

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI

at
California
State University,
Fullerton

September 9 to December 7

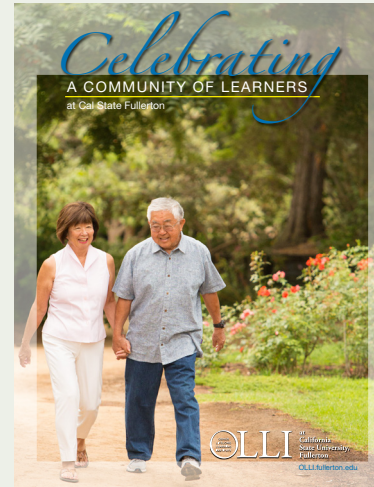


What is OLLI?

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

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

OPEN TO THE PUBLIC WITHOUT CHARGE

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.



PHOTO BY ANN PRICE

SATURDAY CLASSES

FALL OPEN HOUSE

Saturday, August 10 • 9 a.m.-Noon • Ruby Gerontology Center

OLLI-CSUF invites all members and friends to join us for our annual Open House celebration for the fall semester. This in-person event will introduce OLLI to your friends and relatives who are retired or contemplating retirement. Invite them to join you at our Fall Open House, visit with our program instructors and coordinators, meet our many volunteers and learn about the 2024-2025 programs. The Fall Open House will provide information about parking rules, class attendance options (in-person, online or hybrid) and membership benefits. Following the presentation, light refreshments will be served. If you have any questions, please contact us by email at oli.membership@gmail.com or by phone: at 657-278-4012. Additional information will be sent out through the weekly OLLI newsletters.

TRANSITIONS IN RETIREMENT ESSENTIALS SERIES

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

September 14 - Ready to Retire? Part 1: Financial Road to Retirement and Beyond (Zoom/Stream/Shapiro ABCD)

This course will give a recent or soon-to-be retiree a good overview of retirement income planning and beyond. You'll learn the importance of asset location as well as asset allocation along with retirement income strategies and roadblocks to a smooth retirement.

September 21 - Ready to Retire? Part 2: The Psychology of Retirement (Zoom/Stream/Shapiro ABCD)

This presentation will explore ways to create this time of life to be the best possible. A variety of topics (e.g., health, happiness, friendship) will be covered along with research findings that support these psychological processes.

September 28 – Ready to Retire? Part 3: Keeping Fit and Strong for Life (Zoom/Stream/Shapiro ABCD)

In this session, the specific benefits of aerobic exercise, resistance training, and neuromotor activities to help maintain or improve our cardiovascular fitness, muscle strength, power, balance, and mobility will be discussed.

October 5 – Non-Surgical Cosmetic Treatments for Seniors (Zoom)

A dermatologist will discuss the latest techniques for non-surgical cosmetic treatments including skincare, injectables, chemical peels and lasers to improve skin health.

October 12 – Maximizing Your Social Security Benefit (Zoom/Stream)

This session is designed to bring clarity to some of the confusing rules and to help you avoid forgoing thousands of dollars over your lifetime. The presenter will un-clutter the myriad of interpretations of some of the rules out of the handbook.

October 19 - Navigating the Healthcare System, UCI Health Care Management (Zoom/Stream)

The presenter will take class participants through the pathway that case management conducts in assisting a patient from hospitalization to discharge to care facilities when multiple providers and facilities are involved.

October 26 – Medicare Essentials (Zoom)

This class is designed for those eligible for Medicare or those planning to make changes. Topics include basic Medicare, Medicare A-B-C-D, Medicare supplemental, Medicare Advantage and prescription drug plans.

November 2 – Topic and Speaker to be Announced

Please watch the OLLI newsletters for details of this presentation.

TUESDAY CLASSES

ECLECTICS

Alternate Tuesdays • 10:15 a.m.-11:45 a.m. • Auditorium/Stream
September 10, 24 • October 8, 22 • November 5, 19

Explore topics you never even knew existed! Experts will introduce their fields of specialty and open windows to their research.

ORANGE COUNTY GRAND JURY IN ACTION

Tuesday, October 15 • 10:15 a.m.-11:45 a.m. • Auditorium/Zoom

The Grand Jury ensures that the performance of county, city and other local agencies is ethical and proper and provides increased transparency and improves oversight into Orange County government.

THE HISTORY OF BROADWAY

Alternate Tuesdays • 1:45 p.m.-3:45 p.m. • Auditorium/Zoom
September 10, 24 • October 8, 22 • November 5, 19

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

CSUF FACULTY/STUDENT PERFORMANCES/PRESENTATIONS

Alternate Tuesdays • Noon-1:30 p.m. • Auditorium/Zoom
September 10, 24 • October 8, 22 • November 5, 19

As part of OLLI-CSUF Collaboration activities, CSUF School of Music students and faculty perform in preparation for upcoming recitals and performances. Additional information will be provided through the OLLI newsletters.

ESTATE PLANNING AND CHARITABLE GIVING

November 12 - 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. For questions, please reach out to Hart Roussel at csufplannedgift@fullerton.edu.

WEDNESDAY CLASSES

INSPIRATION: HOW STURDY A FOUNDATION

Every Wednesday • 1 p.m.-2:30 p.m. • Zoom
September 11, 18, 25 • October 2, 9, 16, 23, 30 • November 6, 13, 20, (27 no class) • December 4

This course explores the bible and the differences in its interpretation. How do these interpretations inspire us or provide inspiration that may be seen through the lens of other views? You'll be exposed to mystical scene-setting literature whose "inspiration" is seldom appreciated for its complex, artistic modernism.

MEDICAL SERIES

Alternate Wednesdays • 7 p.m. - 9 p.m. • Zoom
September 18 • October 2, 16, 30 • November 13, (27 no class) • December 4

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.

September 18 - Osteoporosis/Osteopenia: A Silent Disease

This session presents the development, risk factors, and management strategies of Osteoporosis/Osteopenia and their effects on aging including the medication used for the disease.

October 2 - Afib and Other Common Heart Rhythm Disturbances

The topics covered include common cardiac arrhythmias, with a special focus on atrial fibrillation, one of the most prevalent arrhythmias affecting the senior population.

October 16 - What's New in Plastic & Reconstructive Surgery after Trauma

Dr. Lee will discuss the changes after trauma and focus on the reconstruction of the head and neck.

October 30 - Immunizations for Seniors and the Growing Danger of Antibiotic-Resistant Bacteria

You'll learn about the most important vaccinations and how to better protect your health and your family's health from a growing number of antibiotic-resistant superbugs.

November 13 - Recent Changes in the Diagnosis and Treatment of Lung Cancer

Dr. Nagasaka will present on the prevalence, changes in diagnosis, and treatment of lung cancer.

December 4 - Living with Chronic Pain

This session will discuss the frustration, distress, fatigue, pain and isolation associated with chronic illness and offer strategies that both patients and caregivers can utilize.

THURSDAY CLASSES

HOMELESSNESS IN ORANGE COUNTY

Designated Thursdays • 10:15 a.m.-11:45 a.m. • Auditorium/Stream
September 19 • October 3, 17, 31 • November 14

Explore topics related to homelessness in Orange County. Based on the latest Point In Time Count as well as County of Orange programs, we will hear about programs in the North Service Planning Area.

September 19 - Homelessness 101, An Orange County Focus

This session provides the background and context of homelessness in Orange County—its scope, causes and effects, and solutions.

October 3 - Addressing Homelessness in Orange County in 2024

The Office of Care Coordination, part of the County's Executive Office, is charged with coordinating the County's efforts to address homelessness. The 2024 Point in Time Count reported a 28% increase in the number of people experiencing homelessness since 2022.

October 17 - HOPE in Homelessness

The program description will be shared closer in time to the presentation; please see the weekly OLLI newsletters for more information.

October 31 - Street to Home: Housing and Healthcare for the Unhoused

This session describes the Illumination Foundation's model to disrupt the cycle of homelessness. Illumination Foundation's Fullerton location is a state-of-the-art facility, created through a public-private partnership, and offers navigation and recuperative care beds under one roof.

November 14 - The Best Solution for Being Without a Home is the Simplest Solution: Housing

This class describes affordable housing that is focused on the whole person, designed to be accessible to anyone, and makes it possible for families, veterans, and others who are without a home to integrate back into society.

ESTATE PLANNING AND CHARITABLE GIVING

October 17 - 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. For 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 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:

- Annual (Fall 2024, Spring and Summer 2025 semesters): \$290
- Fall 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: (Left to right) Bob Kovacev, Tina Ernsting, and Mike Stover by Rosalind Charles



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.