TRY US FREE OF CHARGE – PROGRAMS OPEN TO THE PUBLIC

If you are not yet an OLLI member, please click here to be included on our email list to receive the access links needed to attend the virtual class sessions described in this document.

HOW TO ATTEND OUR OPEN TO THE PUBLIC COURSES

Click the link at the top of this page and sign up to receive notification about the Open to the Public courses offered at OLLI-CSUF. Once on the list, you will receive one email each week.

The email you receive describes how the courses may be accessed: Using Zoom, Livestreamed to Vimeo or YouTube, In-person at the Ruby Gerontology Center on the CSUF campus, or in some cases, more than one method. The links required to access the classes remotely are given in the email newsletter, as well as the room designation for classes held in-person. A description of the topic for each class session is also provided.

All of the Open to the Public courses can be attended remotely but some are offered in-person as well. If you choose to attend class on campus, please familiarize yourself with the COVID-19 protocols in effect for your safety at OLLI and throughout the CSUF campus. These protocols require that attendees be fully vaccinated and wear a face covering while indoors. Click here to view COVID protocols.

Parking on campus is free on weekends. Monday through Friday, visitors may purchase hourly or daily permits from vending machines on campus.

If you are new to OLLI and would like additional information on parking or how to find the campus, please click here to view the section included near the end of this document. There you will find directions, maps, and the layout of the Ruby Gerontology Center, OLLI’s home on the CSUF campus.

For additional information about OLLI-CSUF please view the section at the end of the document.
The kick-off event for spring semester is **OLLI’s Spring Preview** of classes, held on January 15, 2022, from 1-3 p.m., at OLLI’s home on the CSUF campus, the Ruby Gerontology Center. **Click here to RSVP** if you’d like to attend the event.

This is the ideal time to see what OLLI has to offer this spring, to ask questions about the campus activities, OLLI classes, the benefits of membership and much more.

Part of the program for this event celebrates those OLLI members who have reached the age of 90+. After the presentation, free light refreshments will be served in our Shapiro facility.

Free parking is provided, with shuttle service from State College Parking Structure (enter on Gym Drive, off of State College Boulevard).

**SPRING COURSES THAT ARE OPEN TO THE PUBLIC**

The courses listed and described below are the subset of OLLI’s complete course catalog which are available at no charge to the public. The links next to each course title take you directly to the page in this document which gives details on the lecture topic for the classes within the course. A link at the end of each course section will bring you back to this overview.

For spring semester 2022, Open to the Public classes are offered on Tuesdays, Wednesdays and Saturdays, as follows:

**Tuesdays**

**ECLECTICS I** • *Jump to Eclectics I for details*
Alternate Tuesdays • 10:15 a.m.-11:45 a.m. • Mackey Auditorium/Streamed
Jan 18, Feb 1, Feb 15, Mar 1, Mar 15, no class on Mar 29, Apr 5

**CSUF FACULTY/STUDENT PERFORMANCES** • *Jump to CSUF Performances for details*
Alternate Tuesdays • Noon-1:30 p.m. • Mackey Auditorium/Zoom
Jan 18, Feb 1, Feb 15, Mar 1, Mar 15, no class on Mar 29, Apr 5

**THE HISTORY OF AMERICAN MUSIC: ROCK ‘N’ ROLL** • *Jump to Rock ‘n’ Roll for details*
Alternate Tuesdays • 1:45 p.m.-3:45 p.m. • Mackey Auditorium/Zoom
Jan 18, Feb 1, Feb 15, Mar 1, Mar 15, no class on Mar 29, Apr 5

**Wednesdays**

**MEDICAL SERIES** • *Jump to Medical Series for details*
Alternate Wednesdays • 7 p.m.-9 p.m. • Zoom
Jan 26, Feb 9, Feb 23, Mar 9, Mar 23, Apr 13

**Saturdays**

**TRANSITIONS IN RETIREMENT ESSENTIALS** • *Jump to TiR for details*
Eight Saturdays • 9:30 a.m.-11:30 a.m. • Zoom
Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12
ECLECTICS I
Alternate Tuesdays • 10:15 a.m.-11:45 a.m. • Mackey Auditorium/Streamed
Jan 18, Feb 1, Feb 15, Mar 1, Mar 15, No class on Mar 29, Apr 5

The Eclectics I series offers a wide variety of topics of interest to OLLI members and guests, presented by experts recruited and hosted by the coordinator.
Coordinator: Janice Jeng • Technical Coordinator: Bob Newcomb

January 18: **Topic and Speaker TBA**
Please watch the OLLI Open to the Public newsletter for details of this presentation.

February 1: **Building a Religious Brand: Exploring the Foundations of Religions Through Public Relations**
Speaker: Cylor Spaulding, Ph.D., Assistant Professor, Department of Communications, CSUF
Public relations has played a major role in the evolution of religion, from the early origins of many established religions through faiths that evolved as part of the New Religious Movement. This presentation will discuss the role of public relations and strategic communications in some specific religious organizations and contexts.

February 15: **Sharing Experiences, Understanding Diversity**
Speaker: Gwen Alexis, Professor and Adjunct Lecturer, African American Studies, CSUF
Professor Alexis teaches online for John Jay College of Criminal Justice in the History Department. She is extremely honored to have been teaching for eight years in the African American Studies Department at Cal State Fullerton. Teaching at Cal State Fullerton and John Jay College of Criminal Justice is truly a dream come true for Professor Alexis. This will be an interactive workshop. Come prepared to share experiences. We will try to understand our life journeys. Come to the workshop with an open mind and heart.
March 1: Reproductive Morphology of Surfperches

Speaker: Kristy Forsgren, Associate Professor of Biological Science, CSUF

Fishes exhibit remarkable diversity in their modes of reproduction (i.e., external and internal fertilization). However, it is the morphological and physiological modifications associated with internal fertilization (i.e., viviparity) that are truly fascinating. Of the more than 28,000 species of bony fishes, only 510 species are known to be viviparous (< 2% of fishes). She will share emerging research from undergraduate and graduate students in her lab on the reproductive morphology of marine viviparous surfperches (family embiotocidae). Please join us as we spend some time exploring fish reproduction, copulatory structures and other reproductively-related structures.

March 15: Bilingualism and Cognition Across the Lifespan

Speaker: Natsuki Atagi, Assistant Professor, Child & Adolescent Studies

Although the bilingual population in the United States has been increasing over the past 50 years, the majority of research on language and cognitive development has focused on monolinguals—that is, individuals who speak one language. However, exciting findings from the past two decades have revealed that bilingualism changes the ways in which our minds and brains develop over the lifespan. These new findings have also inspired researchers to better understand variation in bilingual experiences: from being exposed to and speaking two languages from infancy or early childhood, to learning a new language as an adult, to understanding more than one language but speaking only one language, to so many others. This lecture will discuss how these various bilingual experiences shape our cognitive development across the lifespan—from infancy to older adulthood—and may have educational and public health implications for our society.

March 29: No class (Spring break)
April 5: **Global Positioning System (GPS) 101**

Speaker: Mohinder Grewal, Ph.D., Professor of Electrical Engineering, CSUF

This is an introduction to the Global Navigation Positioning System (GPS) developed by the USA, including work by other countries. GPS 101 shows how GPS works without any complex mathematics. It demonstrates how errors can occur in determining the position (latitude, longitude and altitude) and time, for instance, conversions into street maps, and how they can be corrected. The presentation includes companies involved in developing GPS satellites and GPS receivers which are embedded in phones, geocaches, golf carts, cars, drones, ships, aircraft, and other applications.

[Click here to return to the overview of spring 2022 courses.](#)
CSUF FACULTY/STUDENT PERFORMANCES

Alternate Tuesdays • Noon-1:30 p.m.
Mackey Auditorium/Zoom
Jan 18, Feb 1, 15, Mar 1, 15, no class Mar 29, Apr 5

OLLI Coordinator: Ellie Monroe

As part of OLLI-CSUF Collaboration activities, CSUF School of Music students are given the opportunity to lecture and perform for our members. These students are top-rated performers. Many of these students use this time to practice their presentations and to prepare themselves for recitals or competitions. School of Music faculty members are invited to lecture/perform as well. This is a great time for OLLI members to learn about the many musical programs that are available at CSUF throughout the semester. Additional information will be provided through the weekly OLLI email newsletters.

Click here to return to overview of spring 2022 courses.

HISTORY OF AMERICAN MUSIC – ROCK ‘N’ ROLL
Alternate Tuesdays • 1:45 p.m.-3:45 p.m.
Mackey Auditorium/Zoom
Jan 18, Feb 1, 15, Mar 1, 15, no class Mar 29, Apr 5

This course focuses on the development of music in the United States and the composers and personalities of our most popular American-born songs. The genres of music are vast within our country, and the evolution of music has many tales to be explored. This semester we will examine the composers and music personalities of the 1970s. Funk, soul, R&B, pop, hard rock, soft rock and disco all carved out their places in the music world in the 1970s. Some of the best rock ’n’ roll of all time was recorded in the ’70s. The videos and lectures are designed for the lover of all types of music. Don’t miss this fun course.

Instructor/Coordinator: Ellie Monroe
Coordinator: Jim Medici
Tech Coordinator: Jim Monroe

Click here to return to the overview of spring 2022 courses.
MEDICAL SERIES

Alternate Wednesday evenings • 7 p.m.-9 p.m. • Zoom
Jan 26, Feb 9, 23, Mar 9, 23, Apr 13

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.

Coordinators: Joseph Lawton, M.D. and Carol Thurk
Tech Coordinator: Bill Reilly

January 26: Pancreatic Cancer: Diagnosis and Treatment
Speaker: Yulian Khagi, M.D.

Dr. Khagi is an Assistant Professor in the Division of Hematology/Oncology, Department of Medicine, UCI School of Medicine. He is also the Medical Director for Hematology and Medical Oncology and Infusion Services, UCI Health-Laguna Hills. Dr. Khagi will discuss if pancreatic cancer screening is possible and what imaging is best for detecting pancreatic cancer in patients who may have it. He will also touch on diagnosing, treatment options and preventative care.

February 9: Topic and Speaker TBA

Please watch the OLLI Open to the Public Newsletters for details of this presentation.

February 23: Abdominal Emergencies in the Elderly
Speaker: Erika Hoyos-Madrigal, M.D.

Dr. Madrigal received her medical degree in Venezuela and completed both her internal medicine residency and gastroenterology fellowship at the Loma Linda University Medical Center. She specializes in different gastrointestinal disorders including GERD, IBD, IBS, colon cancer screening, liver disease and pancreatic disorders. Dr. Hoyos-Madrigal is a board-certified UCI Health vascular and endovascular surgeon who has additional training in vascular interventional radiology. Abdominal symptoms are a common cause of ER visits for elderly patients. Some of these conditions can be associated with high mortality and many are very debilitating. This talk will discuss the most common pathologies and provide useful information to identify them early and, if possible, prevent and manage them.
March 9: **Vasculitis: More than Just Blood Vessel Inflammation**

Speaker: Michelle Ngo, M.D.

Dr. Ngo received her medical degree from the Arizona College of Osteopathic Medicine. She completed her internal medicine residency and rheumatology fellowship at Loma Linda University Medical Center. She is also trained in musculoskeletal ultrasonography. Dr. Ngo has been in clinical practice at St. Jude Medical Center in Fullerton for 5 years and is the active chairperson for Rheumatology for St. Jude. Vasculitis is considered a rare but devastating consequence of an overactive immune system. Often, it can go undetected for months to years before a correct diagnosis is made. Dr. Ngo will go over the general pathophysiology of this condition and focus on the warning signs and treatment options that are available.

March 23 **Topic and Speaker TBA**

Please watch the OLLI Open to the Public Newsletters for details of this presentation.

April 13: **Topic and Speaker TBA**

Please watch the OLLI Open to the Public Newsletters for details of this presentation.

[Click here to return to the overview of spring 2022 courses.](#)
TRANSITIONS IN RETIREMENT ESSENTIALS
Eight Saturdays • 9:30 a.m.-11:30 a.m. • Zoom
Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12.

This engaging, fun, life-changing program teaches us to appreciate what matters most for ourselves, our dreams and our goals, and how to enjoy the exciting times ahead. If we develop a few goals and plans for these years, the transition into retirement will be smoother and much more fulfilling. This series of classes will provide some structure and professional aid in planning for an exciting future.

Program Coordinator: Russell MacKeand

Class Coordinators: Zona Gray-Blair, Joseph Lawton, M.D., Tom La Casa, Ellie Monroe, Jim Monroe, Joyce Ono and Mike Stover

Tech Coordinators: Russ MacKeand, Jim Monroe, Ellie Monroe and Joyce Ono

January 22: **What Do You Know About RMDs?**

Speaker: John C. Pak, Certified Financial Planner, RCIP, EA, Otium Advisory Group

The Secure Act of 2020 rewrote a 35-year-old rule concerning the timing of retirement account distributions. This new provision delayed the taxation of the distributions but also extended the opportunity for growth. This class will thoroughly explore the fundamental elements surrounding required minimum distributions: who it affects, what it is, when does it apply, where does it come from, why is it relevant, and ultimately how it all works. John Pak will cover the recent changes to the law and strategies in response to the updates, and share his thoughts on how to better prepare for what’s to come in the RMD space.

January 29: **Treatments for Aching Hands**

Speaker: Neil Harness, M.D., Orthopedic Surgeon, Kaiser Permanente; Hand Surgery, Regional Lead

In this interactive course, learn about the complexity and beauty of the human hand, which sets us apart from other creatures on our planet. Interesting fun facts about the hand as well as introductory anatomy will start the course and prepare for a dive into the most common problems that occur in the hand. Hot topics like “cell phone hand” will be discussed along with traditional overuse syndromes such as carpal tunnel.
February 5: **Income Tax Planning**

Speaker: James Johnson, Enrolled Agent, The Tax Guy

Retirement presents several challenges in dealing with additional taxes, and proper planning to address them is essential. This session covers important age requirements, the impact of Social Security on your taxes, how wages affect Social Security, and what happens if you start a business. Additional topics include IRAs, 401(k)s, pensions, annuities and taxation of distributions. The sale of your primary residence and income property will be addressed.

February 12: **Cleaning Out the Clutter and Hoarding**

Speaker: Penny Lambright, Clutterologist, Clutter Cleaners

Part 1: Too Much Stuff! Warning signs of hoarding behavior, dangers of excessive clutter, and differences between collecting, clutter and hoarding behavior will be discussed.

Part 2: Cleaning Out the Clutter and Getting Organized. Are you spending too much time looking for lost items or stressing about too many things piling up? You will receive help with information on how to declutter your house, get organized and stay organized. The speaker will highlight how to get started with priorities, breaking projects down into manageable sizes, establishing deadlines and rewarding yourself.

February 19: **Staying Upright: It's a Matter of Balance**

Speaker: Debbie Rose, Ph.D., FNAK, Chair, Dept. of Kinesiology, Co-Director, Center for Successful Aging, Cal State Fullerton

Falls and fall-related injuries pose a serious barrier to aging successfully. While it has been well-documented that falls among older adults constitute a serious public health issue, there is much that can be done to prevent and/or lower the risk of falling in adults’ later years. In this presentation, the most common risk factors are identified as well as some evidence-based strategies for lowering fall risk.
February 26: **Identity Theft and Fraud**

**Speaker:** Speaker TBA, Police Department, Cal State Fullerton

Retirees and seniors are often victims of a variety of scams and identity theft. Join this session to find out about different types of fraud and what to do if you are a victim of a scam. In addition, identity theft will be discussed. Find out how it happens, how to prevent it, how to detect it and what to do if you are a victim.

March 5: **Topic and Speaker TBA**

Please watch the OLLI Open to the Public Newsletters for details of this presentation.

March 12: **Topic and Speaker TBA**

Please watch the OLLI Open to the Public Newsletters for details of this presentation.

[Click here to return to the overview of spring 2022 courses.](#)
DIRECTIONS, PARKING INFORMATION, CAMPUS & RGC MAPS

Directions to OLLI at Cal State University, Fullerton

If you are using a GPS, or using a rideshare service, the street address of the university is:

800 N State College Blvd, Fullerton, CA 92831

There is an Uber/Lyft stop at the north end of Lot J. See campus maps, below.

Parking Information

Parking is free on weekends. M-F, hourly or daily parking permits can be obtained from vending machine on campus. The [visitor page on CSUF parking website](#) has more information on obtaining daily parking permits.

Campus maps

[Click here to view or download a detailed map of the campus](#). OLLI’s home base on campus is the Ruby Gerontology Center, abbreviated RGC, shown on the simplified map below.

![Campus Map](image)

A detailed map of RGC and its classrooms is provided on the following page.
Open to the Public classes are held in Mackey Auditorium and rooms ABCD in the Shapiro Wing, within the Ruby Gerontology Center:

Ruby Gerontology Center

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FOR ADDITIONAL INFORMATION ABOUT OLLI:

View or download the Spring 2022 OLLI Blue Book, our current course catalog. This catalog contains the full range of OLLI-CSUF’s spring semester offerings available to OLLI members. Courses and events open to non-members are marked as “Open to the Public” and indicated with an asterisk (*) in the index.

Watch Videos About OLLI

Catch the excitement of OLLI’s class and activity offerings! Our annual Fall Open House took place on Saturday, August 14, 2021. Video of the event, as well as videos created by some of our instructors about OLLI classes, are available on our OLLI website at this link.

Videos of past OLLI online special events can be view by following this link.

Call our office at 657-278-2446. The OLLI Office on the CSUF campus is currently closed, but our staff is working remotely. You may contact them during normal business hours or leave a voicemail.

Email: olli-info@fullerton.edu to reach our office staff.

Visit our website at olli.fullerton.edu
For those new to OLLI, the Welcome Page on our website is a great place to learn about our organization.

Follow us on Facebook at facebook.com/OLLICalStateFullerton

If you are not yet an OLLI member, please click here to be included on our email list to receive the Zoom links needed to attend the virtual classes for fall semester.

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