January 20 - Income Tax Planning

A tax specialist will discuss tax planning; taxation of distributions from IRAs, 401(k)s, pensions, and annuities, and the sale of a residence.

January 27 - Life Long Learning: Options for Curious Mature Adults

Lifelong learning is the ongoing pursuit of knowledge and skills throughout one's older years. The Cal State Fullerton OLLI lifelong learning program, now in its 45th year, presents over 100 classes and activities. A panel of speakers will explore opportunities at the university, including auditing undergraduate courses.

February 3 - How to Optimize Your Retirement Budget

There is no shortage of financial advice focusing on boosting personal savings rates and maximizing investment returns during your accumulation years. However, there should be an equal amount of attention given to the decumulation process. In this class, we will revisit and re-create your budget thinking outside the box.

February 10 - Treatments for Aching Hands

You will learn about the complexity and beauty of the human hand. Interesting fun facts about the hand and introductory anatomy will prepare you to dive into the most common problems in the hand. Hot topics like “cell phone hand” will be discussed along with traditional overuse syndromes such as Carpal tunnel.

February 24 - Topic and Speaker to be Announced

Please watch the OLLI newsletters for details of this presentation.

March 2 - Avoiding Identity Theft: Dark Web, Social Engineering and Scams

The number of identity theft and fraud cases remains high across the country. Recovery after an identity theft incident can be costly, both financially and emotionally. In this session, you will learn about how to avoid identity theft by understanding the latest scams and techniques used. Tips for prevention, detection, and resources will be shared to help you keep your identity safe.

March 9 - Topic and Speaker to be Announced

Please watch the OLLI newsletters for details of this presentation.

March 16 - Cleaning Out the Clutter and Hoarding

Learn the warning signs of hoarding behavior, the dangers of excessive clutter and the differences between collecting, clutter and hoarding behavior. Learn how to get started to tackle the clutter.

MUSICAL PERFORMANCES/PRESENTATIONS

Varied days

These performances are designed to entertain you, showcasing a variety of talents found among the musicians, vocalists, and dancers in our OLLI membership. Additional information will be provided through the weekly OLLI newsletters.

CONCERT BAND/JAZZ BAND – CELEBRATE THE NEW YEAR CONCERT

Saturday, January 27 • 1:30 p.m.-3:30 p.m. • Shapiro ABCD

UKULELE/GUITARS COMBINED CONCERT

Friday, February 16 • 3:00 p.m.-4:30 p.m. • Shapiro ABCD

OLLI RECITAL – VOCAL AND INSTRUMENTAL

Saturday, February 24 • 2:00 p.m.-4:00 p.m. • Auditorium



PHOTO BY JIM DI TOTA

MONDAY CLASSES

ESTATE PLANNING AND CHARITABLE GIVING

March 13 - Noon - 1 p.m. - Webinar

Registration for the lunchtime webinars will be available a month before the webinar. Watch for announcements in the OLLI newsletters. Should you have any questions, please reach out to Hart Roussel at csufplannedgift@fullerton.edu.

TUESDAY CLASSES

THE HISTORY OF BROADWAY

Alternate Tuesdays • 1:45 p.m.-3:45 p.m. • Auditorium/Zoom

January 16, 30 • February 13, 27 • March 12, 26

This course focuses on the development of Broadway musicals and the composers and personalities of our most popular productions. The genres of Broadway musicals are vast, and the evolution of musicals has many tales to be explored.

ECLECTICS I

Alternate Tuesdays • 10:15 a.m.-11:45 a.m. • Auditorium/Stream

Tuesday: January 16, 30 • February 13, 27 • March 12, 26

Explore topics you never even knew existed! Experts recruited by the coordinator introduce their fields of specialty and open windows on their research.

CSUF FACULTY/STUDENT PERFORMANCES/PRESENTATIONS

Alternate Tuesdays • Noon-1:30 p.m. • Auditorium/Zoom

January 16, 30 • February 13, 27 • March 12, 26

As part of OLLI-CSUF Collaboration activities, CSUF School of Music students and faculty perform for our members in preparation for upcoming recitals and performances. These students are top-rated performers. Additional information will be provided through the OLLI newsletters and posted throughout the Ruby Gerontology Center

ESTATE PLANNING AND CHARITABLE GIVING

February 6 - Noon - 1 p.m. - Webinar

Registration for the lunchtime webinars will be available a month before the webinar. Watch for announcements in the OLLI newsletters. Should you have any questions, please reach out to Hart Roussel at csufplannedgift@fullerton.edu.

WEDNESDAY CLASSES

MEDICAL SERIES

Alternate Wednesdays • 7 p.m. - 9 p.m. • Zoom/Stream

This series will contribute to your “medical literacy” and is co-sponsored with OLLI by the physicians of St. Jude Medical Center and the physicians at UCI Health.

January 24 - Updates on the Cancer Moonshot & the Goal of Accelerating Scientific Cancer Discoveries

This session will highlight the clinical and basic science advances that enabled us to embark upon the “Moonshot” and imagine individualized/precision/tailored medicine.

February 7 - Urinary Tract Problems and Solutions for Seniors

Dr. Akhil Das will present on the urologic problems many people encounter with age and will focus on voiding dysfunction and urinary incontinence in both men and women as well as kidney stone disease and UTI's.

February 21 - Deep Vein Thrombosis - Prevention and Treatment

This session on deep venous thrombosis will define the causes, consequences, treatment challenges, and surgical/non-surgical therapy for simple and complex DVTs.

March 6 - Frailty Prevention and Life Extension

This class will discuss some recent research on increasing human lifespan and some practical techniques to prevent frailty in this era of increasing human life expectancy.

March 20 - History of Medical Implants for the Failing Heart - Latest Devices and Techniques

Dr. Lombardo will take us through the history of medical implants and explain new techniques that are being used and developed, like the Left Ventricular Assist Device (LVAD), to prolong a Heart Failure patient's quality of life.

April 10 - Topic and Speaker to be Announced

Please watch the OLLI newsletters for details of this presentation.

THURSDAY CLASSES

ESTATE PLANNING AND CHARITABLE GIVING

April 18 - Noon - 1 p.m. - Webinar

Registration for the lunchtime webinars will be available a month before the webinar. Watch for announcements in the OLLI newsletters. Should you have any questions, please reach out to Hart Roussel at csufplannedgift@fullerton.edu.

OLLI Classes

Both “free and open to the public” and “membership-only” classes are offered. This brochure lists OLLI’s “free” classes. Membership-only classes and activities are described in our Annual Course Catalog, which is available at no charge by contacting us at 657-278-2446 or emailing olli-info@fullerton.edu. View the OLLI Online Catalog at olli.fullerton.edu/more_info/ViewCatalogOnline.php

In-Person Attendance Guidelines

OLLI members are not required to wear face masks on campus, even when indoors. OLLI members may choose for themselves whether to wear or not wear masks when indoors or outdoors and are urged to exercise caution if coming onto campus maskless. For all the current attendance guidelines and COVID protocols, go to the OLLI website at <http://olli.fullerton.edu/classes/covid-19.php>

How to Join

To join OLLI, click on the website’s Join/Renew tab at olli.fullerton.edu. For registration assistance contact the OLLI Office at (657) 278-2446.

Membership fees are:

- Spring and Summer semesters 2024: \$200
- Spring 2024 only: \$160

Some classes and activities have nominal charges for materials, or equipment replacement or special event or trip transportation/admission expenses.

Non-member Access to Virtual Classes

If you are a non-OLLI member and would like to be added to an email distribution to receive weekly updates for Open to the Public classes and sign-on information for video conference classes, please sign up at this link: <https://tinyurl.com/2p9xunyc>

Contact Information

Phone: (657) 278-2446

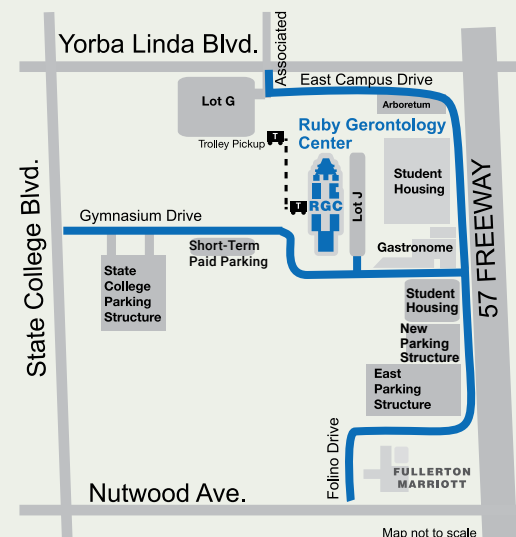
Email: olli-info@fullerton.edu • Web: olli.fullerton.edu/welcome

 facebook.com/OLLICalStateFullerton

 instagram.com/OLLICSUF

Cover Photo: Dr. Barbara Glaeser by Michele Frankel

Campus Map & Parking Information



Search for “OLLI Fullerton” in Google Maps

Directional Signage

Campus signage at CSUF entrances and along the major access roads within the campus directs vehicles to major campus facilities, including the Ruby Gerontology Center (RGC) that houses OLLI. Primary access to OLLI is via either Gymnasium (Gym) Dr. or Folino Dr.



Campus Access

- 1) If entering the campus from Yorba Linda Boulevard, turn south on Associated Drive (entrance #10) and turn left on East Campus Drive around the Arboretum and the student housing complex to Gymnasium Drive, then right to Lot J.
- 2) If entering from State College Boulevard, turn east onto Gymnasium Drive (entrance #6). When the road curves to the right (at the back of the RGC building), follow the road around to the front, making a left into Lot J.
- 3) If entering from Nutwood (taking the Nutwood exit off the 57 Fwy.), go west on Nutwood Ave. and turn north on Folino Drive (entrance #1). Make an immediate right after passing the Marriott Hotel. Go around the easternmost side of the parking structure and north to East Campus Drive until you reach Gymnasium Drive. Turn left on Gymnasium Drive until you reach Lot J on the right.

Parking

Weekdays: A CSUF daily parking pass (\$10.00) is required on campus Monday-Thursday. On Friday, a parking permit is required until 5:00 p.m. If a non-permit holder comes onto campus to attend a class, they must purchase a single-day parking permit (currently \$10.00). This permit must be purchased through the Park-Mobile app on your phone (credit cards only) (<http://parkmobile.io/>). This permit is valid in any student parking lot EXCEPT lot J which is the OLLI lot. Physical paper parking permits will no longer be issued. **Parking is Free on Saturday and Sunday.** Visit parking.fullerton.edu for maps or more information or call 657 278-3082. **(Note: OLLI membership includes a campus parking pass – a \$334 per semester value – at no additional costs to members).**

Saturday Classes: Parking is free. Lot J is the exclusive OLLI parking lot immediately east of the Ruby Gerontology (RGC). If using Google Maps or a navigation device, use 800 N. State College Blvd., Fullerton as the address.

OLLI Trolley: The free OLLI Trolley travels between the OLLI Trolley Stop and the RGC. The OLLI Trolley hours will be established at the beginning of each semester. The covered Trolley Stop is located near the southeast corner of Lot G.