



at  
California  
State University,  
Fullerton

# LEARN IN RETIREMENT



**“Experience Lifelong Learning”**

# SPRING PREVIEW

Saturday, January 11, 2025

9:00 a.m. - Noon

CSUF Ruby Gerontology  
Center Auditorium

Join us on campus for a preview of spring courses and activities.

- Overview of over 100 courses and activities
- On-site registration
- Free parking with shuttle service from Lots A & B

**TRY US FREE OF CHARGE\* – PROGRAMS OPEN TO THE PUBLIC**

## THE HISTORY OF BROADWAY

January 21 • February 4, 18 • March 4, 18 •  
April (1 no class), 8 9

## CSUF FACULTY/STUDENT PERFORMANCES/ PRESENTATIONS

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

## ECLECTICS

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

## TRANSITIONS IN RETIREMENT ESSENTIALS

January 25 • February 1, 8, 22 • March 1, 8,  
15, 22

## MEDICAL SERIES

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

## ESTATE PLANNING AND CHARITABLE GIVING

Tuesday, February 11, Tuesday, March 11,  
Thursday, April 24

*Registration required: Watch for registration procedures in the weekly OLLI newsletters.*

## SPRING PREVIEW

Saturday, January 11 • 9 a.m.-noon



\* The programs listed above are available at no charge to the public. Parking on campus is free on weekends. Monday through Friday, visitors may purchase hourly or daily permits at <http://parkmobile.io/>. If you are not yet an OLLI member, please go to the OLLI website at <http://olli.fullerton.edu> and click on Welcome to OLLI. Sign up for the free Open to the Public Newsletter to get information on when these programs are offered and options for attending in person or virtually.



PHOTO BY JIM DITOTA



PHOTO BY JIM DITOTA



PHOTO BY KATHLEEN ISENBERG

For additional information:

- Call 657-278-2446 or 657-278-4307
- Email: [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu)
- Visit [olli.fullerton.edu](http://olli.fullerton.edu)
- Follow us on Facebook at [facebook.com/OLLICalStateFullerton](https://facebook.com/OLLICalStateFullerton) and on Instagram at [instagram.com/ollicsuf](https://instagram.com/ollicsuf)

Cover Photo: Rick Hearn and Susan Hanna by Mary Crouch



## Blue Book Program Catalog

This catalog gives the full program descriptions and class meeting schedules of all courses and events (programs) offered by OLLI-CSUF for the spring 2025 session. Some programs require pre-registration, prerequisites, fees, book purchases or other requirements, which are listed with their program descriptions. Please check for any special requirements before attending the class or event.

Printed copies of this catalog are available in the OLLI office and it is available digitally on the OLLI website at <https://olli.fullerton.edu> under [View Current Catalog](#). Descriptions of new programs that may be introduced during the semester are published in the weekly newsletters and the ChroniCLE and listed under [Classes/Activities](#) on the OLLI website. Topics and details of individual class meetings and events not shown in this catalog will be published in the weekly OLLI newsletters and on the OLLI website.

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## Program Meeting Schedules

The program descriptions give the dates, times and venues of all class meetings and events offered during the semester. **All dates, times and venues are subject to change or cancellation. Watch OLLI’s newsletters and check the OLLI website for any changes before coming to campus.**

All changes to class and event meeting schedules are listed at the top of the Class Information and Updates Newsletter each Saturday for the following week. If a class or event during that week has a last-minute change after the newsletter is published, a stand-alone email notification will be sent to all members, if possible.

The website is updated on a daily basis, so its calendars are the most up to date. To check for updates from your home computer, tablet or smartphone, go to the OLLI website at <http://olli.fullerton.edu> and click on [Calendars](#). The Today at OLLI calendar lists the classes and events for the current day, and you can scroll up or down to see previous or subsequent days. On the calendar page, you can click on the options in the upper right corner of the screen to view the calendars for the week, month or day (Agenda).

You can also check for updates from your smartphone or other mobile device by using this QR code, which will take you to the Today at OLLI calendar.



Open your camera and aim it at the QR code. Don't take the picture; your device will automatically scan the QR code. Wait for a message to pop up linking to the calendar and tap on that message, and the Today at OLLI calendar will open on your screen.

The video display in the Shapiro lobby shows the same Today at OLLI calendar that is updated daily, getting its information feed directly from the website calendar. If you want a printed daily calendar, you may pick up a one-page, printed copy of the current month's calendar in the OLLI office. This calendar is not updated daily, so check the Shapiro display or the OLLI website for updates.

## Key Dates

Saturday, January 11	Spring Preview
Monday, January 20	MLK Day, campus/office closed, no classes
<b>Tuesday, January 21</b>	<b>First day of Spring Semester</b>
Friday, February 14	Presidents' Day, campus/office closed, no classes
Monday, March 31	Cesar Chavez Day, campus/office closed, no classes
Tuesday, April 1-5	Spring Break, no classes
<b>Saturday, April 12</b>	<b>Last day of Spring Semester</b>
<b>Monday, April 14</b>	<b>First day of Spring Intersession</b>
<b>Saturday, May 17</b>	<b>Last day of Spring Intersession</b>
Monday, May 19-22	CSUF Commencement/office closed early, no classes
Monday, May 26	Memorial Day, campus/office closed, no classes
<b>Tuesday, May 27</b>	<b>First day of Summer Session</b>

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## Attending Live Programs Online

OLLI uses both the Zoom app and livestreaming through the internet to deliver some courses, committee meetings and events online as an in-person alternative. The links to join these programs can be obtained from OLLI's weekly Class Information and Updates Newsletter or from the OLLI website under [ZOOM COURSE IDs/LINKS](#) or [LIVESTREAM/RECORDINGS](#) (you'll need your CSUF username and password).

To attend a Zoom program, an account is recommended but not required. Anyone can attend by using their laptop or desktop (Windows or Mac), tablet or smartphone (Apple or Android), or regular telephone. However, be sure to use your full name when signing in to facilitate taking attendance. If you haven't used Zoom before, allow yourself about 10 minutes to set it up before your first use. If you use a laptop or desktop, the first time you click on a link, it will ask you to download a free Zoom app on your computer. If you are planning to use a tablet or smartphone, you'll want to download the free Zoom app ("Zoom Cloud Meetings") from your app store. More information and sources for help with Zoom are available on the OLLI website under [ZOOM HELP](#).

Livestreaming is similar to Zoom, except you don't need an app—you just need access to the internet. Clicking on the livestream link takes you to a webpage where you choose the current meeting from a list. Unlike Zoom, you will not see the other attendees and the instructor can't see or hear you, but you can type a message into the chat box. All livestreamed classes are recorded and available to view after the meeting. For more information on livestreaming see [OLLI Livestreaming FAQs](#). An informational video and class recordings are on the OLLI website under [LIVESTREAM/RECORDINGS](#).

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## Hosting Zoom Programs

Class instructors and coordinators can sponsor class meetings on Zoom using their CSUF Zoom account. On the OLLI website homepage, click on Coordinators Information tab on the right for the link "How to use your CSUF Zoom account to create course meetings." The link is [https://olli.fullerton.edu/\\_resources/pdfs/UsingCSUFZoomAccountToSetUpZoomMeetings.pdf](https://olli.fullerton.edu/_resources/pdfs/UsingCSUFZoomAccountToSetUpZoomMeetings.pdf)




### Learn to Use Zoom

Click on [ZOOM HELP](#) on the OLLI website to learn more about using Zoom.

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***“In addition to friendship, OLLI has given me purpose. I feel valued here. I can use my teaching skills with people who, like me, still want to learn.”***


**-Mary Sampson**

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## Distance Learning Classes

OLLI members may have days when they can't get to campus, when parking availability is difficult or when their favorite classes are running concurrently, forcing them to miss a class. Selected classes are recorded and archived on the OLLI website for members to stream online at their leisure. Many videos are currently available to watch, and more are added each week. To access the video collection go to the OLLI website at <http://olli.fullerton.edu> and click on [LIVESTREAM/RECORDINGS](#) under MORE INFORMATION on the home page.

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## Transitions in Retirement Programs for the newly retired and almost-retired

New retirees or those approaching retirement have a special place at OLLI. Transitions in Retirement (TiR) is a series of programs for persons preparing for this next phase of their lives. Whether still working or not, you may not have enough weekday time to benefit from all OLLI courses. Transitions in Retirement addresses that with classes more to your convenience on weekends and during early morning, late afternoon and evening hours.

“Transitions in Retirement Essentials” classes on Saturday mornings during the fall and spring semesters are open to the public at no charge. This gives you a chance to sample what OLLI has to offer. Topics cover a wide range, from financial planning to health issues. Other TiR classes do require OLLI-CSUF membership. TiR offerings are specially marked in our course listings, and you can read more about our program on our website at <http://olli.fullerton.edu> under Transitions in Retirement on the home page.

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## OLLI-CSUF Collaboration OLLI + CSUF students + Faculty = Collaboration

Through the OLLI-CSUF Collaboration program, OLLI members share their life experiences and skills with members of the university community—to the benefit of all.

Opportunities include tutoring, mentoring, evaluating and sharing expertise with CSUF classes and individuals in both academic and career/professional pursuits. CSUF students and faculty benefit from our members' accumulated knowledge and wisdom, and OLLI members enjoy the intellectual stimulation, the opportunity to remain productive and “giving back” to the community.

Learn how to get involved under Other Activities in this booklet, and on our website at <http://olli.fullerton.edu> under the VOLUNTEER tab.

**Please silence your cell phone when  
attending classes and programs.  
Thank you!**

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## OLLI Trips

The OLLI Trips Committee plans and coordinates trips of educational interest to OLLI members to locations off the CSUF campus throughout the year. Trips are not scheduled with a routine occurrence and are not finalized in time to be listed in this catalog. OLLI members are notified of upcoming trips via the weekly newsletters, the ChroniCLE and other media. Trips are of two types: day trips and overnight trips. Some recent or proposed day trips include Hollywood Bowl, Motion Picture Academy Museum and JPL. Some recent or proposed overnight trips include Alaska Cruise, Palm Springs/Joshua Tree and Boston/New England. Trips are subject to the Special Events Registration Policy section of this catalog. If you have ideas for future trips, bring them to the Trips Committee meetings (see Committee Meetings under the Program Descriptions section).

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## Auditing Cal State Fullerton Courses

One of the most valuable OLLI benefits is the privilege to audit any CSUF course, free of any tuition fees, with the instructor's permission and approval from the OLLI office. OLLI members don't receive any official, academic credit from the University, but they enjoy the benefit of a world-class education, participating with University students. This privilege is not available during the summer session.

Go to the OLLI website at <http://olli.fullerton.edu> and click on [AUDITING CLASSES](#) for step-by-step instructions to enroll through OLLI. This webpage provides links to the CSUF course catalog and schedule of classes for each semester. You will be asked to complete a form and submit it to the OLLI office, who will obtain instructor approval to attend your course(s) of choice. If approved, you will receive confirmation from the instructor, and later, information on how to access the class.

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## Parking & OLLI Trolley Information

**Please consult the campus parking map following this section for parking locations.** OLLI-CSUF members may park in some CSUF student lots and parking structures as listed below. All members are issued virtual parking permits, and parking is monitored electronically. Hang tag permits are no longer used on the CSUF campus.

**Lot J**, adjacent to the Ruby Gerontology Center (east side), is available exclusively for OLLI permit holders Monday through Thursday until 6 p.m., and Friday until 6 p.m. Lot J is particularly convenient for our members with mobility concerns, so we ask that you keep this in mind when considering where to park.

**When Lot J is full, Lots G and A** provide a pleasant walk. An OLLI Trolley ride to the RGC is available during published days and hours. **Lot G** is located on the SW corner of Associated Road and Yorba Linda Blvd next to Goodwin Field. **Lot A** is located on the SE corner of Yorba Linda Blvd. and State College Blvd.

Do not park in the Arboretum parking lot, even if your class is held at the Arboretum (such as Longevity Stick and Tai Chi). If you have an OLLI class at the Arboretum, park in **Lot G**. Arboretum parking space is very limited. Continued parking there by OLLI members could result in the loss of access to this wonderful facility for OLLI classes.

**OLLI Trolley.** The OLLI Trolley is available during spring and fall semesters (no summer service) to transport members between Lots G and A and the RGC, although many members prefer to walk. See the OLLI Trolley operating times under [PARKING AND OLLI TROLLEY](#) on the OLLI website at <http://olli.fullerton.edu>. If you're interested in volunteering as an OLLI Trolley driver, please apply in the OLLI office.

***By the Alphabet: CSUF Lot Availability for OLLI Members:***

- Lot A: OLLI permits are valid in most of Lot A. Please check signs before parking. Do not park in Lot A-South, because this is a faculty-staff parking lot.
- Lot D: OLLI permits are NOT valid.
- Lot G: OLLI permits and daily parking permits are valid.
- Lot H: Parking is for the disabled and faculty/staff only. The four disabled parking stalls are available to qualified OLLI members. Please see Disabled Parking below.
- Lot J: available exclusively for OLLI permit holders Monday through Thursday until 6 p.m., and Friday until 5 p.m.
- Nutwood and State College Parking Structures: OLLI permits are valid.
- Eastside North and Eastside South Parking Structures: OLLI permits are NOT valid.
- Student Housing Lot and Arboretum Lot: OLLI permits are NOT valid.

**Parking Enforcement**

OLLI permits are registered by each member's automobile license plate and cannot transferred or lent. A parking citation will be issued to a vehicle that is not registered with a virtual parking permit, and the member may lose the privilege to receive another OLLI permit, indefinitely.

If your vehicle is issued a parking citation and you wish to contest it, you may file an administrative review online at <https://csufparking.t2hosted.com/Account/Portal>.

**Disabled Parking**

OLLI members with DMV-issued disabled parking placards may park in disabled stalls located in Lot J and in Lot H (Lot H is on the immediate west side of the Ruby Gerontology Center) and in Lot G (south side, across from the OLLI Trolley stop). Members must display their placard when parked in a disabled stall.

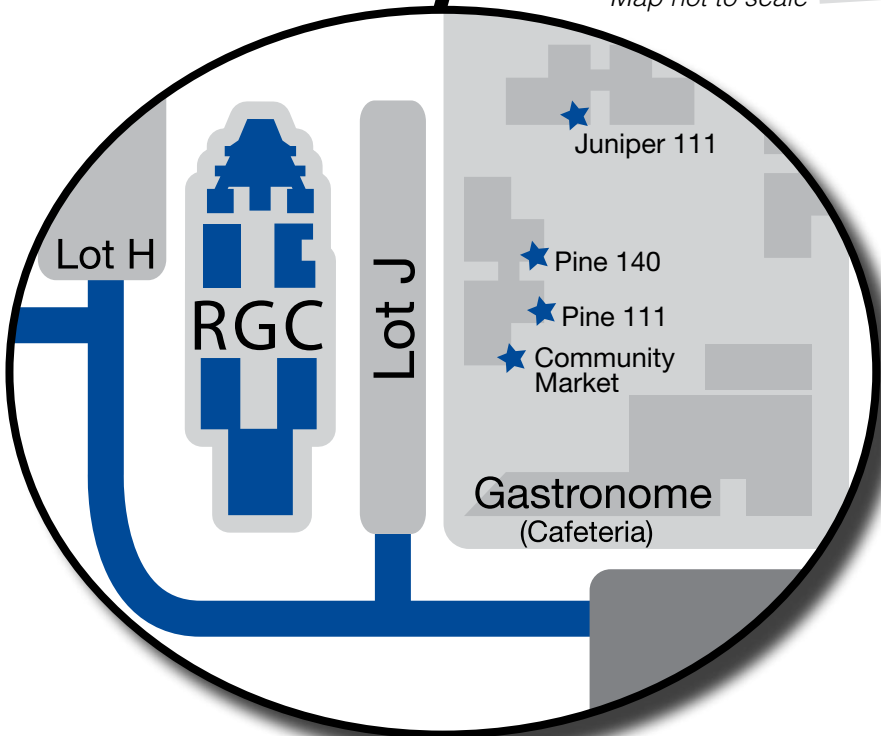
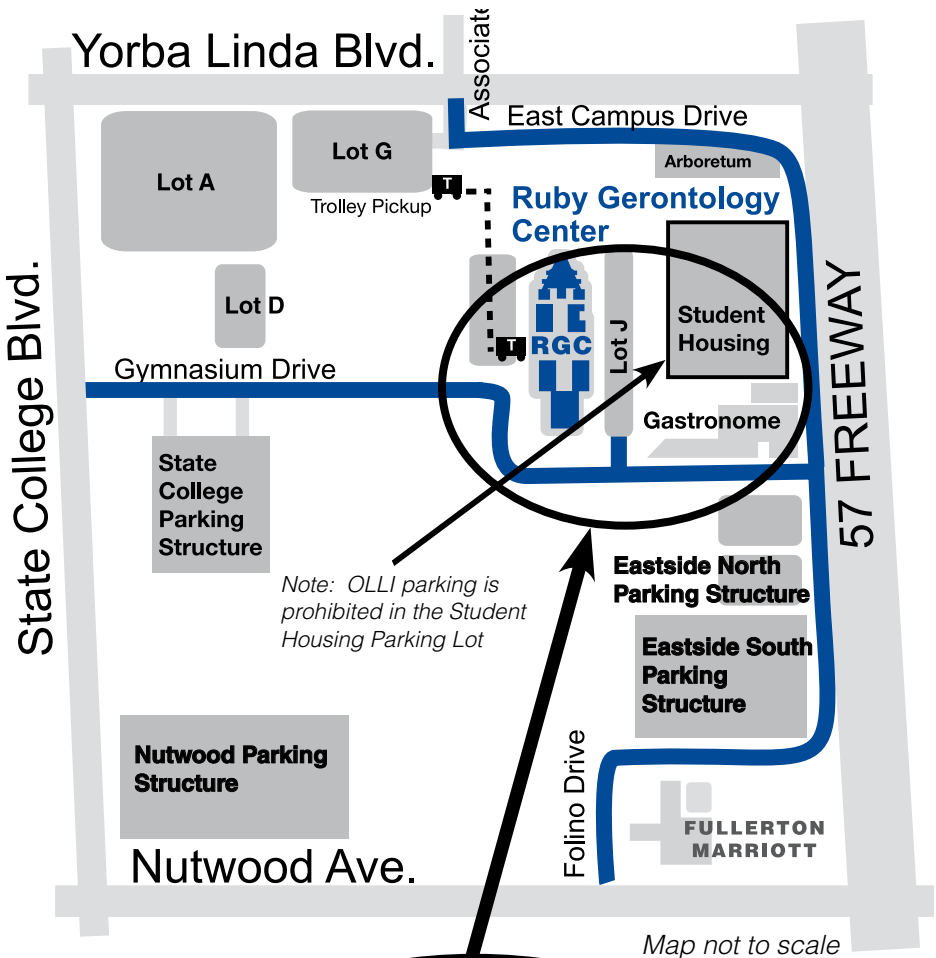
**Visitor Parking**

Single-day, virtual parking permits (currently \$12.00) may be purchased through the Park Mobile app on your cellphone (credit cards only) at <http://parkmobile.io/>. Physical paper parking permits, which were previously purchased through vending kiosks, are no longer issued. Visitor permits are valid in all student parking lots and structures, but are not valid in Lot J, adjacent to the RGC, nor the student housing lot. Permits are not required Fridays after 5 p.m. nor on Saturdays and Sundays.

**General Information**

Campus parking information is available on the CSUF Parking and Transportation Services webpage at <https://parking.fullerton.edu>. OLLI members may call the Parking Office at 657-278-3082, or visit the walk-up window Monday through Friday, between the hours of 8 a.m. and 5 p.m., or send an email to [parking@fullerton.edu](mailto:parking@fullerton.edu).

# Ruby Gerontology Center Parking





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## Special Events Registration Policy

### Who goes? How are they chosen?

Special events are open to members only. Should an event not fill by the stated deadline, non-members may register with OLLI approval.

Registration for a special event begins on a date assigned by the OLLI office. This date is approximately one week after the mailing of the ChroniCLE first announcing the event. Payments and coupons for a special event will be accepted at the time of registration. Registration forms will be entered on a first-come, first-served basis. Forms submitted by mail (post office or electronic) prior to the date of the beginning of registration will be entered at the end of the first day of registration. Once an event is full, a waiting list will be created, also on a first-come, first-served basis.

The OLLI office notifies only those individuals who could not be included in an event, and refunds their payments. If you want confirmation that you have been included on the list for an event, check the event lists posted on the bulletin board outside the OLLI office.

Refunds of payments of those who are registered for an event but are unable to attend will be made as long as no cost is incurred by the organization. A registered participant who is unable to attend an event should notify the OLLI office at least two business days before the event. If there is a waiting list for the event, a replacement will be registered from the waiting list, and a refund will be made to the participant who is unable to attend.

If you have any questions regarding the special events policy, please contact the OLLI office at 657-278-2446.

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## Notes on Curriculum / Format / Frequency

Courses fall into these general categories: The Arts; Languages; Economics, Humanities and Social Sciences; Healthy Living; Science; Technology; and Special Interest Groups and Social Programs. OLLI's Curriculum Committee considers member requests in the planning of each semester's offerings.

Class formats include those in which members learn from each other, as well as guest lecturers such as community leaders, university professors and other leading authorities. All courses and programs are coordinated by OLLI members.

**Lecture/Discussion courses and programs** may include instructors, as well as guest lecturers and presenters. Presentations are generally followed by a coffee break and a "Q and A" session.

**"Study" courses**, such as language and literature, are enhanced by some study or work outside class.

**Frequency** varies, so be sure to check your Blue Book for class meeting times, days and dates.

**Other programs** include special events, field trips and other activities, some of which require a modest payment.

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## Blue Book Editorial Staff

**Editor** ..... Jill Patterson  
**Copy Editors** . . . . Susan Hanna, Amy Kernes, Steve Kernes, Alison Sawyer

### Section Editors:

Fine Arts, Art Appreciation, Literary Arts .....Kathey Schuster  
Performing Arts ..... Renee Cabrera  
Languages ..... Sue Batie  
Economics, Humanities and Social Sciences. .... Joanne Hardy  
Healthy Living ..... Carol Thurk  
Science ..... Vickie Fears  
Technology ..... Carol Thurk  
Special Interest Groups and Social Programs ..... Beverly Risse  
OLLI Events. .... Renee Cabrera  
Committee Meetings ..... Debra Kegel

**Scheduling Resolution Team** ..... Sue Batie, Renee Cabrera,  
Ellie Monroe & Carol Thurk

**Indexing/Distribution** ..... Corina Pineda

**Production** ..... CSUF University Extension

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## Notice of Disclaimer

OLLI-CSUF presents programs of interest for general guidance only. It does not engage in rendering legal, medical, financial or other professional advice and services. Due to the changing nature of laws, rules and regulations, and because the application and impact of laws can vary widely based on the specific facts involved, there may be omissions or inaccuracies in information presented by OLLI-CSUF. Therefore, information presented in an OLLI-CSUF program should not be used as a substitute for consultation with a professional legal, medical, financial or other competent adviser. Before making any decision or taking any action, program participants should consult a professional legal, medical, financial or other competent adviser.

All information is provided “as is,” with no guarantee of completeness, accuracy, timeliness or of the results obtained from the use of the information, and without warranty of any kind, express or implied, including, but not limited to warranties of performance, merchantability and fitness for a particular purpose. Neither OLLI-CSUF nor its information providers will be responsible to any program participant or anyone else for any decision made or action taken in reliance on the information presented by OLLI-CSUF, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

# PROGRAM DESCRIPTIONS

The classes and events (programs) in this catalog may be offered: 1) in-person on campus; 2) via Zoom videoconference; 3) livestreamed through the internet or 4) a combination of in-person and online, i.e., hybrid. Hybrid programs may be either synchronous—offering both in-person and online (Zoom and/or livestream) simultaneously for participants to choose from, or nonsynchronous—alternating class meetings between in-person and online meetings.

Courses offering a choice of multiple venues will list those choices together divided by a slash (/). For example, if you have a choice of attending in person in Room 21 or Zoom or livestream, it will appear as Room 21/Zoom/Stream-Rec. A choice of Zoom or livestream will appear as Zoom/Stream-Rec.

Zoom allows participants to interact with other attendees and the instructor via the chat module.

Livestream classes do not allow any interaction. Classes can be watched live or watched later once the recording has been uploaded. Livestream classes will not be recorded when an instructor is presenting proprietary materials. In that case, an announcement will be made in the weekly OLLI newsletters.

**Watch OLLI's weekly newsletters and other emailed announcements and check the OLLI website for up-to-date information on changes in class or event meeting dates, times or venues (including Zoom and livestream) or cancellations.**

## THE ARTS

### *FINE ARTS AND CRAFTS*

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#### **Ceramics**

**Every Tuesday • 9 a.m.-11:30 a.m. • Shapiro ABCD**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

*Intersession: April 15, 22, 29 • May 6, 13*

*Materials Fee: \$90*

***Pre-registration Required:*** Contact the instructor at [janann@sbcglobal.net](mailto:janann@sbcglobal.net).

Come join us for a morning of fun, laughter, sharing and learning. The basic hand-building techniques of clay will be taught—pinch pots, coil and slab—with many additional ideas. The experience will go far beyond your expectations! Beginners and (seasoned) experienced students are welcome!

***Instructor:*** Janann Zechmeister

***Coordinators:*** Patricia Dapkus, Jim DiTota, Jill Patterson and Mary Townsend

***Emerita:*** Desiree Engel

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## Drawing for the Fun of it

**Every Wednesday • 10 a.m.-noon • Shapiro ABCD/Zoom/Stream-Rec**  
*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

***Intersession:*** April 16, 23, 30 • May 7, 14

Drawing is a skill that anyone can learn, but first you need to learn how to see as an artist sees. Instructors will facilitate developing your “artist’s eye” and drawing skills in a fun, supportive and nurturing environment. Every two weeks a different instructor will present a drawing topic to explore. Foundational drawing experiences will include observational and contour line drawing, basic shapes and forms in space, perspective, mark making and tonal values. Genres are determined by the instructor teaching, and may include landscape, still life, portraiture and the figure, animals, cartooning, abstract or nonobjective art. All levels of artists are invited to participate in this course. Students may work with the instructor or on their own projects. Check out the OLLI webpage for this course for more information about our activities, resources and past project samples.

***Instructors/Coordinators:*** Sharon Brown, Carol Carson, Emma Cox, Jill Dayton, JoDell Gray, Stevie Johnston, Eileen Kroh, Jeff Layton, Marsha Linsley, Michael Shellman, JoAnn Wanless and Sandy Wessel

***Tech Coordinators:*** Tom La Casa and Michael Shellman

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## Watercolor Workshop

**Every Wednesday • 1 p.m.-3:15 p.m. • Shapiro ABCD/Zoom/Stream-Rec**  
*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

***Intersession:*** April 16, 23, 30 • May 7, 14

Come and join us in a relaxed, supportive environment to pursue your artistic passions! This course is for all levels of watercolor artists. In alternate weeks, instructors will lead class projects, guiding and sharing different watercolor methods, techniques, and use of materials. Genres are determined by the instructor teaching and may include landscape, still life, portraiture and the figure, animals, cartooning, abstract or nonobjective art. We will have the opportunity to share and get feedback on our completed work or work in progress. At any of our classes, you are free to work on your own projects if you choose to do so. Check the OLLI webpage for this course for more information about our activities, resources and past project samples.

***Instructors/Coordinators:*** Marion Brockett, Sharon Brown, Carol Carson, Emma Cox, Maggie Giles, Barbara Glaeser, Stevie Johnston, Mickey La Casa, Joan Lebsack, Marsha Linsley, Mary Sampson and Sandy Wessel

***Tech Coordinators:*** Tom La Casa and Michael Shellman

## **ART APPRECIATION**

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### **Art House Cinema**

**Every Monday • 5:45 p.m.-8 p.m. • Shapiro CD**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

If you enjoy watching and discussing vintage and new foreign, independent and documentary films, join us to watch a series of thought-provoking films. Check the weekly OLLI newsletters for information on each week's film. Note that some films may run later than the scheduled end time.

**Instructor/Coordinator:** Mary Sampson

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### **Artsy: Post-Impressionism**

**Alternate Tuesdays • 2:15 p.m.-3:45 p.m. • Auditorium/Zoom**

*January 28 • February 11, 25 • March 11, 25*

This course is based on The Great Courses' "Post-Impressionism" series. Each lecture will address aspects of the art and artists of the post-impressionist era. The lectures will be augmented by various artistic treats. Let the journey continue!

**Instructor:** Judy Alter    **Coordinator:** Sue Batie

**Tech Coordinators:** Susan Hanna, Rick Hearn, Ginger Barnhart

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### **Critics' Choice: The Movies**

**Every Friday • 9:30 a.m.-11:45 a.m. • Shapiro AB**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

Movie fans will enjoy this course. At the beginning of each class, we check with class members to see if anyone has been to the movies and wants to give a recommendation. Then a feature-length film is shown. It could be a box office hit, a foreign film or a sleeper that did not play in our area. If you like going to the movies, this program is something to look forward to every week. New this year: the last Friday of the month will be a silver-screen presentation. We have a 40-minute resumé of an artist's life and work and then watch one of their films. Check the weekly OLLI newsletters for information on each week's film. This information is displayed next to the OLLI office and on the bulletin board in Shapiro A. Come join us!

**Instructor/Coordinator:** Claire Curran

**Tech Coordinator:** Richard Vellanoweth

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## **The History of Broadway (Open to the Public)**

**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 the lover of all types of plays. Don't miss this fun course.

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

**Tech Coordinator:** Jim Monroe

## **LITERARY ARTS**

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### **Authors' Central OLLI-CSUF (ACOC)**

**Alternate Thursdays • 2 p.m.-3:45 p.m. • Room 21/Zoom**

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

ACOC encourages authors and prospective authors to pool resources to promote their books and publications. Authors will participate in marketing, organizing promotional events, issuing press releases, collaborating in research and training, creating articles for and maintaining social media, applying guerrilla marketing and more. Book signings and readings are scheduled each semester. Publishing assistance is available.

**Coordinators:** Fritz von Coelln and Bob Kovacev

**Tech Coordinator:** Fritz von Coelln

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## **Book Clubs**

Like reading books and talking about life and happiness? Then these could be the groups for you. We come together for one common interest—books. Yet, in exploring the stories or history together, we will discover we have so much more in common as well. We try to find new areas to branch into each month. We may invite OLLI authors with manuscripts ready for publication. We don't break the stories down clinically, piece by piece. Instead, we prefer to discuss the story in general terms and how it relates to us. There are four separate clubs to choose from—see below.

### **“Genreflections” Book Club**

**Alternate Fridays • 11:30 a.m.-1 p.m. • Zoom**

*January 31 • February (14 no class), 28 • March 14, 28*

**Intersession:** April 25, May 9

This course is for those who enjoy reading and discussing fiction. We will explore a variety of novels representing various genres, such as travel fiction, historical fiction, coming-of-age fiction and domestic fiction. Our selection for the first class of 2025 will focus on the California Gold Rush. Our novel is “A Dangerous Business” by Jane Smiley. This novel combines history with

mystery. Be prepared to be transported to Monterey, 1851, where we will meet a few working girls who put their heads together to fight a crime spree.

**Instructor:** Andrea Tarr    **Tech Coordinator:** Rosalind Charles

### **Graphic Novels, Comics and More!**

**Alternate Thursdays • 4 p.m.-5:30 p.m. • Zoom**

*January (23 no class) • February 6, 20 • March 6, 20 • April (3 no class), 10*

**Intersession:** *April 17 • May 1, 15*

Did you know that the popularity of graphic novels has grown 90% in the past few years? And did you know that adult graphic novels offer a unique interplay of challenging text and supporting artwork that are just as complex and enjoyable as a traditional book? Due to popular demand, many traditional books, such as Stephen King’s “Sleeping Beauties,” Agatha Christie’s “Murder on the Orient Express” and even Shakespeare have been transformed into graphic novels! Each class, we meet online and discuss and critique a book we have read from many different genres: mystery, romance, science fiction and fantasy, memoir, historical fiction and nonfiction, and even a science book, all in the form of a graphic novel or manga. Occasionally we will focus on a popular comic, such as Wonder Woman, Calvin and Hobbes, or Drabble. The more voices we have, the richer the discussion, so drop by our classes any time, even if you haven’t read the book, and add your unique perspectives to ours!

**Instructor:** Dr. Barbara Glaeser

**Coordinator/Tech Coordinator:** Jill Patterson

### **Kitty’s Book Club**

**Alternate Mondays • 12:15 p.m.-2 p.m. • Zoom**

*January 27 • February 10, 24 • March 10, 24*

Our book club loves exploring different themes in discussing fiction books. Prior to the first class of the semester, our members generate the list of books to read. The first book selected for the fall semester will be “The Women” by Kristin Hannah. Please read the book and join our discussion.

**Coordinators:** Lisa Sewell and Juanita Driskell

### **Mystery Book Club**

**Alternate Mondays • 12:15 p.m.-2 p.m. • Zoom**

*January (20 no class) • February 3, 17 • March 3, 17, (31 no class) • April 7*

Mystery Books is a category of reading that is well established by the reading public. Authors such as Agatha Christie and characters such as Sherlock Holmes and Miss Marple are well known. Mystery books are so popular that they have separate awards for excellence, humor, etc. The “Mystery Book Club” meets and discusses a book selected by club members. Please read “Memory Man” by David Baldacci before our first class and “The River We Remember” by William Kent Krueger before our second class. Subsequent book selections will be determined by the club during the first class.

**Coordinators:** Patrick Boyle and Sandy Potter

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## Great Books

**Alternate Mondays • 10 a.m.-noon • Room 21**

*January (20 no class) • February 3, 17 • March 3, 17 (31 no class) • April 7*

This course explores literature recommended by the Great Books Foundation. The group is made up of individuals who love to read and partake in lively discussions. Discussion leadership rotates among class participants. Join the discussion in finding deeper meaning behind the printed words. We will begin with selections from “Taking Action,” edited by Adam Davis. Discussion questions from The Great Books Foundation will be available for all selections. Selections will be announced in the weekly OLLI newsletters. Please read the selection before each class. Come and try a class—you may be pleasantly surprised!

**Instructor:** Judy Alter    **Coordinator:** Gary Wolfe

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## Kick Starting Your Writing

**Every Tuesday • 12:15 p.m.-2:15 p.m. • Room 9**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

**Intersession:** *April 15, 22, 29 • May 6, 13*

- Do you want to do some writing but don’t know how to start? Have you written in your younger days and now would like to recover some of that earlier fire? Would you like to write but are afraid to try? Then we invite you to “Kick Starting Your Writing.”
- Do you simply want to share what you have written and get encouragement and feedback? Then we invite you to “Kick Starting Your Writing.”
- Have all of your writing experiences been practical, work-oriented or technical? Do you wonder how to spark your imagination in order to write? Then we invite you to “Kick Starting Your Writing.”

**Instructor:** Ron Baesler    **Coordinator:** Ann Casas

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## Life Story Workshop

**Alternate Tuesdays • 9 a.m.-noon • Zoom**

*January 21 • February 4, 18 • March 4, 18 • April (1 no class) 8, 22*

**Pre-registration Required:** If you are interested in attending, contact Kathy Collier at [kathyloucollier@gmail.com](mailto:kathyloucollier@gmail.com).

This warm, supportive course is where you can begin writing down the stories of your life for your family. Share your stories and listen to the stories of others in your small reading group—a powerful experience, connecting with others through their stories. Discover a treasure trove of ideas for writing two-page life stories. This workshop involves a commitment to attend regularly and write a story every two weeks.

**Coordinators:** Alice Gresto and Kathy Collier

**Tech Coordinators:** Zona Gray-Blair and Patricia Silvestri



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## The New Yorker Magazine Discussion Group

**Alternate Thursdays • Noon-2 p.m. • Room 9/Zoom**

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

The New Yorker is renowned for its in-depth reporting and cultural commentary. Articles from other sources, including The Atlantic, Harper's Magazine, The New York Times and Los Angeles Times may also be included in our class discussions. Subscriptions to these publications are not required. In advance of each class meeting, class members will receive links to the articles to be discussed.

**Coordinators:** Edward Dunvan, Gerri McNenny and Linda Lockwood

**Tech Coordinator:** Jim Monroe

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## Poetry for Pleasure

**Every Thursday • Noon-1:45 p.m. • Room 21/Zoom**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

Our poetry course is for people who love poetry or for those who would like to try it out. We love reading it, writing it, and listening to it. To be in our course, though, you don't have to write it (so don't worry about that). We take turns leading each class by featuring a poet or a theme. We all bring in and share poems by that poet or on that topic. Sometimes, we even have time for sharing some potpourri. Come join us; it's fun!

**Coordinators:** Juanita Driskell, Alice Gresto and Mary Sampson

**Tech Coordinator:** Fritz von Coelln

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## Shakespeare Aloud

**Alternate Thursdays • 10 a.m.-11:45 a.m. • Shapiro CD**

*January 30 • February 13, 27 • March 13, 27*

In a restructured course, we will focus on one play each semester. Outside lectures on DVD will help develop an understanding of the play and Shakespeare's creative genius. Students will then read the play aloud, alternating parts, providing their own copy. Our spring 2025 play will be "A Midsummer Night's Dream."

**Coordinators:** Sandra Wodicka and Stephanie Beverage

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### Links to Online Classes

Get links to Zoom and livestreamed classes in Class Information and Updates Newsletters or on the OLLI website at <http://olli.fullerton.edu> (CSUF username & password required).

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## Short Stories

**Alternate Mondays • 10 a.m.-noon • Room 21**

*January 27 • February 10, 24 • March 10, 24*

Do you enjoy reading but would like an alternative to book clubs that read full-size novels? Then “Short Stories” may be the right course for you. In each class we discuss two stories that are to be read prior to class from the short story anthology that is currently being used. This spring we will continue our readings from “100 Years of the Best American Short Stories,” edited by Lorrie Moore and Heidi Pitlor. A reading list schedule for the semester will be sent to each class member and the current stories to be read for that week will be listed in the weekly OLLI newsletters.

**Coordinators:** Janet Genow and Sybil Shecter

**Tech Coordinator:** Gary Wolfe

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## Women Writers’ Workshop

**Every Monday • 10 a.m.-noon • Room 9**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

This course will create a judgment-free creative writing space and a supportive, nurturing writing community for women writers. We will offer writing prompts in a variety of different formats designed to inspire and generate creativity, and participants will share their writing (500 words or less). Prompts for writing at home as well as in-class writing will be offered. Writers will also have the opportunity to offer segments of their creative short stories in progress for feedback. In this course, we will find our voices, expand our writing horizons and share our stories as we write, share, explore and discover our writing and learn from each other.

**Facilitators/Coordinators:** Cheryl Perreira and Kenni Blossom

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## Write Now!

**Alternate Thursdays • 2 p.m.-3:45 p.m. • Room 21/Zoom**

*January 30 • February 13, 27 • March 13, 27*

This course is for members who just want to write essays, memoirs, letters to the editor, poems or stories. We provide you the opportunity to practice writing by writing. You will be provided a topic and you have two weeks to write about it (or you may write about your own subject matter). We encourage you to share your writing in class—we ask that articles be held to about 500 words. Come join us to just write, write, write and read—it’s lots of fun!

**Coordinators:** Fritz von Coelln and Rich Williamson

**Tech Coordinator:** Fritz von Coelln

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## Writing with Feedback

**Every Thursday • 4 p.m.-6 p.m. • Room 21/Zoom**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Intersession:** *April 17, 24 • May 1, 8, 15*

We encourage class members to read aloud their creative works—fiction, nonfiction, poetry, etc. Other class members provide feedback by sharing what worked well, what might need clarification or improvement, ideas for publication, etc. The respondents may also provide written feedback to the presenter. You'll have the opportunity to rewrite your work in response to the feedback. This course is for authors and writers interested in publishing their works. Publishing assistance is available.

**Instructors/Coordinators:** Keni Cox, Jeanette Reese and Fritz von Coelln

**Tech Coordinator:** Fritz von Coelln

## PERFORMING ARTS

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### Classical Guitar: Beginning

**Every Thursday • 4:30 p.m.-5:30 p.m. • Room 18**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Intersession:** *April 17, 24 • May 1, 8, 15*

**Required:** A classical (nylon-stringed) guitar, a guitar footstool or other guitar support, and a music stand. A guitar tuner, either standalone or a phone app, is helpful but not required.

Are you fascinated by the beauty of classical guitar? Are you interested in learning the basics of playing in the classical guitar style? If so, come join in learning note reading on the guitar and the basic left- and right-hand classical guitar techniques. You'll learn to play melodies and simple duets. The ability to read music is helpful, but not essential. Guitarists of all levels are welcome. The book, "Classical Guitar Method, Volume I" by Bradford Werner, is a free download available at <https://www.thisisclassicalguitar.com/free-classical-guitar-method-book-pdf/>. Please download and print the book before attending the first class. If you have any questions, please email the instructor at [brattonja@csu.fullerton.edu](mailto:brattonja@csu.fullerton.edu).

**Instructor/Coordinator:** Janet Bratton



### Learn to Use Zoom

Click on [ZOOM HELP](#) on the OLLI website to learn more about using Zoom.

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## Classical Guitar: Ensemble

**Every Wednesday • 4 p.m.-6 p.m. • Room 18**

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

*Intersession: April 16, 23, 30 • May 7, 14*

**Prerequisite:** Ability to read music

**Required:** A classical (nylon-stringed) guitar, footstool and music stand

For anyone who would like to play a classical guitar and make music in a group, come join us! Music from the 17th century to the present will be played in the classical guitar fingerstyle method. The first half of each class will feature beginning level repertoire. The second half of each class will feature repertoire development.

**Coach/Coordinator:** Janet Bratton

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## Concert Band

**Every Tuesday • 5:15 p.m.-6:45 p.m. • Shapiro ABCD**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

*Intersession: April 15, 22, 29 • May 6, 13*

**Prerequisite:** Ability to read music and play an instrument

**Required:** Instrument and music stand

**Concert Dress:** All black or black pants/skirt and white shirt/blouse

**Materials Fee:** \$20

Did you play an instrument in junior or high school and want to play again? This is the group for you! All levels of musicians are welcome. We will play concert, popular, symphonic and show tune music. Come join in the fun of playing music together. There will be one or two performances each semester.

**Conductor:** James Hartford

**Coordinators:** Rayleen Williams and Tom Stachelek

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## Crescendo Chorale

**Every Friday • 12:30 p.m.-2:30 p.m. • Shapiro ABCD**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

*Intersession: April 18, 25 • May 2, 9, 16*

**Materials Fee:** \$20

If you love to sing and enjoy camaraderie, then this is the place for you! The OLLI Chorale sings together in four-part harmony, enjoying many different genres of music. Even if this is a new experience for you, come and learn to make beautiful music together in song. No auditions are required. Come one, come all!

**Instructors/Conductors:** Tom Hut and Marge Osborn

**Accompanist:** Esther Ahn

**Coordinator:** Amy Kernes

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## CSUF Faculty/Student Performances/Presentations (Open to the Public)

**Alternate Tuesdays • Noon-1:30 p.m. • Auditorium/Zoom/Stream-Rec**  
*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 are given the opportunity to perform for our members in order to fulfill performance requirements for credit toward their degrees. These students are top-rated performers. Faculty members are also invited to participate. In the event that 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.

**OLLI Coordinator:** Ellie Monroe

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## Drama, Improv & Storytelling

**Every Thursday • 8:30 a.m.-9:45 a.m. • Shapiro CD**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

Do you want to perform better in social situations? If you desire a more confident presence, better voice expression or free and expressive body language, then you have found the right course. For those who are “closet hams,” come out and perform in broad daylight. For eager novices and experienced thespians, there is a place for you. Learn to feel more comfortable in front of an audience, maybe practice for a presentation or just have fun pretending to be someone else.

**Coordinators:** Mary Sampson, Edward Dunvan and Zona Gray-Blair

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## How to Play Violin for Beginners

**Every Monday • 11 a.m.-noon • Room 18**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Required:** Violin, bow and music stand

Are you an adult beginner who has been hesitant to try the violin due to its perceived difficulty? Have you dreamed about learning to play the violin? Do you crave a learning environment that offers encouragement and positive feedback? This course is designed to make learning the violin an enjoyable experience, even if you have no prior knowledge of reading sheet music. All you need is a violin and bow (which you can purchase, rent or borrow) and a music stand for an enhanced learning experience.

**Instructor:** Linda Parato    **Coordinator:** Mickey La Casa

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## Jazz Band

**Every Tuesday • 7 p.m.-8:30 p.m. • Shapiro ABCD**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

*Intersession: April 15, 22, 29 • May 6, 13*

**Prerequisite:** Intermediate/advanced musician

**Required:** Instrument and music stand

**Concert Dress:** Black pants/skirt and white shirt/blouse

**Materials Fee:** \$20

This course will emphasize learning to play jazz with opportunities for improvisation. This is an instrumental group primarily for brass, sax, drums, piano, guitar and bass. Other instruments may be considered. Music from the swing era of the '30s to '50s will be played. Contact the conductor/coordinators by visiting the class. There will be one or two performances per semester.

**Conductor:** James Hartford

**Coordinators:** Rayleen Williams and Thomas Stachelek

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## Learn to Play Guitar

**Every Thursday • 3:30 p.m.-4:30 p.m. • Room 18**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

*Intersession: April 17, 24 • May 1, 8, 15*

**Required:** Six-string guitar, tuner and music stand

This is a beginning guitar course. We'll start with the basics—tuning, chord shapes, basic chord progressions, rhythm and strumming patterns. You'll soon be able to play some folk songs, or maybe learn to play a favorite song! As the course progresses, we'll accommodate different learning speeds and end-goal desires, as well as address all your guitar questions. All you need is a six-string guitar, a tuner, a music stand and a desire to have fun and play music.

**Instructor/Coordinator:** Janet Bratton

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## Line Dancing: Beginner's Level

**Alternate Wednesdays • 3:30 p.m.-5 p.m. • Shapiro ABCD**

*Wednesday: January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9*

*Intersession: April 16, 30 • May 14*

Line dancing is a popular means of socializing, sharpening one's memory and keeping fit. This course offers the basic fundamentals of line dance at a pace suited for the first-time dancer. The dances taught in this course will introduce the standard steps used by all professionals in the industry. All levels of dancers are welcome.

**Instructor/Coordinator:** Ellie Monroe    **Coordinator:** Debbie Maxwell

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## Line Dancing: Advanced Beginners/Intermediate

**Alternate Wednesdays • 3:30 p.m.-5 p.m. • Shapiro ABCD**

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

**Intersession:** *April 23 • May 7*

Do you love to dance? Come and join us for an afternoon of music and fun. This course steps up to the next level of line dance from the beginner's level course. Current and traditional line dance will be taught at a relaxed and comfortable pace. Line dancing is a great exercise for improving balance, coordination and memory skills while burning calories at the same time! All are welcome.

**Instructor/Coordinator:** Ellie Monroe    **Coordinator:** Nancy Bauerly

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## Line Dancing Workshop: Beginners/Intermediate

**Every Friday • 2:30 p.m.-3:30 p.m. • KHS 202**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Intersession:** *April 18, 25 • May 2, 9, 16*

This workshop is to offer “Line Dancing” students an opportunity to practice and reinforce line dances learned in the “Line Dancing” courses. All levels of dancers are welcome to join in. Be prepared to get an aerobic workout.

**Instructor/Coordinator:** Ellie Monroe    **Coordinator:** Debbie Maxwell

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## Musical Performances

**Designated Dates and Times • Auditorium/Shapiro ABCD**

*Dates: TBD*

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 and posted throughout the Ruby Gerontology Center.

**Series Coordinators:** Rayleen Williams and Renee Cabrera

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## Musical Performances/Presentations/Rehearsals

**Designated Fridays • 1 p.m.-8 p.m. • Auditorium/Zoom/Stream**

*Dates TBD*

These dates are provided for groups and individuals who need time and space to prepare for upcoming concerts. There will be occasions when “CSUF Faculty/Student Performances” and additional OLLI “Musical Performances” participants will be scheduled for special presentations. To reserve a slot for performances or rehearsals, please contact Ellie Monroe at [jim.ellie@mindspring.com](mailto:jim.ellie@mindspring.com). Notices of performances and additional information will be provided through the weekly OLLI newsletters and other publications and posted throughout the Ruby Gerontology Center.

**Note:** CSUF performances will be open to the public.

**Coordinators:** Ellie Monroe, Rayleen Williams and Renee Cabrera

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## Noontime Student Piano Performances

**Alternate Thursdays • Noon-12:30 p.m. • Auditorium/Zoom/Stream-Rec**  
*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

Come experience how students in piano studies in the School of Music at CSUF have applied their talents and hard work to achieve great success. Through our relationship with Professor Rob Watson, OLLI members and friends will be the beneficiaries of a series of half-hour presentations by these remarkable students. The students gain encouragement from an appreciative audience.

**CSUF Coordinator/Professor:** Rob Watson

**OLLI Coordinator:** Ellie Monroe

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## OLLI Flash Mob

**Every Tuesday • 2 p.m.-4 p.m. • KHS 203**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

**Intersession:** *April 15, 22, 29 • May 6, 13*

**No Prerequisites:** All dancers welcome.

The OLLI Flashers never fail to entertain a crowd. We've danced for Brea Mall, the City of Fullerton and even ABC TV. Come and learn our new dances and review/learn our repertoire of previous Flash Mob dances. You don't need to be a pro ... just a senior who wants to have fun. Join us as we dance on campus and at different venues all over Orange County. Let's set the stage on fire!

**Instructor and Choreographer:** Jeanette Reese

**Coordinators:** Joanne Hardy and Fritz von Coelln

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## Piano Keyboard: Improve Your Ability to Play and Improvise

**Every Monday • 5:15 p.m.-6:30 p.m. • Zoom**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Required:** Piano keyboard and headphones or earbuds

**Prerequisite:** Some ability to read music

If you've taken music lessons in the past and want to play keyboard, this may be the course for you. Review what you know and improve your skills. We will work on melody (hum or read lines, spaces and scales), add harmony (review chord theory and practice progressions) and improve rhythm (counting waltz, two-step and polka). This method is applicable to sing-along tunes, familiar standards, country and early rock 'n' roll—maybe even some jazz and blues. Please provide your own piano keyboard and headphones or earbuds.

**Instructor:** Ani Nuyujukian    **Coordinator:** Gene Hiegel



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## Piano Keyboard: Intro

**Every Monday • 3:30 p.m.-5 p.m. • Shapiro AB**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

**Required:** Piano keyboard and headphones or earbuds

Do you want to enjoy music through the piano? Have you ever tried playing the piano but gave up due to the challenge of using both hands simultaneously? Are you searching for a learning environment that provides encouragement and positive feedback? This course is designed to make learning the keyboard a breeze, even if you have no prior knowledge of reading sheet music. All you need is your piano keyboard; we will guide you through the rest. Since we have different levels of skills among the students, please be sure to bring earbuds or headphones to class. If you need advice on what size keyboard to bring, please contact the instructor at [jim.ellie@mindspring.com](mailto:jim.ellie@mindspring.com).

**Instructor/Coordinator:** Ellie Monroe

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## String Ensemble

**Every Thursday • 10 a.m.-noon • Room 18**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Prerequisite:** Intermediate musician

**Required:** String instrument, music stand, pencil

**Materials Fee:** \$0

Do you play a string instrument [violin, viola, cello]? Would you like to play chamber music? If so, please join us! If you are unsure about your skill level, try us out for a couple of weeks. Please bring your instrument and music stand.

**Instructor/Coordinator:** David Doo

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## Strings and Things Music Jam

**Every Tuesday • 1:45 p.m.-3:15 p.m. • Room 18**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

**Intersession:** *April 15, 22, 29 • May 6, 13*

This music jam activity course is for musicians who want to play and/or sing with other musicians and increase their repertoires. We will have an open jam format where class members will suggest tunes and songs to be played. All music will be provided via a Dropbox link. Please contact the instructor at [pattymccollom96@gmail.com](mailto:pattymccollom96@gmail.com) if you have questions. We are looking forward to our musical collaboration.

**Instructor/Coordinator:** Patty McCollom

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## Tap Dancing: Beginning/Intermediate

**Every Friday • 11 a.m.-noon • KHS 202**

January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11

**Intersession:** April 18, 25 • May 2, 9, 16

This is a fun, no-stress course. If you have always wanted to learn to tap dance, this course is for you! For those who would like to learn basic, easy tap steps at a very slow pace, please join us. Some tappers may prefer to remain in this course. Others will use what they learn in “Tap Dancing: Beginning” to later transition into our more advanced tap course. For more information, contact Toni Hoffman at [tonihoffman@sbcglobal.net](mailto:tonihoffman@sbcglobal.net).

**Instructor/Coordinator:** Toni Hoffman

**Technical Coordinator:** Stan Hoffman

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## Tap Dancing: Advanced

**Every Friday • 9 a.m.-10:45 a.m. • KHS 202**

January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11

**Intersession:** April 18, 25 • May 2, 9, 16

**Prerequisite:** OLLI “Tap Dancing: Beginning/Intermediate”

If you have completed “Tap Dancing: Beginning/Intermediate” or have some tap experience, come and learn more skills. Join this advanced tap course for great fun and friendships! New steps become routines and in no time you will be enjoying the many dances you will learn. By learning our tap steps and routines you will become a “Snappy Tapper of OLLI.” The Snappy Tappers have performed locally; however, performing is not required. For information, contact instructor Toni Hoffman at [tonihoffman@sbcglobal.net](mailto:tonihoffman@sbcglobal.net).

**Instructor/Coordinator:** Toni Hoffman

**Technical Coordinator:** Stan Hoffman



***“I look forward to assisting our CSUF students by empowering them to reach their educational and personal goals and help them build life skills and grow in confidence.”***

**-Roberta Jimenez**

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## Ukulele: Beginner II

**Every Monday • 2 p.m.-3:30 p.m. • Room 18**

*January (20, 27 no class) • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

**Prerequisites:** A desire to learn and have fun. Completion of “Ukulele: Beginner 1” or familiarity with the EZ dozen chords (A, A7, Am, C, C7, D, D7, Dm, E7, F, G, and G7) and the basic down strum.

**Required:** An ukulele, an electronic tuner and a music stand. No ability to read music is required.

In this course, you will learn more chords, more strums, and will be introduced to picking, chord melodies, tablature and some music theory. Playing and singing music in a group is not only fun, it’s good for your brain!

**Textbook (required):** “Essential Elements for Ukulele Method Book 1” by Marty Gross, Hal Leonard Publisher, ISBN 978-1480393882. It is under \$10 online.

**Instructors:** Jill Patterson and Linda Callen    **Coordinator:** Kurt Manglos

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## Ukulele: Symposium

**Every Monday • 3:30 p.m.-5 p.m. • Shapiro CD**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

**Prerequisites:** A solid understanding of chord progression and several strumming and fingerpicking patterns will make your Symposium experience more satisfying

The “Ukulele: Symposium” course will allow you to strengthen your skills in fingerpicking and chord melody. This course will also explore instrumental pieces that rely on those skills to bring the musicality of the piece forward, rather than relying on voice accompaniment. This course will explore contemporary, rock and classical music.

**Instructor:** Vickie Hite    **Coordinators:** Leland Akasaki and Linda Callen

**OLLI NEEDS YOU!!!** Please contact Sue Batie ([suebatie@gmail.com](mailto:suebatie@gmail.com)) or the OLLI Office if you would like to help by serving as a course coordinator or want to share your expertise by teaching a class!

# LANGUAGES

**Please note:** “French 1,” “German 1,” and “Spanish 1” are intended for beginning students from fall through summer semesters. Our other OLLI language courses are “ongoing,” i.e., they do not “start over” every year as they may in a high school or a university setting. After a year of “French 1,” “German 1,” or “Spanish 1,” students have the option of moving on to “French 2,” “German 2,” or “Spanish 2” or repeating “French 1,” “German 1,” or “Spanish 1” as a refresher course. We do not give placement tests, so newcomers to language courses are welcome to sample classes and stay with any or all courses that suit their level of proficiency.

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## French 1

**Every Tuesday • 10 a.m.-11:45 a.m. • Room 21**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

“French 1” is for beginners who have little or no French language skill. Many French people in tourist areas speak English, so why study French? Because demonstrating appreciation for their culture and a minimum of acquaintance with their language will put smiles on their faces and make your trip to a French-speaking country even more pleasurable. The course will emphasize good pronunciation and introduce key vocabulary and common expressions as well as basic grammar to help you to speak respectfully while enjoying exposure to and participation in French culture. For students who have previously attended the course, we will be starting with a brief review over the first weeks of units covered in fall 2024, and will then move forward to new material. The coursework will be appropriate for both beginners and students who have attended the course previously.

**Instructor:** Don Bradley    **Coordinator:** Mike Shellman



***“What joy in making new friends, attending many choices of classes, working with motivated, inspired volunteers and finding such great support.”***

***-Sue Mullaly***

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## French 2

**Every Monday • 8:30 a.m.-9:45 a.m. • Zoom**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

In this course we will review and expand our acquaintance with French culture and with basic French vocabulary and structure. The emphasis will be on good pronunciation and culture so that you can feel at ease while enjoying—and contributing to—easy conversations in a francophone environment. We will usually rely on videos made in France as a starting point for grammatical explanations rather than on a traditional textbook where learning starts with the grammatical structures. Teaching with Zoom has two big advantages for language study: a) it brings the sounds and sights of the new culture into our own environment and b) it allows for participant-to-participant conversations in breakout rooms.

**Textbook (optional):** “The Ultimate FRENCH Review and Practice,” any edition, offering detailed explanations, exercises and corrections of the exercises.

**Instructor:** Barbara Vigano    **Coordinator:** Joan Hinshaw

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## French 3

**Every Wednesday • 10 a.m.-noon • Zoom**

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

**Prerequisite:** Some previous study of French or equivalent

The three goals of this intermediate level course are: a) to emphasize exposure to authentic French culture through videos and intermediate level texts; b) to increase our knowledge of French vocabulary and grammatical structures and c) to practice conversation. We will rely on videos made in France rather than on a traditional textbook because learning with video on Zoom has two big advantages for language study: a) it brings the sights and sounds of the new culture into our own environment and b) it allows participant-to-participant conversations in breakout rooms. Therefore, our two-hour Zoom meetings will usually consist of three parts: a) a video lesson, coming to us from France, integrating culture, vocabulary and grammar; b) the discussion of intermediate level texts and c) practice speaking French in groups of two or three participants in Zoom breakout rooms.

**Textbook (optional):** “The Ultimate FRENCH Review and Practice,” any edition, offering detailed explanations, exercises and corrections of the exercises

**Instructor:** Barbara Vigano

**Coordinators/Tech Coordinators:** Sara Clark and Cindy Owens

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## German 1

**Every Tuesday • 10:30 a.m.-noon • Room 9**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

This course is for those who have little or no knowledge of the German language but would like to learn its basics. It will cover basic grammar, vocabulary, pronunciation, spelling, and interactive dialog. Primary teaching material will come from on-line applications (mainly the internet) and instructor handouts. Germanic history, geography and culture will be included as by-products of the language coursework. Some self-imposed homework will be expected, to reinforce material covered in class. The spring semester will build on subjects presented in the fall semester.

**Instructor:** Ken Luke, Debbie Gonzalez and Marvin Maio

**Coordinator:** Bill Reilly

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## German 2

**Every Tuesday • 12:30 p.m.-2:30 p.m. • Shapiro AB/Zoom**

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

Guten Tag und Herzlich Willkommen in der Deutschklasse!

This on-going German course is centered on increasing fluency, expanding vocabulary and deepening the knowledge of grammar and structures. German culture, history, politics, way of life and relevant topics are common themes in the course. Authentic texts, movies, videos and German visitors add to the real-life atmosphere of the course. Handouts—provided by the instructor—will take the place of a textbook. Whether you want to expand your knowledge of German, travel to Germany or any other German speaking country, or you just have an interest in learning about a great world culture, this OLLI German course is right for you. While many in the course have been taking it for some time, we will also target lessons so that intermediate speakers should be able to follow along and make strides in their German competence.

**Instructor:** Don Bradley    **Coordinators:** Ken Luke and Richard Zawilski

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## Spanish 1

**Every Thursday • 10 a.m.-11:30 a.m. • Shapiro AB**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Prerequisite:** Anyone may join the course in September. Students joining for the first time in the spring or summer need to check with the instructor on the first day of class. It is sometimes difficult to catch up in a language course once it has been running for several weeks. Some people are able to join successfully in mid-year if they already have some basic Spanish. Students are invited to try out the class and judge for themselves if it is at a useful level for them.

Spanish 1 is geared for beginners. It is a year-long course which starts anew every fall and becomes more complex in the spring and summer. The course

covers basic sentence structures with speaking and listening. Phonics will be taught for reading and writing. Repeating this course in the fall is an option if space is available for new beginners. Our goal is to lay a good foundation for learning Spanish and to leave every class saying goodbye and a new phrase in Spanish.

**Instructor:** Marjorie Mota    **Coordinator:** Jackie Ryan

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## Spanish 3

**Every Wednesday • 10 a.m.-11:30 a.m. • Room 21**

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

**Prerequisite:** “Spanish 1” and “Spanish 2” or some knowledge of conversational Spanish

This course is for those who have studied Spanish in the past and wish to continue building their knowledge of vocabulary and grammar. It presumes an acquaintance with present, past and future tenses. The focus of the course is on intermediate-level grammar skills to increase the understanding of written and spoken Spanish, and to improve the ability to speak Spanish. The course is taught in a mixture of Spanish and English.

**Instructor:** Juan R. Ishikawa    **Coordinator:** Carolyn Mendoza

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## Spanish 4

**Every Monday • 1:15 p.m.-3:15 p.m. • Room 9**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Prerequisite:** The ability to process directions in Spanish and to express opinions in group discussions

Students will increase fluency by engaging in dialogue and interactive activities. Topics of high interest are discussed. History and culture lessons promote vocabulary development. On an as-needed basis, selected points of grammar are reviewed. Students often volunteer to present a lesson or a travelog in Spanish. This is a win-win learning situation, since speaker preparation accelerates vocabulary acquisition and, when the audience thinks on its feet by asking questions in Spanish, it mirrors the give and take of real-life conversation. New students with some fluency may join at any time.

**Instructor/Coordinator:** Mari-Lynne Reid

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## Spanish Stories Talk

**Alternate Thursdays • 2:15 p.m.-4:15 p.m. • Room 9/Zoom**

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

The purpose of this course is to provide an opportunity to improve the participants’ Spanish vocabulary as well as their verbal delivery while discussing short stories in Spanish. The course is conducted in Spanish and new students with sufficient fluency may join at any time.

**Coordinators:** Suzi Attal and Lu Attal    **Tech Coordinator:** Chris Heaton

# ECONOMICS, HUMANITIES AND SOCIAL SCIENCES

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## ABC's of Medicare

**Designated Tuesdays • 10 a.m.-noon • Zoom/Stream-Rec**

*January 28 • February 4, 11*

This educational series via Zoom highlights the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits and avoid late enrollment penalties. It's also important to know that you can change or amend your existing plan to better meet your specific needs. There will be 3 Medicare-related classes. The first will cover the 4 parts of Medicare: Part A-Hospital Care, Part B-Medical Care, Part C-Medicare Advantage, and Part D-Medicare Prescription Drug Coverage Plans. The second will cover the differences between HMO, PPO, and Supplemental/Medigap plans. The third will cover how to decipher your medical bills. For example, "I just got a bill from my doctor. Do I pay it or does the insurance company pay it?"

**Instructor:** Diana Dillman, Medicare Options Specialist, Live Well Insurance

**Coordinator/Tech Coordinator:** Tom La Casa

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## American Magazine: News, Politics, Economics, Law

**Designated Tuesdays • 10:15 a.m.-11:45 a.m. • Auditorium/Zoom/Stream-Rec**

*February 11 • March 11*

This course explores contemporary events and consumer and business economics, including the 2024 elections, Supreme Court decisions, and policies, politics and challenges facing leaders in the federal government. Classes will focus on "cover stories" ripped from the headlines and presented in-depth for analysis and fact checking. Use of multimedia aids and presentation of issues in a style designed to be both educational and (occasionally) entertaining differentiate this course.

**Instructor/Coordinator:** Mike Stover    **Tech Coordinator:** Jay Messner

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## American Presidency

**Designated Tuesdays • 10:15 a.m.-11:45 a.m. • Auditorium/Zoom/Stream-Rec**

*January 28 • February 25 • March 25*

This course explores the policies, politics, foes and challenges facing America's 47th President during a time of extreme division over the country's direction and governance principles. Historical context and rigorous analysis will be used. The views and tactics of the President's foes will also be highlighted.

**Instructor/Coordinator:** Mike Stover    **Tech Coordinator:** Jay Messner

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## Eclectics (Open to the Public)

**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 on their research. Each semester offers great variety, and each class is unique and enlightening.

**Coordinators:** Barbara Rosen and Britt Wachsman

**Tech Coordinator:** Bob Newcomb

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## Exploratory Discussion Group

**Every Monday • 1:15 p.m.-3:15 p.m. • Shapiro CD/Zoom**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

From The Great Courses video series “National Security,” we will finish the lecture series by H.R. McMasters, then venture into the “Great Debate,” looking at both sides of the Articles of the Constitution. Differing opinions and viewpoints are encouraged. Please join us and keep your mind active.

**Coordinator/Tech Coordinator:** Leland Akasaki

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## Great Decisions

**Alternate Fridays • 1:15 p.m.-3:15 p.m. • Room 21/Zoom**

*January 31 • February (14 no class), 28 • March 14, 28*

Within three decades following the end of the Cold War, the United States found itself in a period of great-power conflict and accelerating technological change. In this course, we will explore and discuss these dramatic changes using briefing materials and videos provided by The Foreign Policy Association and augmented by leading publications such as The Wall Street Journal, The New York Times, The Economist and Foreign Affairs magazines. Discussion topics will include U.S.-China Relations, NATO’s Future, Mideast Realignment, Climate Technology and more. Each class will typically consist of video and lecture presentations followed by roundtable discussions. Our objective will be to better understand why historic changes are occurring now and how they are connected to each other and ourselves.

**Instructor/Coordinator:** James R. Monroe    **Tech Coordinator:** Jay Messner

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### Suggestion Box

We want your ideas, suggestions and solutions. Just drop a note in the box in the Shapiro Lobby, or email Vickie Hite at [vhite418@gmail.com](mailto:vhite418@gmail.com).

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## News: Up Close and Personal

**Alternate Thursdays • 10:15 a.m.-11:30 a.m. • Shapiro CD**

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

This course presents enlightening discussion of the day's news, including current events, politics, law, entertainment, culture, technology, business, the economy, health and medicine, and successful living. Participants need not have similar views—just similar interests. In a world where too many talk over each other, this course emphasizes respectful exploration of the news. To enhance effective discussion, the course is offered only as an on-campus option.

**Moderator:** Mike Stover    **Coordinator:** Barbara Rosen

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## Personal Finance and Retirement

**Designated Tuesdays • 3:15 p.m.-4:30 p.m. • Shapiro CD**

*February 11, 18, 25 • March 4, 11, 18*

This course is for all OLLI members who want to learn more about personal finance and make wise investment decisions in retirement. We will focus on investment basics and principles as well as retirement income planning and withdrawal strategies, IRAs, and Roth IRAs. We will also cover longevity planning and some key topics to prepare you for growing older. You will finish the course feeling more confident in your personal finance knowledge.

**Instructor:** Carrie Valerio, Financial Advisor, Raymond James  
Financial Services

**Coordinator:** David Wilkinson

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## Popes, Politics, Schisms and Controversies

**Alternate Tuesdays • 12:15 p.m.-1:45 p.m. • Shapiro CD/Stream-Rec**

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

This course covers the history of the Christian church from its inception in the first century to 1900. This year, the course will cover the end of the Reformation through to the modern church. Understanding the growth of the Christian church is key to understanding the history of Europe, the Americas and the Middle East. The course will cover the main issues, the important leaders such as Popes and governments, and the controversies and schisms that seemed to occur every few years.

**Instructor/Coordinator:** Steve Mood    **Tech Coordinator:** Bob Newcomb

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## Social Science in the News

**Designated Tuesdays • Noon-1:30 p.m. • Shapiro CD**

*January 28 • February 11, 25*

Join us as we explore the latest social science research to understand the real data behind today's issues. Our emphasis is on adding light (knowledge), not heat (rhetoric) to topics everyone is talking about. Topics change every semester—as the news changes—and have included immigration, voting behavior and attitudes, AI, child poverty, education, public health and more.

**Instructor/Coordinator:** Edwin Batson

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## TED Talks

**Alternate Wednesdays • 12:15 p.m.-1:45 p.m. • Zoom**

*January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9*

The motto for TED—Technology, Entertainment, Design—is “Ideas change everything.”

- Ideas change people. They change your perspective, your sense of what can be, even your life's trajectory.
- Ideas change communities. They create new collectives, energize existing ones and galvanize a shared vision for the future.
- Ideas change humanity. When minds shift and communities convene, there's no limit to what they can achieve together.

Come refresh your brain as we discuss videos presented by the vast array of the global TED community. Add your thoughts to what others are thinking.

**Moderator:** Steve Kernes    **Coordinator:** Steve Kernes



***“One can develop friendships with OLLI members, as well as contribute to, and enjoy the numerous activities and classes. I recommend OLLI to anyone who wants to stay active and volunteer their talents to help others reach their potential.”***

-Chris Milord

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## Transitions in Retirement Essentials (Open to the Public)

**Designated Saturdays • 9:30 a.m.-11:30 a.m. • Shapiro ABCD/Zoom/Stream-Rec**

*January 25 • February 1, 8, 22 • March 1, 8, 15, 22*

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 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

**Coordinators:** Mickey La Casa, Tom La Casa, Chris Kondo, Joseph Lawton, M.D., Ellie Monroe, Jim Monroe and Mike Stover

**Tech Coordinators:** Tom La Casa, Russell MacKeand, Ellie Monroe and Jim Monroe

### Income Tax Planning

*January 25 • Shapiro ABCD/Zoom/Stream-Rec*

**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 class 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, 401Ks, Pensions, Annuities, and taxation of distributions. The sale of your primary residence and income property will be addressed.

### All You Need to Know About Retirement You Learned at Work

*February 1 • Shapiro ABCD/Zoom/Stream-Rec*

**Speaker:** Chris Kondo, Ph.D., Lecturer of Marketing, Emeritus, and former Executive Career Advisor

Throughout your working life, you've joined organizations, mastered jobs, and pursued new activities. You've learned to assess opportunities and work with people. You have a sense of what you like to do. Join our interactive workshop as we help you "connect the dots." How can you apply these skills you've learned to planning or enhancing your retirement? Through lecture and group work, we'll explore the different components of retirement and begin planning your ideal next chapter.

## How US Presidential Elections Impact Your Finances

February 8 • Shapiro ABCD/Zoom/Stream-Rec

**Speaker:** John Pak CFP®, RICP®, EA, Otium Advisory Group

With the elections behind us, you may be wondering what it means for your money. Is there anything you should be doing differently financially? Is it prudent to shore up cash, postpone buying a house, invest in the stock market, or wait to retire? It is natural to be concerned when new leadership takes over the White House because each party brings along its brand of solutions to address age-old economic issues like inflation and unemployment; retirement-related topics like healthcare and social security; and not to mention the fate of the sunset provisions of the Tax Cuts and Jobs Act. John will share tips on how to survive the uncertainty and manage your finances with confidence regardless of a democratic or republican presidency.

## No class (President's Day holiday)

February 15

## Treatments for Aching Knees

February 22 • Zoom/Stream-Rec

**Speaker:** James C. Hwang, M.D., Sports Medicine Physician, Kaiser Permanente, Orange County

In this interactive class, you will learn about the common issues that can arise in the knee joint as we age as bipedal creatures. This will provide an introductory overview of the knee joint anatomy and prevalent issues as well as treatment options. This class will discuss treatment modalities including lifestyle changes, injectables, bracing options and rehabilitation exercises.

## Cleaning Out the Clutter and Hoarding

March 1 • Zoom/Stream-Rec

**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.

## Advances in Minimally Invasive Robotic-Assisted Surgery

March 8 • Zoom/Stream-Rec

**Speaker:** David Lee, M.D., Urologist, UCI Health and Erick Westbroek, M.D., Director of Spine Surgery, St. Jude Hospital, St. Jude Heritage Medical Group

Part 1: Dr. David Lee, UCI Health, will discuss minimally invasive surgical and non-surgical options using robotics in surgery for urology treatments.

Part 2: Dr. Erick Westbroek, a board-certified neurosurgeon and spine surgeon, will discuss robotic-assisted surgery for the spine.

## **Avoiding Identity Theft: Dark Web, Social Engineering and Scams**

*March 15 • Zoom*

**Speaker:** Dr. Tobi West, Cyber Center Director, Technology Dept. Chair, Coastline College

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 class, you will learn about how to avoid identity theft by understanding the latest scams and techniques that adversaries use. Tips for prevention, detection, and resources will be shared to help you better keep your identity safe.

## **To Be Determined**

*March 22 • Zoom/Stream-Rec*

**Speaker:** TBD

Please watch the OLLI Open to the Public Class Information and Updates newsletter for details of this presentation.

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## **What's Behind the News?**

*Alternate Wednesdays • 10 a.m.-noon • Zoom*

**January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9**

Join our stimulating and thoughtful discussion that reaches beyond the headlines and sound bites for a deeper look at the daily news. Our lively OLLI members delve into the broader context of ongoing social, economic and political changes. Bring your questions and comments to this probing, sometimes passionate, but always respectful discussion of current events.

**Coordinator:** Grace Bertalot    **Tech Coordinator:** Steve Kernes

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## **Wisdom Exchange**

**Alternate Wednesdays • 10 a.m.-noon • Room 9/Zoom**

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

In “Wisdom Exchange,” all participants have opportunities to share their wisdom, whether about dealing with the pandemic or other stressful world events, or about managing the physical, psychological and social challenges we may be facing as we grow older. Various topics are introduced in each class, and class participants share their views, their concerns and their joys. In the process, we laugh a lot and get to know each other better.

**Instructors:** Class members

**Coordinators:** Maureen McConaghy and Grace Bertalot

**Tech Coordinator:** TBD

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## World War II: What Happened? Why?

**Alternate Mondays • 2:15 p.m.-3:45 p.m. • Room 21**

*January (20 no class) • February 3, 17 • March 3, 17, (31 no class) • April 7*

Today's world can best be understood by viewing it through the lens of World War II. That war was the dominant event of the 20th century. It and its echoes determined the borders and form of government of most countries in today's world, and it continues as a powerful force to the present day. The course will have:

- In-depth original material to provide understanding of critical events, including what and why things happened as they did.
- High quality historical videos.
- A limited amount of material from other sources on World War II to establish context for in-depth topics and serve as a summary presentation of events that don't receive in-depth treatment.

**Instructors/Coordinators:** Bob Caswell and Elwood Berry



### **Class Calendars on the OLLI Website**

- Bookmark the OLLI website <http://olli.fullerton.edu> on your mobile device
- Populate your personal calendar with OLLI classes and events from the website
- Check what's happening at OLLI on your mobile phone or tablet
- Changes in class and event times, dates and classrooms are updated on website calendars



### **Please Recycle at OLLI**

Blue recycling bins with the recycle logo have been placed throughout the Ruby Gerontology Center for paper and cardboard and empty paper, plastic, glass and metal containers. Please recycle while at OLLI.

# HEALTHY LIVING

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## Finding More Wisdom and Joy in Retirement

**Alternate Mondays • 2:45 p.m.-4:15 p.m. • Room 21**

*January 27 • February 10, 24 • March 10, 24*

**Intersession:** *April 21 • May 5*

Are you interested in revitalizing your well-being by using life tools to recharge your mind, body and spirit? Do you want to make a positive impact on yourself and family? Do you want more enthusiasm in your life? If so, come join us. The course will focus on topics related to healthy living especially mental health, quality of life and friendship. Topics will include exploring secrets to longevity, building resilience, overcoming loneliness, practicing self-compassion/self-care, understanding mindfulness, using your guidance, and creating more joy in your life. We will learn how to use wisdom as a life tool in finding more peace and joy.

**Instructors/Coordinators:** David Cortez and Ellie Page

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## Longevity Stick Exercises

**Every Wednesday • 8:30 a.m.-9:30 a.m. • Zoom**

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

**Intersession:** *April 16, 23, 30 • May 7, 14*

This is a Vietnamese exercise regimen consisting of a series of 12 movements done with a stick. The exercises are designed to maintain a healthy body and spirit by improving balance, flexibility, strength, mental focus and breathing capacity. For more information, go to <https://www.longevitystick.org/>. By the second meeting, you will be required to have a one-inch-thick dowel, the length of your outstretched arms or corresponding to your height, with rubber chair leg tips on each end. Large men may feel more comfortable with a one-and-a-half-inch-thick dowel. Materials can be purchased at any home improvement store and cut to the proper length.

**Instructors/Coordinators:** Nancy Bauerly and Linda Petit

**Tech Coordinator:** Renee Cabrera

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## Medical Series (Open to the Public)

**Alternate Wednesdays • 7 p.m.-9 p.m. • Zoom**

*January 29, February 12, February 26, March 12, March 26*

This series will contribute to your “medical literacy” and is co-sponsored with OLLI by the physicians and health care 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.

**Coordinators:** Joseph Lawton, M.D. and Carol Thurk

**Tech Coordinator:** Bill Reilly

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## **Headaches Unveiled: Insights into Causes and Practical Management Techniques**

*January 29*

**Speakers:** Crystal Jicha, M.D.

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

## **Incontinence: Why is it Common Among the Elderly and Potential Treatments**

*February 12*

**Speaker:** Melanie Santos, M.D.

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.

## **Current Indication of Coronary Bypass**

*February 26*

**Speaker:** Raveendra Morchi, M.D.

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

## **Medical Consequences of Falls and How to Prevent Them**

*March 12*

**Speaker:** Dr. Natalia Covarrubias-Eckardt

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.

## **Update on Dementia and Alzheimer's Disease**

*March 26*

**Speaker:** Steven Tam, M.D.

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

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## Meditation for Everyday Life

**Every Monday • 3:30 p.m.-4:30 p.m. • Zoom**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

Meditation is a simple and relaxing way of training your mind for a more joyful and peaceful life. Numerous scientific studies have shown that meditation, practiced regularly, can improve mental as well as physical well-being. Studies conducted in university labs and hospitals have shown that meditation can reduce stress, depression, anxiety and blood pressure. Meditation can also improve memory and brain function, boost the immune system and help people deal with chronic pain. Meditation is now being taught in schools and universities, hospitals, large companies and even the military. Different kinds of meditation will be explored, including mindfulness, visualizations, meditation with sound, walking meditation and loving kindness meditation. Beginners and experienced meditators are welcome.

**Instructor:** Mariana Fischer-Militaru

**Coordinator/Tech Coordinator:** Barbara Glaeser

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## Tai Chi

**Every Monday • 9 a.m.-10 a.m. • Room 18**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

Tai Chi has a long and distinguished tradition in exercise programs, and it continues at OLLI-CSUF. Come and exercise under the guidance of instructor Diane Globerman. Start the week with Tai Chi for health and serenity.

**Textbook (optional):** A suggested reference text on Tai Chi may be useful once you have learned the basic movements: “Beginning Tai Chi” by Tri Thong Dang, (ISBN-13: 978-0-804-82001-1)

**Instructor:** Diane Globerman    **Coordinator:** Fran Doble

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## Tap-ercise

**Every Wednesday • 9 a.m.-10 a.m. • Zoom**

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

**Intersession:** *April 16, 23, 30 • May 7, 14*

**Every Friday • 1 p.m.-2 p.m. • KHS 202/Zoom**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Intersession:** *April 18, 25 • May 2, 9, 16*

This is a fun exercise course where tap steps are used to improve balance, coordination, strength and stamina. This is an exercise class: there are no routines to memorize and no performances. Students are taught basic tap steps, followed by more advanced steps as the course progresses. Whether you are a beginner or intermediate/advanced tapper, this course will improve your technique, increase your confidence and give you a good workout. For more information, contact Betty Loh-Chen at [blohchen@gmail.com](mailto:blohchen@gmail.com) or Vickie Hite at [vwhite418@gmail.com](mailto:vwhite418@gmail.com).

**Instructors/Coordinators:** Vickie Hite and Betty Loh-Chen

**Tech Coordinator:** Vickie Hite

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## Tennis

**Every Friday • 4 p.m.-dark • CSUF Tennis Courts**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Intersession:** *April 18, 25 • May 2, 9, 16*

Come and join your fellow OLLI members in truly enjoyable hours of fun, exercise and non-competitive tennis. You do not have to be an expert, but some tennis skills are important. Formal lessons are not offered. Just show up and bring a can of balls, a water bottle, appropriate tennis shoes and your racket. Park in Lot G and enter through the northwest gate.

**Note:** Courts will not be available for use during inclement weather or CSUF tennis tournaments. Email the instructor at [chanders@hotmail.com](mailto:chanders@hotmail.com) by Thursday at 5 p.m. to confirm play on Friday.

**Instructor/Coordinator:** Ishwar Chanders

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## Yoga for the Rest of Us

**Every Monday • 4:45 p.m.-6 p.m. • Zoom**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

**Prerequisite:** Able to do floor exercises and to get up easily

Ease into yoga with this instructor, who will help you find new energy and flexibility. Yoga poses incorporate focused breathing with exercise, stretching, balance and guided relaxation. Join us for a great group experience in practicing yoga to feel better and increase flexibility.

**Note:** Dress comfortably and have a non-slippery yoga mat for floor work, one or two firm blankets, two foam blocks, a towel for neck support if needed and a non-stretchy strap (a man's tie will do—not the rubber stretchy gym-type straps).

Yoga is practiced barefoot, so please be prepared to take off shoes and socks. Have clothing to keep warm during the final relaxation time.

**Instructor:** Mariana Fischer-Militaru

**Coordinator/Tech Coordinator:** Barbara Glaeser

# SCIENCE

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## Archaeology

**Designated Thursdays • 2:30 p.m.-3:45 p.m. • Auditorium/Stream-Rec**  
*January 30 • February 27 • March 27*

**Instructor:** Bonnie Shirley    **Coordinator:** Renee Cabrera

**Tech Coordinator:** Bob Newcomb

## Ancient Peru

*January 30*

Peru's culture is as old as Egypt's. Consider Norte Chico at 5,000 years ago, Chavin at 10,000 feet elevation and 3200 years old, both important for art and architecture.

## Ancient Peru

*February 27*

Peru: The Cupisnique culture, 3500 years ago, built unique adobe temples. Was it connected to Chavin or the Moche? The Paracas molded infant skulls and scratched huge figures in the desert. The Moche, about 2000 years ago, were warriors, artists, builders, and scary.

## Ancient Bolivia and Chile

*March 27*

Chile: The ancient mummies of the Chinchorro (older than Egypt's mummies); the ancient geoglyphs drawn in the Atacama Desert (no, not the Nazca lines); Bolivia: The cities of the Tiwanaku Empire from about 1400 to about 1800 years ago.

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## Boundaries of Science: Exploring Current Developments

**Alternate Thursdays • 2:30 p.m.-3:45 p.m. • Auditorium/Zoom**

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

Join other OLLI members to discuss current topics in science. Classes may include instructor presentations, engaging videos highlighting scientific developments and some expert lecturers. Our goal is to make the material both understandable and interesting. Check the weekly OLLI newsletters for the upcoming topic.

**Instructor:** Jim Monroe    **Tech Coordinators:** Rick Hearn and Susan Hanna

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## Science for You: How Things Work

**Every Thursday • 12:45 p.m.-2:15 p.m. • Auditorium/Zoom/Stream-Rec**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

Come join one of our favorite Great Courses lecturers, Stephen Ressler ("World's Greatest Structures" and "Engineering Failures") to explore the

everyday technologies that surround us in our homes and workplaces. Start by learning how a house is put together with all its subsystems, then move outside to trace the origin and route of water, power, and telecommunications networks. Along the way, investigate power plants, dams, aqueducts, railroads, home energy efficiency and many other topics. Not only will this course explain how the infrastructure works, but it will also decipher the complexities of utility poles, the “ballet” of earthmoving machines at a construction site, and the reason that web pages go missing. No background in science or engineering is needed to follow this presentation, which gives insight into the underlying simplicity of the complex systems that enhance our lives. This course will continue in the summer session.

**Instructors/Coordinators:** Rick Hearn and Susan Hanna

**Tech Coordinators:** Paul Herrick and Ginger Barnhart

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## Stuff! A Life Cycle

*Alternate Thursdays • 10:15 a.m.-11:45 a.m. • Auditorium/Zoom/Stream-Rec*  
January 30 • February 13, 27 • March 13, 27

**Intersession:** April 24 • May 8

Stuff. We have it, we love it, we hate it. So where does it come from? How does it get to us? And where does it go when we send it “away”? We’ll examine the life cycle of “stuff,” as well as the cycle of our relationship with it, and see where it takes us ... from memory lane to “everyday ecology” to a brush-up on sociology. Let’s revisit our place in nature and how we are acting as a part of an ecosystem. We can be healthier, feel better, and save money.

**Note:** This classroom course is a companion piece to a series of special outdoor events with dates and times to be announced.

**Instructor/Coordinator:** Maureen B. Latour    **Tech Coordinator:** TBD

## Night Light

*January 30*

## Chain, Chain, Chain, Chain of ... Food!

*February 13*

## A Water World

*February 27*

## Time (and) Change

*March 13*

## Planet Power!

*March 27*

## Fabrics, Fibers and Folly... oh, my!

*April 24*

## Dirty Decisions

*May 8*

# TECHNOLOGY

## ***COMPUTER AND MOBILE DEVICE EDUCATION***

### **Computer and Mobile Device Courses**

Computer and Mobile Device courses are free of charge. Due to space limitations and the popularity of computer and mobile device courses, pre-registration may be required for courses such as tutorials, workshops and regular session courses. Should registration be required, the course instructor will provide the appropriate notification of the registration process upon course implementation. No registration is required for the OLLI Tech Help sessions.

### **OLLI Tech Help**

***(No Registration Required)***

**Every Friday • 1 p.m.-3 p.m. • Room 20/Zoom**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

Need help with your computer, mobile devices or the technology you use? Visit the “OLLI Tech Help” lab, which is available virtually on Zoom and face-to-face. OLLI tech help may also be available by calling the OLLI office (657-278-2446) and leaving a message with your name, email address, the nature of your technology problem and what kind of technology device you are using (e.g., iPhone, Android smartphone, MacBook, Windows computer).

***Instructors/Coordinators:*** Rosalind Charles, Mark Hammel, Rick Hearn, Paul Herrick, Steve Kernes, Tom La Casa, Jim Monroe, Bob Newcomb and Mike Shellman

### **Technology Education Committee**

The Technology Education Committee (TEC) invites your participation in enriching our current and future curricula, especially if you would like to share your expertise. Please attend our quarterly meetings. For dates and times of quarterly meetings, please check the “Committee Meetings” section of the Blue Book.

***Chair:*** Rosalind Charles

## COURSES

### **CLECAT Club: Tech Talk**

**Alternate Mondays • 12:30 p.m.-2 p.m. • Room 21/Zoom/Stream-Rec**

*January (20 no class) • February 3, 17 • March 3, 17, (31 no class) • April 7*

CLECAT (Continuing Learning Experience — Computers and Technology), CLE/OLLI's longest running club, is open to all OLLI members. The focus is on a wide range of technology topics: computers, digital cameras, phones, tablets, smart home devices, electric vehicles, home networks and other ways that technology touches your life. The format will include presentations by CLECAT members with group Q&A and collections of short videos addressing issues of interest. Check the weekly OLLI newsletters for information about each class's topic.

**Instructors/Coordinators:** Rick Hearn, Susan Hanna and guest presenters

**Tech Coordinator:** Susan Hanna

### **iPhone/iPad Essentials**

**Alternate Fridays • 10 a.m.-noon • Room 21/Stream-Rec**

*January 24 • February 7, 21 • March 7, 21 • April (4 no class), 11*

Join us to learn to better use your iPhone or iPad. Bring your iPhone and/or your iPad and we will explore their many features. In the first few classes we will go over the basics of how these devices work and how we can control them. During the remaining classes we will explore selected topics to further enhance your iPhone/iPad skills. Contact [bobnewcomb@csu.fullerton.edu](mailto:bobnewcomb@csu.fullerton.edu) for questions and to suggest topics to be discussed.

**Instructors/Coordinators:** Bob Newcomb and team



***“OLLI, to me, is like a social banquet table filled with plates of education, knowledge, fellowship, art, music and friendships, all served with a side dish of fun. There is always food on the OLLI table and everyone is welcomed to enjoy as little or as much of everything that is offered.”***

**-Dennis Wilson**

# SPECIAL INTEREST GROUPS AND SOCIAL PROGRAMS

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## **Beginning Fly Fishing 101**

**Designated Tuesdays • 2:30 p.m.-4 p.m. • Room 9 and Laguna Lake**

*Room 9: March 18, 25 • April 8*

*Intersession: May 13*

*Laguna Lake Class Field Trips*

*Intersession: April 15, 22, 29 • May 6*

**Prerequisites:** Must attend classes in Room 9 to attend field trip sessions.

**Pre-registration Required:** If you are interested in attending this course, contact Ron Amendola at [ron.j.amendola@gmail.com](mailto:ron.j.amendola@gmail.com)

Maximum ten participants. No California fishing license is required for the course.

The Beginner Fly Fishing Course is designed for individuals who have little or no fly-fishing experience and are interested in developing the basic skills necessary to fly fish for trout confidently. We will start with equipment selection and setup and continue through the fly-fishing techniques needed for a successful day on the water. There will also be discussions on wilderness safety and environmental stewardship.

**Required equipment:** (needed for day three): Fly rod, reel with backing, fly line and tapered leader.

**Suggested reading:** “The Curtis Creek Manifesto” by Sheridan Anderson (\$9-\$12 online, an easy and fun read in three to four hours).

**Instructors:** Ron Amendola and Lou Amendola

**Coordinator:** Kathy Pomykata

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## **Biblical Wisdom: How Cohesive? How Persuasive?**

**Every Wednesday • 1 p.m.-2:30 p.m. • Zoom**

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

Focused on the Hebrew Scriptures (the Old Testament), this course immerses you in biblical “wisdom,” a message-rich form with no single definition but having distinctive, compelling, and unexpected viewpoints. We will explore it as a cosmic concept and conduct code, as an ancient imperative and premodern experiment, from which we will build diverse “wisdom models.” Please pre-read Proverbs and Ecclesiastes as a baseline. It is highly recommended to bring a bible of your choice to class.

**Instructor:** Dr. Craig Miller    **Coordinator:** TBD



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## Bridge, Duplicate

**Every Monday • 9:15-noon • Shapiro CD**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

“Duplicate Bridge” is the oldest continuous CLE/OLLI course. We welcome all OLLI members to join us each Monday morning for a friendly and competitive game of bridge. Please arrive a few minutes early to make sure you and your partner can find a table for North/South or East/West, whichever is your preference. If you don’t have a partner, please contact one of the coordinators the week before each class. We will try, but can’t promise, to find you a partner.

**Coordinators:** Kent Burrell and Liz Burrell

**Assistants:** Dan Coby and Jeff Graham

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## Bridge, Intermediate

**Every Friday • 8:45 a.m.-11:45 a.m. • Shapiro CD**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Intersession:** *April 18, 25 • May 2, 9, 16*

This course is for those interested in improving their bridge in a friendly, non-competitive atmosphere. Some knowledge of bidding and play is desirable. Come join us, learn and have fun. Play of the hand hasn’t changed, but the bidding keeps evolving. We will help you with both. Emphasis will be on American Standard Bidding conventions. During each class, a short lesson will be presented to reinforce some aspect of bridge bidding or play. You don’t need a partner.

**Instructor:** TBD    **Coordinator:** Arie Passchier

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## Bridge, Really Beginning Bridge and Supervised Play

**Every Friday • 8:30 a.m.-11:30 a.m. • Room 9**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Intersession:** *April 18, 25 • May 2, 9, 16*

This course is for those who have never played bridge or have not played bridge for many years. During the fall semester we learned the basics of bidding. During the spring semester we will continue to enhance our bidding and playing skills. During the summer we focus on defensive play. The course follows the guidelines of American Standard Bidding recognized by ACBL. A commitment to attend as often as possible is essential to learning bridge. We also have a section for those who have played before and want to continue their practice of the game with help.

**Instructor/Coordinator:** Sandy Potter

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## Caring for Yourself and Others

**Every Friday • 2:15 p.m.-3:30 p.m. • Room 19**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”—Rumi

This is a discussion course that uses self-enabling tools to help build and gain personal empowerment to fulfill your life. Caring and changing yourself will influence those around you. Topics are varied to include different aspects of the body, mind and spirit. Join in for a holistic view of life and how we can make changes to embody the health and happiness we all desire.

**Instructor/Coordinator:** Jan Friel, CCIS

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## Cooking Potpourri

**Alternate Tuesdays • 4 p.m.-5:30 p.m. • Zoom/Stream-Rec**

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

The “Cooking Potpourri” chefs demonstrate a variety of cuisines in themed classes. The course has expanded to include an occasional field trip. Along the way, class members and chefs share techniques, hacks and favorite kitchen appliances and gadgets. The course emphasizes right-sizing recipes for your household, seasonal ingredients, and substitutes to consider for food sensitivities. You’ll have some fun and enjoy cooking again! Check the weekly OLLI newsletters for information and recipes for upcoming classes.

**Instructors:** MaryLouise Hlavac, Wei-Ling Louie, Jill Patterson, Diana Guerin and Jodi Cristin

**Coordinator:** MaryLouise Hlavac    **Tech Coordinator:** Jill Patterson

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## Cribbage Club

**Every Monday • 11 a.m.-12:30 p.m. • Shapiro AB**

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Intersession:** *April 14, 21, 28 • May 5, 12*

Cribbage is a fun and challenging card game that provides good mental exercise and the satisfaction of continual skill development. It also offers opportunities for meeting new people and making conversation. This course will give experienced cribbage players a chance to play, and teach beginners how to play the game.

**Instructor:** Tom Nichols    **Coordinators:** Elaine Mitchell and Pete Saputo

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## Genealogy Research

**Alternate Wednesdays • 2 p.m.-3:30 p.m. • Room 20/Zoom**

*January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9*

Interested in finding out more about your family history? Join us in learning how to do genealogy. This semester our coordinators plan a deeper dive into the fundamentals of genealogy and family trees. The focus continues to be on traditional genealogy with historical records, but will include classes on genetic genealogy. Genealogy news, events and other items of interest will also be presented. Experienced members can assist the new as we explore, discover and collaborate.

**Coordinators:** Nancy Chirco, Joanne Hardy, Joann Driggers and Bill Reilly

**Tech Coordinator:** Paul Herrick

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## Happy Hour

**Every Friday • 4 p.m.-5 p.m. • Zoom**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

Please join us for “OLLI Happy Hour,” the Zoom equivalent of an end-of-week happy hour featuring good conversation with interesting people to foster OLLI comradeship.

**Moderator:** Mike Stover    **Coordinators:** TBD

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## Introduction to Digital Photography

**Every Friday • 10 a.m.-11:30 a.m. • Zoom**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

Improve your photographs by learning to see opportunities and how to incrementally refine the shot. Capture the feeling you experienced when you saw the subject. Any camera will do. Smartphones are fine. Each week, participants can share the photos they’ve taken on their own or for the optional photo assignments for the group to discuss successes and opportunities for improvement. We will explore using photographic techniques such as composition, exposure and depth of field for best results. We will also view instructional videos. Come learn how to take great pictures.

**Instructor:** Rick Hearn    **Coordinator:** Susan Hanna

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## Introduction to Strategies of Poker

**Every Thursday • 12:30 p.m.-3 p.m. • Shapiro ABCD**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Intersession:** *April 17, 24 • May 1, 8, 15*

“Introduction to Strategies of Poker” instruction classes will be conducted for all levels of beginning poker players. Classes are taught at an easy pace by an OLLI instructor well-versed in the game of Texas Hold’em. Instruction will also include the history of poker, the rules and terminology of the game, the hierarchy of poker hands, and the strategy of betting and raising. Instruction will be conducted at special poker tables with casino-type poker chips and regular 52-card decks. Following the “Introduction to Strategies of Poker” classes, beginners will be invited to play with more seasoned players in the “Strategy of Poker” course, which follows. All players, seasoned and beginners, continue to hone their skills each week and become better players. This course is a lot of fun with a chance to socialize with fellow OLLI members who also enjoy the game of Texas Hold’em poker.

**Instructors:** Dennis Wilson, Karen Wilkins and Mike Lord

**Coordinators:** Dennis Wilson, Jim Ertle and Sally Meert

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## Mah-Jong Game and Strategy for You (Cantonese Version)

**Every Friday • 3 p.m.-5:30 p.m. • Shapiro ABCD**

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Intersession:** *April 18, (25 no class) • May 2, 9, 16*

Mah-Jong is a game of both skill and luck that originated in China many centuries ago. It was brought to the West in the 1920s and is played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the allocation and then the exchange of tiles begin. The first person to gather a hand of 14 tiles with five combinations and call “Mah-Jong” ends the game, whereupon tiles are scored and a winner is declared. This course introduces the beginner to the basic rules and simple strategies. Learn to play this enjoyable, social and thought-provoking game that develops pattern recognition and improves memorization, concentration and cognitive performance. Most importantly, it’s fun!

**Instructor:** Glenn Lee    **Coordinator:** Jill Rodriguez

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## Phocus Photography Club

**Designated Tuesdays • 1:30 p.m.-3:30 p.m. • Room 21**

*February 11 • March 11 • May 6*

***Pre-registration is NOT required.***

“Phocus Photography Club” is a group of amateur photographers who meet to share photos and experiences. Club meetings may start with a guest speaker, who is often a professional photographer or a highly skilled amateur. Meetings end with members sharing images they’ve taken on a recent club outing or exotic photo trip. The club tries to have one local photography field trip per month. Attend the “Phocus Photography Club” to improve your photographic skills.

**Contact:** Don Lueder, 562-547-8195 or [Don.Lueder@csu.fullerton.edu](mailto:Don.Lueder@csu.fullerton.edu)

**Coordinators:** John Price, Mary Crouch, Bob Caswell, Jim DiTota, Donna Judd, Rick Hearn, Kathleen Isenberg and Don Lueder

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## Sports Talk

**Alternate Wednesdays • 1 p.m.-3 p.m. • Room 21/Zoom**

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

Discussion of the world of sports is our game. In this course, we cover current events as well as other subjects of interest to sports fans. We are kind of like sports-talk radio but without the ranting and raving. Join us as we debate such topics as drug use in sports, famous athletes in the news, the latest trade talks of our local teams, performance of United States national teams and any variety of other sports topics. In this course, we learn, debate, discuss and reminisce, but above all, we have fun and share a great camaraderie that new members will embrace. So get in the game, join our winning team, and be part of all the fun!

**Coordinator:** Carl Richards

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## Strategy of Poker

**Every Thursday • 3:30 p.m.-5:30 p.m. • Shapiro ABCD**

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Intersession:** *April 17, 24 • May 1, 8, 15*

Poker is a game of skill and chance emphasizing the ability to read situations and opponents to give you the advantage in the hands you play. It is also a game utilizing statistics, where the better players are able to calculate the odds of you or your opponent winning a hand in various situations. It cannot be assumed that people who utilize statistics will be winning players, but a sound knowledge of the odds can only improve your game and give you an advantage. Sophisticated players learn strategies such as bluffing and reading an opponent’s playing characteristics. Each week, variations of poker will be introduced and practiced. We play games of Dealer’s Choice and Texas Hold’em. This course is a lot of fun with great camaraderie among the players. Some members go out to dinner together after class. Hope to see you there!

**Instructor/Coordinator:** Dennis Wilson

# OLLI EVENTS

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## Spring Preview (Open to the Public)

**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](mailto: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>.

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## New Member Orientation

**Tuesday, January 14 • 2 p.m.-3:30 p.m. • Shapiro ABCD/Zoom**

New OLLI members are invited to attend an orientation session to learn how to maximize their experience at OLLI-CSUF. Meet with members of the OLLI Board of Trustees and existing members, as well as other new members. Learn of the many benefits of membership and how to access them to enhance your experience at OLLI and on the CSUF campus. This is the time to have your questions in hand! Learn of our many volunteer opportunities that allow you to contribute to this great organization, and also interact with the CSUF student population. The in-person presentation will be followed by refreshments.

**Coordinator:** Debbie Maxwell, Vice President Membership

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## OLLI Today and Tomorrow Forum

**Designated Mondays • Noon-1 p.m. • Room 8/Zoom**

*January 27 • February 17 • March 17*

**Intersession:** *April 14 • May 12*

OLLI members are invited to discuss OLLI issues and concerns as we move our organization into the future. The need to embrace technology to assist our members and our office team will be among the issues discussed. Keeping OLLI as a University-affiliated organization that stresses lifelong learning, healthful living and robust social engagement opportunities will be emphasized.

**Moderator:** Vickie Hite    **Tech Coordinator:** Paul Herrick

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## Estate Planning and Charitable Giving (Open to the Public)

### Estate Planning Musts: Wills, Trusts, and Creating Peace of Mind! Designated Dates • Noon-1 p.m. • Webinar

*Tuesday, February 11*

*Tuesday, March 11*

*Thursday, April 24*

**Registration required:** Watch for registration procedures in the weekly OLLI newsletters.

### Creating Certainty In An Uncertain World

Grab your lunch, pull up a chair and please plan to join us for this information session on estate planning. Each webinar covers the basics of estate planning in California so plan to attend the one that is most convenient to your schedule. Estate planning is something each of us can do to ensure that our values, ideals, and charitable goals are part of our legacy. No one wants to think about getting seriously ill or dying, but these are scenarios we must prepare for to protect ourselves, our loved ones, and our money. We will show you step-by-step how to legally formalize your wishes and ensure they will be followed, bringing you total protection and peace of mind! Our estate planning workshops are provided by the Meier Law Firm (<https://www.meierfirm.com/>). Should you have any questions, please reach out to Hart Roussel at [csufplannedgift@fullerton.edu](mailto:csufplannedgift@fullerton.edu).

**Presenter:** Laura Meier, Esq.

**Coordinators:** Hart Roussel, CSUF Director, Planned Giving, and Ellie Monroe, OLLI

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## General Meeting/Election and Ice Cream Social

**Thursday, April 17 • 1:30 p.m.-3 p.m. • Auditorium/Shapiro ABCD**

Don't miss the OLLI annual general meeting, with election of officers and trustees. Join us for a brief presentation on the status of OLLI and the outlook for future semesters. Our Ice Cream Social will follow the presentation. Look for updated information in the weekly OLLI newsletters and ChroniCLE.

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## In Memoriam

**Friday, April 25 • 3 p.m.-5 p.m. • Shapiro ABCD**

In Memoriam is a gathering of OLLI members who wish to remember those who have passed away since last spring. A PowerPoint presentation will show the names and pictures of those OLLI members we have lost throughout this past year. A reception of light refreshments will follow. All OLLI members and bereaved families are invited to take part in this occasion for conversation and fellowship.

**Coordinator:** Debbie Maxwell

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## OLLI Hospitality Event

### Time and Theme TBD

Details for this semester's event will be publicized through our weekly OLLI newsletters and ChroniCLE.

**Coordinator:** Lisa Sewell, Vice President Hospitality



### Verify Latest Information

Dates, times and places of classes and events are subject to change or cancellation. Access the OLLI website at <http://oli.fullerton.edu> and select the CALENDAR tab for up-to-date information.



*“OLLI has brought me warm friendships, laughter, thought-provoking discussions and the opportunity to get to know many highly talented individuals. Sharing travel experiences, day trip ventures, honing my limited computer skills, book discussions, music, films, gardening tips, financial advice and guest lectures on a wide variety of topics are just some of the ways OLLI has enriched my life.”*

-Monika Broome



# COMMITTEE MEETINGS

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## Board of Trustees

**Second Thursday of the Month • 8:30 a.m.-10 a.m. • Room 8/Zoom**

*January 9 • February 13 • March 13 • April 10*

**Intersession:** *May 8*

The OLLI Board of Trustees invites OLLI members to attend its monthly board meetings and learn more about OLLI business and its self-directing deliberations. Members wishing to speak on non-agenda board items are advised to notify the president and/or administrative manager in writing (including a brief description of the subject to be addressed) at least one week in advance of the meeting. Up to three minutes per speaker may be allotted within the board meeting agenda. Members are also invited to participate in the “OLLI Today and Tomorrow Forum” held monthly to elicit member feedback and suggestions on recent or suggested OLLI Board proposals or OLLI issues.

**Chair:** OLLI President, Vickie Hite

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## Collaboration Committee

**Quarterly on Designated Mondays • 10 a.m.-11:30 a.m. • Zoom**

*February 10*

**Intersession:** *May 12*

OLLI-CSUF Collaboration Program offers OLLI members opportunities to share their knowledge and experience to contribute to CSUF student success. It is an important component of OLLI’s interaction with the Cal State University Fullerton campus. The committee meets to discuss our activities and plans. We welcome you to join us to learn about the variety of opportunities available to share your time and talent. Information about the OLLI-CSUF Collaboration Program can be found in the weekly OLLI newsletters and on the OLLI website at <https://tinyurl.com/OLLICSUF-Collaborations> or contact the Collaboration Committee Chair for more information.

**Chair:** Sue Mullaly [smullaly@csu.fullerton.edu](mailto:smullaly@csu.fullerton.edu)

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## Curriculum Committee

**First Monday of the Month • 3:30 p.m.-5 p.m. • Room 8/Zoom**

*January 6 • February 3 • March 3 • April 7*

**Intersession:** *May 5*

The Curriculum Committee meets to review and discuss potential future courses. It is open to all OLLI members and consists of members designated by the committee chair and the Vice President of Programs. Bring ideas for OLLI courses or activities to these meetings! Better still, if any OLLI member would like to offer a course or knows of potential presenters, please attend these meetings to ensure that OLLI’s programs are the best they can be! Course proposal forms can be downloaded from the OLLI website at: [http://olli.fullerton.edu/\\_resources/pdfs/CourseProposalForm.pdf](http://olli.fullerton.edu/_resources/pdfs/CourseProposalForm.pdf).

**Co-Chairs:** Renee Cabrera and Sue Batie

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## Hospitality Committee

**First Friday of the Month • 10:30 a.m.-noon • Room 8**

*January 10\* • February 7 • March 7 • April 11*

**Intersession:** *May 2*

*\*No meeting January 3 due to New Year's week*

The OLLI Hospitality Committee facilitates and promotes social interactions that give OLLI members opportunities for sharing their personal backgrounds and areas of knowledge outside the classroom. The committee supports the OLLI business meetings with refreshments and hosts fun-themed events, usually including a dinner or luncheon, either on or off campus. The committee is open to all members who enjoy helping others enhance the OLLI experience and provide social outlets; the only talent needed is to be fun-loving.

**Vice President Hospitality:** Lisa Sewell    **Chair:** Lisa Sewell

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## Technology Education Committee (TEC)

**Quarterly on Designated Wednesdays • 4 p.m.-5 p.m. • Zoom**

*February 5*

**Intersession:** *May 7*

The Technology Education Committee is dedicated to helping OLLI members make the best use of the ever-increasing technology now ubiquitous in our daily lives. Share computer/technology expertise and teach a course or workshop, contribute to a seminar, or help to shape the technical education curriculum. The TEC welcomes member insights and expertise. Join these meetings! For more information, contact Rosalind Charles at [rozann66@gmail.com](mailto:rozann66@gmail.com)

**Chair:** Rosalind Charles

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## Transitions in Retirement (TiR) Committee

**Monday, March 10 • 3:30 p.m.-4:30 p.m. • Zoom**

The TiR Committee focuses on developing programs and activities for OLLI members who are still working part-time or are recently retired. This committee is anticipating a significant number of new retirees who have a different outlook on retirement than that of previous generations.

**Chair:** Russ MacKeand

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## **Trips Committee**

**Second Wednesday of the Month • 11:30 a.m.-1:30 p.m. • Zoom**

*January 8 • February 12 • March 12 • April 9*

***Intersession: May 14***

The OLLI Trips Committee plans and coordinates trips of educational interest to OLLI members to locations off the CSUF campus. These trips are OLLI special events and are subject to the Special Events Registration Policy section located elsewhere in this catalog. Trips are either day trips or overnight trips. Some recent or planned day trips include the Hollywood Bowl, LA/Long Beach Harbor Cruise and Orange County Water System. Some recent or planned overnight trips include China, Palm Springs/Joshua Tree and Alaska. Members are notified of upcoming trips via the ChroniCLE, the weekly OLLI newsletters and the OLLI bulletin boards. Join our committee meetings and share ideas and interests for day and overnight trips that would be a learning experience for OLLI members. Ken Luke chairs this committee and is always interested in learning of new trips and interests.

***Chair:*** Ken Luke



### **OLLI is on Facebook and Instagram**

Follow activities at OLLI-CSUF:

[www.facebook.com/OLLICalStateFullerton](http://www.facebook.com/OLLICalStateFullerton)



[www.instagram.com/ollicsuf](http://www.instagram.com/ollicsuf)



***“The OLLI Zoom classes have been terrific. Hats off to the class coordinators and our terrific IT people for making this transition so easy and user friendly. I am thoroughly enjoying the Zoom classes.”***

-Sam Sumanth

# Day of the Week Index

**Important: Watch the weekly newsletters and check the calendar on the OLLI website or the Shapiro lobby display to see if there have been any changes in the meeting dates, times or classrooms/venues or cancellations.**

To locate class and event meeting locations, see the maps of the Ruby Gerontology Center and campus at the end of this index.

Class meeting dates when classes will not meet due to holidays or other reasons are shown as “(3 no class),” “3” being the meeting date.

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## Mondays

**French 2** • Every Monday • 8:30 a.m.-9:45 a.m. • Zoom

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Tai Chi** • Every Monday • 9 a.m.-10 a.m. • Room 18

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**Bridge, Duplicate** • Every Monday • 9:15-noon • Shapiro CD

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**Collaboration Committee** • Quarterly on Designated Mondays • 10 a.m.-11:30 a.m. • Zoom

*February 10*

*Intersession: May 12*

**Great Books** • Alternate Mondays • 10 a.m.-noon • Room 21

*January (20 no class) • February 3, 17 • March 3, 17 (31 no class) • April 7*

**Short Stories** • Alternate Mondays • 10 a.m.-noon • Room 21

*January 27 • February 10, 24 • March 10, 24*

**Women Writers' Workshop** • Every Monday • 10 a.m.-noon • Room 9

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**Cribbage Club** • Every Monday • 11 a.m.-12:30 p.m. • Shapiro AB

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**How to Play Violin for Beginners** • Every Monday • 11 a.m.-noon • Room 18

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**OLLI Today and Tomorrow Forum** • Designated Mondays • Noon-1 p.m. • Room 8/Zoom

*January 27 • February 17 • March 17  
Intersession: April 14 • May 12*

**Kitty's Book Club** • Alternate Mondays • 12:15 p.m.-2 p.m. • Zoom

*January 27 • February 10, 24 • March 10, 24*

**Mystery Book Club** • Alternate Mondays • 12:15 p.m.-2 p.m. • Zoom

*January (20 no class) • February 3, 17 • March 3, 17, (31 no class) • April 7*

**CLECAT Club: Tech Talk** • Alternate Mondays • 12:30 p.m.-2 p.m. • Room 21/Zoom/Stream-Rec

*January (20 no class) • February 3, 17 • March 3, 17, (31 no class) • April 7*

**Exploratory Discussion Group** • Every Monday • 1:15 p.m.-3:15 p.m. • Shapiro CD/Zoom

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Spanish 4** • Every Monday • 1:15 p.m.-3:15 p.m. • Room 9

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Ukulele: Beginner II** • Every Monday • 2 p.m.-3:30 p.m. • Room 18

*January (20, 27 no class) • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7  
Intersession: April 14, 21, 28 • May 5, 12*

**World War II: What Happened? Why?** • Alternate Mondays • 2:15 p.m.-3:45 p.m. • Room 21

*January (20 no class) • February 3, 17 • March 3, 17, (31 no class) • April 7*

**Finding More Wisdom and Joy in Retirement** • Alternate Mondays • 2:45 p.m.-4:15 p.m. • Room 21

*January 27 • February 10, 24 • March 10, 24  
Intersession: April 21 • May 5*

**Curriculum Committee** • First Monday of the Month • 3:30 p.m.-5 p.m. • Room 8/Zoom

*January 6 • February 3 • March 3 • April 7  
Intersession: May 5*

**Meditation for Everyday Life** • Every Monday •

3:30 p.m.-4:30 p.m. • Zoom

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**Piano Keyboard: Intro** • Every Monday • 3:30 p.m.-5 p.m. • Shapiro AB

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**Transitions in Retirement (TiR) Committee** • Monday, March 10 •

3:30 p.m.-4:30 p.m. • Zoom

**Ukulele: Symposium** • Every Monday • 3:30 p.m.-5 p.m. • Shapiro CD

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**Yoga for the Rest of Us** • Every Monday • 4:45 p.m.-6 p.m. • Zoom

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

*Intersession: April 14, 21, 28 • May 5, 12*

**Piano Keyboard: Improve Your Ability to Play and Improvise** •

Every Monday • 5:15 p.m.-6:30 p.m. • Zoom

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

**Art House Cinema** • Every Monday • 5:45 p.m.-8 p.m. • Shapiro CD

*January (20 no class), 27 • February 3, 10, 17, 24 • March 3, 10, 17, 24, (31 no class) • April 7*

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## Tuesdays

**Ceramics** • Every Tuesday • 9 a.m.-11:30 a.m. • Shapiro ABCD

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

*Intersession: April 15, 22, 29 • May 6, 13*

**Life Story Workshop** • Alternate Tuesdays • 9 a.m.-noon • Zoom

*January 21 • February 4, 18 • March 4, 18 • April (1 no class) 8, 22*

**ABC's of Medicare** • Designated Tuesdays • 10 a.m.-noon • Zoom/  
Stream-Rec

*January 28 • February 4, 11*

**French 1** • Every Tuesday • 10 a.m.-11:45 a.m. • Room 21

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

**American Magazine: News, Politics, Economics, Law** • Designated Tuesdays • 10:15 a.m.-11:45 a.m. • Auditorium/Zoom/Stream-Rec

*February 11 • March 11*

**American Presidency** • Designated Tuesdays • 10:15 a.m.-11:45 a.m. • Auditorium/Zoom/Stream-Rec

*January 28 • February 25 • March 25*

**Eclectics (Open to the Public)** • 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*

**German 1** • Every Tuesday • 10:30 a.m.-noon • Room 9

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

**CSUF Faculty/Student Performances/Presentations (Open to the Public)** • Alternate Tuesdays • Noon-1:30 p.m. • Auditorium/Zoom/Stream-Rec

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

**Estate Planning and Charitable Giving (Open to the Public)** • Designated Dates • Noon-1 p.m. • Webinar

*Tuesday, February 11 • Tuesday, March 11*

*Also meets on Thursday, April 24*

**Social Science in the News** • Designated Tuesdays • Noon-1:30 p.m. • Shapiro CD

*January 28 • February 11, 25*

**Kick Starting Your Writing** • Every Tuesday • 12:15 p.m.-2:15 p.m. • Room 9

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

*Intersession: April 15, 22, 29 • May 6, 13*

**Popes, Politics, Schisms and Controversies** • Alternate Tuesdays • 12:15 p.m.-1:45 p.m. • Shapiro CD/Stream-Rec

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

**German 2** • Every Tuesday • 12:30 p.m.-2:30 p.m. • Shapiro AB/Zoom

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

**Phocus Photography Club** • Designated Tuesdays • 1:30 p.m.-3:30 p.m. • Room 21

*February 11 • March 11 • May 6*

**The History of Broadway (Open to the Public)** • 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*

**Strings and Things Music Jam** • Every Tuesday • 1:45 p.m.-3:15 p.m. • Room 18

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

*Intersession: April 15, 22, 29 • May 6, 13*

**New Member Orientation** • Tuesday, January 14 • 2 p.m.-3:30 p.m. • Shapiro ABCD/Zoom

**OLLI Flash Mob** • Every Tuesday • 2 p.m.-4 p.m. • KHS 203

*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*

*Intersession: April 15, 22, 29 • May 6, 13*

**Artsy: Post-Impressionism** • Alternate Tuesdays • 2:15 p.m.-3:45 p.m. • Auditorium/Zoom

*January 28 • February 11, 25 • March 11, 25*

**Beginning Fly Fishing 101** • Designated Tuesdays • 2:30 p.m.-4 p.m. • Room 9 and Laguna Lake

*Room 9: March 18, 25 • April 8*

*Intersession: May 13*

*Laguna Lake Class Field Trips*

*Intersession: April 15, 22, 29 • May 6*

**Personal Finance and Retirement** • Designated Tuesdays • 3:15 p.m.-4:30 p.m. • Shapiro CD

*February 11, 18, 25 • March 4, 11, 18*

**Cooking Potpourri** • Alternate Tuesdays • 4 p.m.-5:30 p.m. • Zoom/Stream-Rec

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



**Concert Band** • Every Tuesday • 5:15 p.m.-6:45 p.m. • Shapiro ABCD  
*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*  
*Intersession: April 15, 22, 29 • May 6, 13*

**Jazz Band** • Every Tuesday • 7 p.m.-8:30 p.m. • Shapiro ABCD  
*January 21, 28 • February 4, 11, 18, 25 • March 4, 11, 18, 25 • April (1 no class), 8*  
*Intersession: April 15, 22, 29 • May 6, 13*

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## Wednesdays

**Longevity Stick Exercises** • Every Wednesday •  
8:30 a.m.-9:30 a.m. • Zoom  
*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*  
*Intersession: April 16, 23, 30 • May 7, 14*

**Tap-ercise** • Every Wednesday • 9 a.m.-10 a.m. • Zoom  
*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*  
*Intersession: April 16, 23, 30 • May 7, 14*  
*Also meets on Fridays in person.*

**Drawing for the Fun of it** • Every Wednesday • 10 a.m.-noon • Shapiro ABCD/Zoom/Stream-Rec  
*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*  
*Intersession: April 16, 23, 30 • May 7, 14*

**French 3** • Every Wednesday • 10 a.m.-noon • Zoom  
*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

**Spanish 3** • Every Wednesday • 10 a.m.-11:30 a.m. • Room 21  
*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no class), 9*

**What's Behind the News?** • Alternate Wednesdays • 10 a.m.-noon • Zoom  
*January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9*

**Wisdom Exchange** • Alternate Wednesdays • 10 a.m.-noon • Room 9/Zoom  
*January 29 • February 12, 26 • March 12, 26*

**Trips Committee** • Second Wednesday of the Month •  
11:30 a.m.-1:30 p.m. • Zoom

*January 8 • February 12 • March 12 • April 9*  
*Intersession: May 14*

**TED Talks** • Alternate Wednesdays • 12:15 p.m.-1:45 p.m. • Zoom

*January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9*

**Biblical Wisdom: How Cohesive? How Persuasive?** • Every  
Wednesday • 1 p.m.-2:30 p.m. • Zoom

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no  
class), 9*

**Sports Talk** • Alternate Wednesdays • 1 p.m.-3 p.m. • Room 21/Zoom

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

**Watercolor Workshop** • Every Wednesday • 1 p.m.-3:15 p.m. • Shapiro  
ABCD/Zoom/Stream-Rec

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no  
class), 9*

*Intersession: April 16, 23, 30 • May 7, 14*

**Genealogy Research** • Alternate Wednesdays • 2 p.m.-3:30 p.m. •  
Room 20/Zoom

*January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9*

**Line Dancing: Advanced Beginners/Intermediate** • Alternate  
Wednesdays • 3:30 p.m.-5 p.m. • Shapiro ABCD

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

*Intersession: April 23 • May 7*

**Line Dancing: Beginner's Level** • Alternate Wednesdays •  
3:30 p.m.-5 p.m. • Shapiro ABCD

*Wednesday: January 22 • February 5, 19 • March 5, 19 • April (2 no class), 9*

*Intersession: April 16, 30 • May 14*

**Classical Guitar: Ensemble** • Every Wednesday • 4 p.m.-6 p.m. • Room 18

*January 22, 29 • February 5, 12, 19, 26 • March 5, 12, 19, 26 • April (2 no  
class), 9*

*Intersession: April 16, 23, 30 • May 7, 14*

**Technology Education Committee (TEC)** • Quarterly on Designated  
Wednesdays • 4 p.m.-5 p.m. • Zoom

*February 5*

*Intersession: May 7*

**Medical Series (Open to the Public)** • Alternate Wednesdays •  
7 p.m.-9 p.m. • Zoom

*January 29, February 12, February 26, March 12, March 26*

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## Thursdays

**Board of Trustees** • Second Thursday of the Month • 8:30 a.m.-10 a.m. • Room 8/Zoom

*January 9 • February 13 • March 13 • April 10*  
*Intersession: May 8*

**Drama, Improv & Storytelling** • Every Thursday • 8:30 a.m.-9:45 a.m. • Shapiro CD

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Shakespeare Aloud** • Alternate Thursdays • 10 a.m.-11:45 a.m. • Shapiro CD

*January 30 • February 13, 27 • March 13, 27*

**Spanish 1** • Every Thursday • 10 a.m.-11:30 a.m. • Shapiro AB

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**String Ensemble** • Every Thursday • 10 a.m.-noon • Room 18

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**News: Up Close and Personal** • Alternate Thursdays • 10:15 a.m.-11:30 a.m. • Shapiro CD

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

**Stuff! A Life Cycle** • Alternate Thursdays • 10:15 a.m.-11:45 a.m. • Auditorium/Zoom/Stream-Rec

*January 30 • February 13, 27 • March 13, 27*  
*Intersession: April 24 • May 8*

**Estate Planning and Charitable Giving (Open to the Public)** • Designated Dates • Noon-1 p.m. • Webinar

*Thursday, April 24*  
*Also meets on Tuesdays, February 11 and March 11*

**The New Yorker Magazine Discussion Group** • Alternate Thursdays • Noon-2 p.m. • Room 9/Zoom

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

**The New Yorker Magazine Discussion Group** • Alternate Thursdays • Noon-2 p.m. • Room 9/Zoom

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

**Noontime Student Piano Performances** • Alternate Thursdays • Noon-12:30 p.m. • Auditorium/Zoom/Stream-Rec

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

**Poetry for Pleasure** • Every Thursday • Noon-1:45 p.m. • Room 21/Zoom

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**General Meeting/Election and Ice Cream Social** • Thursday, April 17 • 1:30 p.m.-3 p.m. • Auditorium/Shapiro ABCD

**Introduction to Strategies of Poker** • Every Thursday • 12:30 p.m.-3 p.m. • Shapiro ABCD

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

*Intersession: April 17, 24 • May 1, 8, 15*

**Science for You: How Things Work** • Every Thursday • 12:45 p.m.-2:15 p.m. • Auditorium/Zoom/Stream-Rec

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

**Authors' Central OLLI-CSUF (ACOC)** • Alternate Thursdays • 2 p.m.-3:45 p.m. • Room 21/Zoom

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

**Write Now!** • Alternate Thursdays • 2 p.m.-3:45 p.m. • Room 21/Zoom

*January 30 • February 13, 27 • March 13, 27*

**Spanish Stories Talk** • Alternate Thursdays • 2:15 p.m.-4:15 p.m. • Room 9/Zoom

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

**Archaeology** • Designated Thursdays • 2:30 p.m.-3:45 p.m. • Auditorium/Stream-Rec

*January 30 • February 27 • March 27*

**OLLI NEEDS YOU!!!** Please contact Sue Batie ([suebatie@gmail.com](mailto:suebatie@gmail.com)) or the OLLI Office if you would like to help by serving as a course coordinator or want to share your expertise by teaching a class!

**Boundaries of Science: Exploring Current Developments** • Alternate Thursdays • 2:30 p.m.-3:45 p.m. • Auditorium/Zoom

*January 23 • February 6, 20 • March 6, 20 • April (3 no class), 10*

**Learn to Play Guitar** • Every Thursday • 3:30 p.m.-4:30 p.m. • Room 18

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

*Intersession: April 17, 24 • May 1, 8, 15*

**Strategy of Poker** • Every Thursday • 3:30 p.m.-5:30 p.m. • Shapiro ABCD

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

*Intersession: April 17, 24 • May 1, 8, 15*

**Graphic Novels, Comics and More!** • Alternate Thursdays • 4 p.m.-5:30 p.m. • Zoom

*January (23 no class) • February 6, 20 • March 6, 20 • April (3 no class), 10*

*Intersession: April 17 • May 1, 15*

**Writing with Feedback** • Every Thursday • 4 p.m.-6 p.m. • Room 21/Zoom

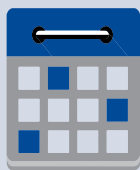
*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

*Intersession: April 17, 24 • May 1, 8, 15*

**Classical Guitar: Beginning** • Every Thursday • 4:30 p.m.-5:30 p.m. • Room 18

*January 23, 30 • February 6, 13, 20, 27 • March 6, 13, 20, 27 • April (3 no class), 10*

*Intersession: April 17, 24 • May 1, 8, 15*



### **Class Calendars on the OLLI Website**

- Bookmark the OLLI website <http://olli.fullerton.edu> on your mobile device
- Populate your personal calendar with OLLI classes and events from the website
- Check what's happening at OLLI on your mobile phone or tablet
- Changes in class and event times, dates and classrooms are updated on website calendars

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## Fridays

**Bridge, Really Beginning Bridge and Supervised Play** • Every Friday • 8:30 a.m.-11:30 a.m. • Room 9

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

*Intersession: April 18, 25 • May 2, 9, 16*

**Bridge, Intermediate** • Every Friday • 8:45 a.m.-11:45 a.m. • Shapiro CD

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

*Intersession: April 18, 25 • May 2, 9, 16*

**Tap Dancing: Advanced** • Every Friday • 9 a.m.-10:45 a.m. • KHS 202

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

*Intersession: April 18, 25 • May 2, 9, 16*

**Critics' Choice: The Movies** • Every Friday • 9:30 a.m.-11:45 a.m. • Shapiro AB

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Introduction to Digital Photography** • Every Friday • 10 a.m.-11:30 a.m. • Zoom

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**iPhone/iPad Essentials** • Alternate Fridays • 10 a.m.-noon • Room 21/ Stream-Rec

*January 24 • February 7, 21 • March 7, 21 • April (4 no class), 11*

**Hospitality Committee** • First Friday of the Month • 10:30 a.m.-noon • Room 8

*January 10 • February 7 • March 7 • April 11*

*Intersession: May 2*

**Please silence your cell phone when  
attending classes and programs.  
Thank you!**

**Tap Dancing: Beginning/Intermediate** • Every Friday • 11 a.m.-noon • KHS 202

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11  
Intersession: April 18, 25 • May 2, 9, 16*

**“Genreflections” Book Club** • Alternate Fridays • 11:30 a.m.-1 p.m. • Zoom

*January 31 • February (14 no class), 28 • March 14, 28  
Intersession: April 25, May 9*

**Crescendo Chorale** • Every Friday • 12:30 p.m.-2:30 p.m. • Shapiro ABCD

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11  
Intersession: April 18, 25 • May 2, 9, 16*

**Musical Performances/Presentations/Rehearsals** • Designated Fridays • 1 p.m.-8 p.m. • Auditorium/Zoom/Stream

*Dates TBD*

**OLLI Tech Help** • Every Friday • 1 p.m.-3 p.m. • Room 20/Zoom

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Tap-ercise** • Every Friday • 1 p.m.-2 p.m. • KHS 202/Zoom

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11  
Intersession: April 18, 25 • May 2, 9, 16  
Also meets on Wednesdays on Zoom.*

**Great Decisions** • Alternate Fridays • 1:15 p.m.-3:15 p.m. • Room 21/Zoom

*January 31 • February (14 no class), 28 • March 14, 28*

**Caring for Yourself and Others** • Every Friday • 2:15 p.m.-3:30 p.m. • Room 19

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*



### **Learn to Use Zoom**

Click on [ZOOM HELP](#) on the OLLI website to learn more about using Zoom.

**Line Dancing Workshop: Beginners/Intermediate** • Every Friday • 2:30 p.m.-3:30 p.m. • KHS 202

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

*Intersession: April 18, 25 • May 2, 9, 16*

**In Memoriam** • Friday, April 25 • 3 p.m.-5 p.m. • Shapiro ABCD

**Mah-Jong Game and Strategy for You (Cantonese Version)** • Every Friday • 3 p.m.-5:30 p.m. • Shapiro ABCD

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

*Intersession: April 18, (25 no class) • May 2, 9, 16*

**Happy Hour** • Every Friday • 4 p.m.-5 p.m. • Zoom

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

**Tennis** • Every Friday • 4 p.m.-dark • CSUF Tennis Courts

*January 24, 31 • February 7, (14 no class), 21, 28 • March 7, 14, 21, 28 • April (4 no class), 11*

*Intersession: April 18, 25 • May 2, 9, 16*

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## Saturdays

**Spring Preview (Open to the Public)** • Saturday, January 11 • 9 a.m.-noon • Auditorium/Shapiro ABCD/RGC Rooms

**Transitions in Retirement Essentials (Open to the Public)** • Designated Saturdays • 9:30 a.m.-11:30 a.m. • Shapiro ABCD/Zoom/Stream-Rec

*January 25 • February 1, 8, 22 • March 1, 8, 15, 22*

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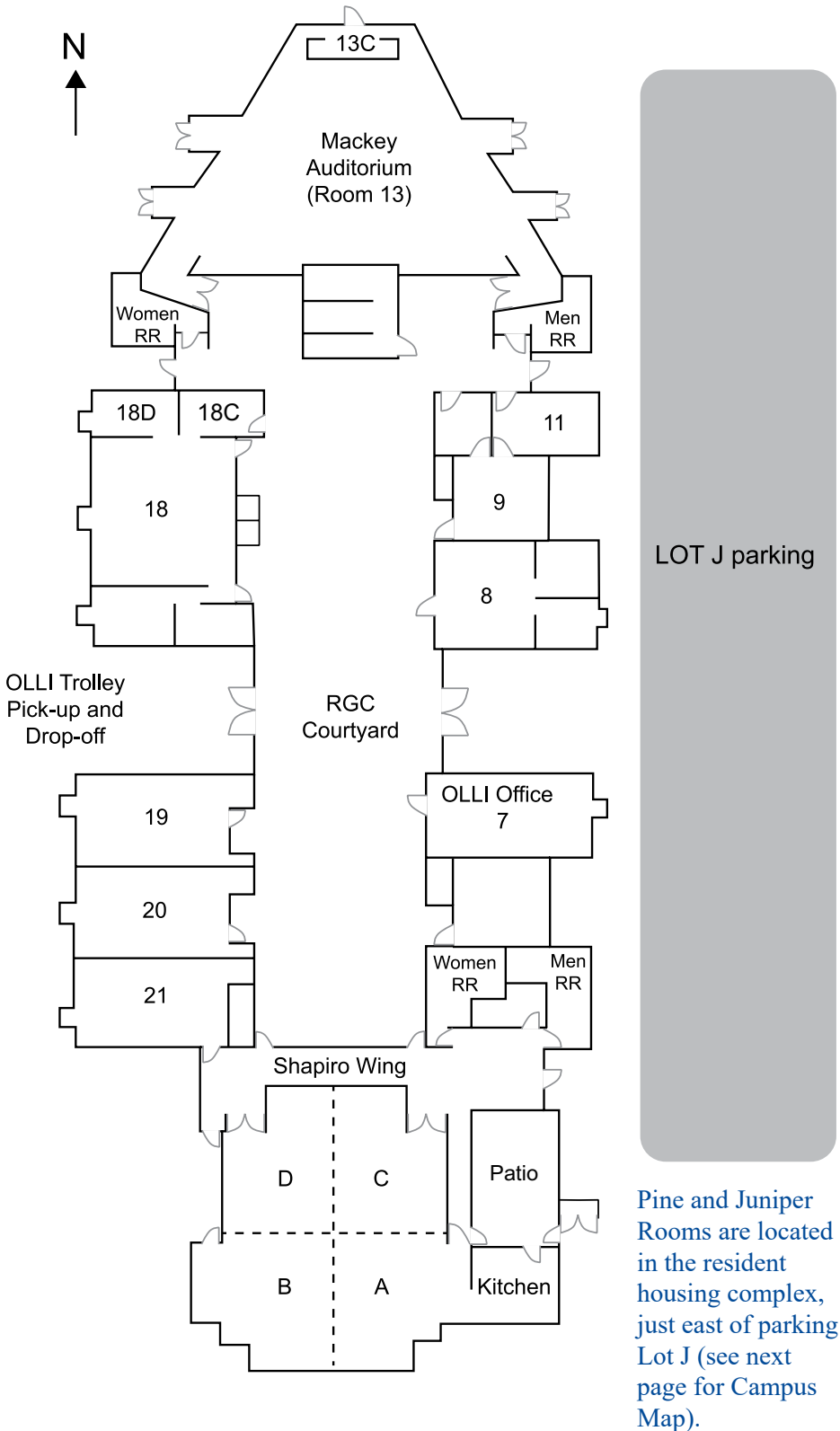
## Other

**Musical Performances** • Dates and Times: TBD • Auditorium/Shapiro ABCD

**OLLI Hospitality Event** • Time and Theme TBD

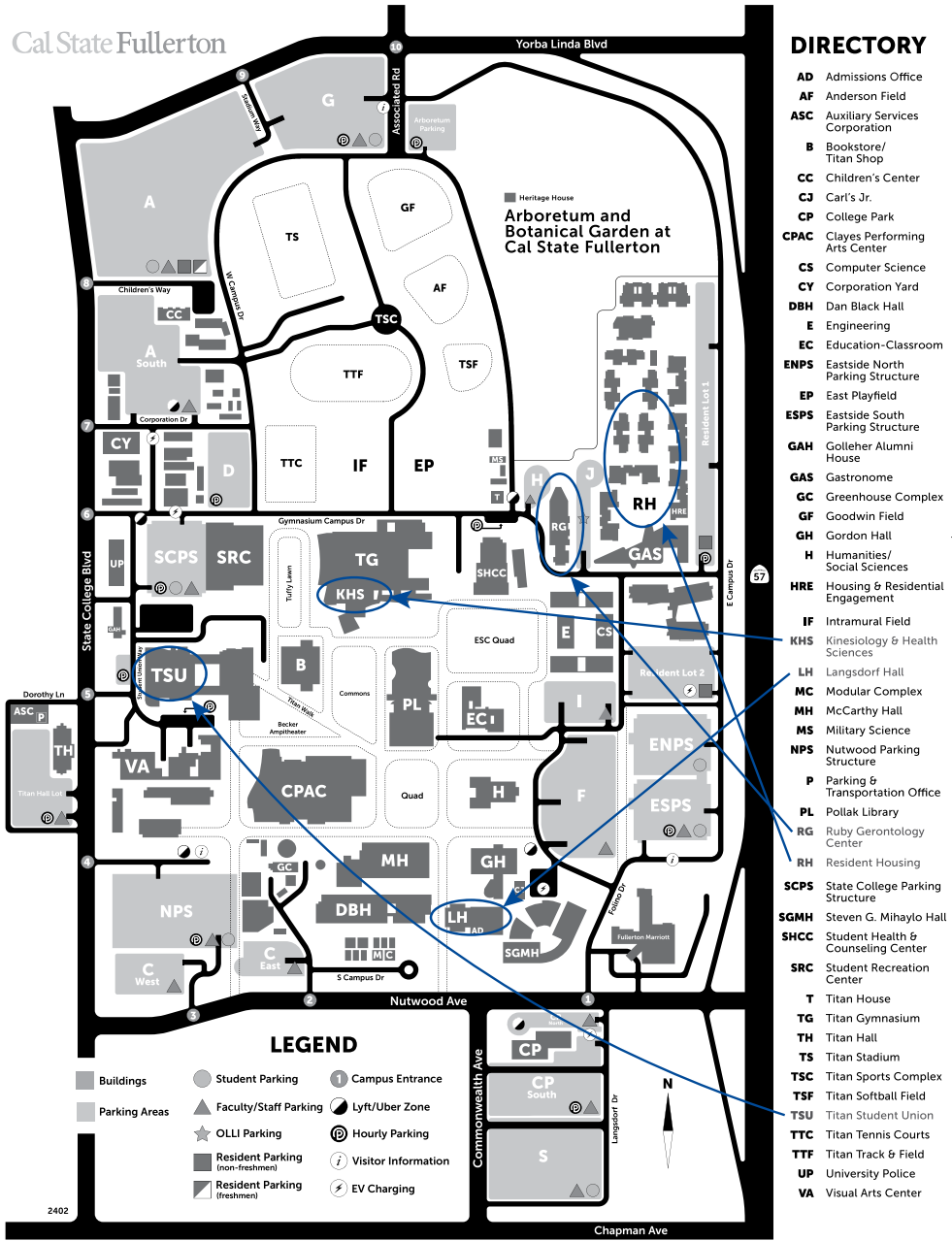


# Ruby Gerontology Center



# Cal State Fullerton Campus Map

Cal State Fullerton



**OLLI Trolley is not available during the summer session. Please use your parking permit to park in Lot J and other lots. The parking permit is NOT valid in Faculty/Staff parking area.**

# Experience Lifelong Learning



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PHOTO BY DON LAKE



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PHOTO BY KEN LUKE



PHOTO BY ELLIE MONROE



PHOTO BY JIM DITOTA

OLLI  
at California State University, Fullerton  
"A Continuing Learning Experience"  
Ruby Gerontology Center, Room 7  
P.O. Box 6870  
Fullerton, CA 92834-6870  
RETURN SERVICE REQUESTED  
10/24

[olli.fullerton.edu](http://olli.fullerton.edu)  
[olli-info@fullerton.edu](mailto:olli-info@fullerton.edu)  
657-278-2446

## MEMBERSHIP BENEFITS

### WIDE RANGE OF COURSES

- Current affairs, retirement issues
- Arts: learning, doing, performing
- Languages, science, technology
- Computer/mobile, discussion
- Extensive library of class videos

### HEALTHY LIFESTYLE COURSES

- Health, medical issues
- Sports, exercise, dancing

### SPECIAL EVENTS/SOCIAL ACTIVITIES

- Dinners, luncheons, receptions
- Day and overnight trips
- Card & board games
- Musical entertainment

### PARKING PRIVILEGES\*

- Many student lots/structures
- Lot J for OLLI members only
- OLLI Trolley to/from far lots

### UNIVERSITY PRIVILEGES

- Collaborate with faculty & students
- Pollak Library, student store, Wi-Fi
- Campus eating facilities
- Many CSUF athletic events free
- Audit CSUF courses free

\*Subject to limitations. See Parking & OLLI Trolley Information.



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PHOTOGRAPHER UNKNOWN



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