

OLLI at California State University, Fullerton

January 21 to April 12



A SELECTION OF
Classes & Activities
for Semi-Retired/Retired Adults

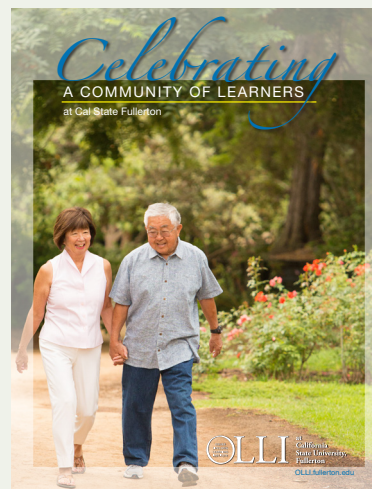
OPEN TO THE PUBLIC WITHOUT CHARGE

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" or scan the QR code 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.

olli.fullerton.edu

*Campus parking fees may apply.



PHOTO BY MARY CROUCH

SATURDAY CLASSES

SPRING PREVIEW

Saturday, January 11 • 9 a.m.-noon • Auditorium/Shapiro ABCD/RGC Rooms

Befitting our 45th year at CSUF, this annual event expands to a major new member sign-up activity as well as a preview of spring semester classes and activities with RGC rooms designated for members and guests to ask questions of representatives of each of our eight major curriculum areas. After the 10 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 olli-info@fullerton.edu, or visit our website's “Welcome to OLLI” page: Welcome to OLLI - Osher Lifelong Learning Institute | CSUF: <https://olli.fullerton.edu/aboutollicsuf/Welcome.php>.

TRANSITIONS IN RETIREMENT ESSENTIALS SERIES

Designated Saturdays, 9:30 a.m. – 11:30 a.m. Format Varies By Class (see below). Free weekend parking.

January 25 - Income Tax Planning (Shapiro ABCD/Zoom/Stream)

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

February 1 - All You Need to Know About Retirement You Learned at Work (Shapiro ABCD/Zoom/Stream)

Throughout your working life, you’ve joined organizations, mastered jobs and pursued new activities. Join this interactive workshop and learn how you can apply the skills you’ve learned to plan or enhance your retirement.

February 8 - How US Presidential Elections Impact Your Finances (Shapiro ABCD/Zoom/Stream)

With the elections behind us, you may be wondering what it means for your money. This session will share tips on how to survive the uncertainty and manage your finances with confidence regardless of a democratic or republican presidency.

February 15 – No Class – President’s Day Holiday

February 22 – Treatments for Aching Knees (Zoom/Stream)

In this interactive course, you will learn about the common issues that can arise in the knee joint as we age. Knee joint anatomy, prevalent issues, and treatment options will be discussed. Treatment modalities include lifestyle changes, injectables, bracing options and rehabilitation exercises.

March 1 - Cleaning Out the Clutter and Hoarding (Zoom/Stream)

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.

March 8 – Advances in Minimally Invasive Robotic-Assisted Surgery (Zoom/Stream)

Part 1: A urologist will discuss minimally invasive surgical and non-surgical options using robotics in surgery for urology treatments.

Part 2: A neurosurgeon and spine surgeon will discuss robotic-assisted surgery for the spine.

March 15 - Avoiding Identity Theft: Dark Web, Social Engineering and Scams (Zoom)

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 22 - Topic and Speaker to be Announced (Zoom/Stream)

Please watch the OLLI newsletters for details of this presentation.



PHOTO BY RUSS MACKEND

TUESDAY CLASSES

ECLECTICS

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

January 21 • February 4, 18 • March 4, 18 • April (1 no class), 8

Explore topics you never even knew existed! Experts recruited by the course coordinators introduce their fields of specialty and open windows to their research. Each semester offers great variety, and each class is unique and enlightening.

CSUF FACULTY/STUDENT PERFORMANCES/PRESENTATIONS

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

January 21 • February 4, 18 • March 4, 18 • April (1 no class), 8

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. If faculty and students are not able to perform on the scheduled dates, lectures on a variety of musical subjects will be presented instead. Additional information will be provided through the weekly OLLI newsletters and posted throughout the Ruby Gerontology Center.

THE HISTORY OF BROADWAY

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

January 21 • February 4, 18 • March 4, 18 • April (1 no class), 8

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. We will cover the popular musical plays of the 1960s and 1970s. The videos and lectures are designed for lovers of all types of plays.

ESTATE PLANNING AND CHARITABLE GIVING

Tuesday, February 11, March 11 – Noon – 1 p.m. - Webinar

Estate Planning Musts: Wills, Trusts, and Creating Peace of Mind!

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

January 29 • February 12, 26 • March 12, 26

This series will contribute to your “medical literacy” and is co-sponsored with OLLI by the physicians and healthcare professionals of Providence St. Jude Medical Center and the physicians of UCI Health. Topics are related to issues of particular interest to people of retirement age.

January 29 - Headaches Unveiled: Insights into Causes and Practical Management Techniques

Dr. Crystal Jicha will explore the diverse causes of headaches and offer practical management techniques to alleviate discomfort and enhance well-being.

February 12 - Incontinence: Why is it Common Among the Elderly and Potential Treatments

Dr. Melanie Santos will discuss urinary incontinence and bladder dysfunction in women, reviewing the different types of incontinence, and treatment options including the latest innovations. Her goal is to empower you with the knowledge to improve your quality of life by addressing any bladder issues.

February 26 - Current Indication of Coronary Bypass

Dr. Raveendra Morchi will review the clinical criteria and patient conditions that necessitate this surgical intervention to restore adequate blood flow to the heart.

March 12 - Medical Consequences of Falls and How to Prevent Them

Dr. Natalia Covarrubias-Eckardt is a physiatrist who specializes in the rehabilitation of those who sustain traumatic brain injuries and strokes, as well as pain management. She completed her residency in Physical Medicine and Rehabilitation at UC Irvine. She will discuss the medical consequences of falls and how to prevent and treat them.

March 26 - Update on Dementia and Alzheimer's Disease

Dr. Steven Tam will provide insights into the causes, symptoms, and treatment options for these cognitive disorders, emphasizing advancements in research and care strategies.



PHOTO BY JIM DI TOTA



PHOTO BY FENG CHEN

THURSDAY CLASSES

ESTATE PLANNING AND CHARITABLE GIVING

Thursday, April 24 – Noon – 1 p.m. - Webinar

Estate Planning Musts: Wills, Trusts, and Creating Peace of Mind!

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 Spring Blue Book Program 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

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 2025 semesters: \$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: (left to right) Mary Ann Hamamura-Clark
and William Clark by Rosalind Charles

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 (\$12.00) 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 \$12.00). 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.