OLLI Classes

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

In-Person Attendance Guidelines

OLLI members are not required to wear face masks on campus, even when indoors. OLLI members may choose for themselves whether to wear or not wear masks when indoors or outdoors and are urged to exercise caution if coming onto campus maskless.

For all the current attendance guidelines and COVID protocols, go to the OLLI website at http://olli.fullerton.edu/classes/covid-19.php.

How to Join

To join OLLI, log in to the website’s Join/ Renew tab at olli.fullerton.edu.

For registration assistance contact the OLLI Office at (657) 278-2446.

Membership fees are:

• Annual (Fall 2023, Spring and Summer 2024 semesters): $275
• Fall 2023 only: $160

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

Non-member Access to Virtual Classes

If you are a non-OLLI member and would like to be added to an email distribution to receive weekly updates for Open to the Public classes and activities, email olli-info@fullerton.edu.

Contact Information

Phone: (657) 278-2446
Email: olli-info@fullerton.edu   •   Web: olli.fullerton.edu/welcome

facebook.com/OLLICalStateFullerton

Cover Photo: (left to right) Tina Ernsting, Nancy Carlton, Gail Nitta, and Vestol Calvin by Dale Quinn

What is OLLI?

The Other Lifelong Learning Institute (OLLI) at CSUF is one of over 100 university-based programs in the United States. Lifelong Learners at CSUF spearheaded the fundraising and supervised the on-campus construction of the OLLI Ruby Gerontology Center where more than $85 percent of OLLI’s in-person classes are offered. In addition, about 30 percent of the classes are Zoom or Livestreamed.

Free Course Catalog

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

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

Membership Benefits

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

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

OLLI is a COMMUNITY OF LEARNERS at Cal State Fullerton

OLLI fullerton.edu

OLLI fullerton.edu/more_info/ViewCatalogOnline.php

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Cover Photo: (left to right) Tina Ernsting, Nancy Carlton, Gail Nitta, and Vestol Calvin by Dale Quinn

OLLI fullerton.edu/more_info/ViewCatalogOnline.php

Campus Map & Parking Information

Free Learn in Retirement Classes - Fall 2023

OLLI at California State University, Fullerton

September 11 to December 9

OLLI fullerton.edu/more_info/ViewCatalogOnline.php

Campus Access

1) If entering the campus from Yorba Linda Boulevard, turn south on Associated Drive (entrance #10) and turn left on East Campus Drive around the Arboretum and the student housing complex to Gymnasium Drive, then right to Lot J.

2) If entering from State College Boulevard, turn east onto Gymnasium Drive (entrance #10). When the road curves to the right (at the back of the RGC building), follow the road around to the front, making a left into Lot J.

3) If entering from Nutwood (taking the Nutwood exit off the 57 Freeway), go west on Nutwood Ave. and turn north on Folino Drive (entrance #10). Make an immediate right after passing the Marriott Hotel. Go around the easternmost side of the parking structure and north to East Campus Drive until you reach Gymnasium Drive. Turn left on Gymnasium Drive until you reach Lot J on the right.

Parking

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

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

OLLI Trolley: The free OLLI Trolley travels between the OLLI Trolley Stop and the RGC. The OLLI Trolley hours will be established at the beginning of each semester. The covered Trolley Stop is located near the southeast corner of Lot G.
Experience the joy and fun of learning – without the stress of homework, exams or educational prerequisites. OLLI-CSUF has a lot to offer that will ensure a vibrant, active life as you begin or near retirement. The following classes are open to the public without charge, except for a campus parking fee on weekdays. “Test drive” lifelong learning by sampling one or more of our offerings.

OLLI-CSUF invites all members and friends to join us for our annual Fall Open House celebration for the fall semester. This in-person event will introduce OLLI to your friends and relatives who are retired or contemplating retirement. Invite them to join you at our Fall Open House, visit with our program instructors and coordinators, meet our many volunteers and learn about the 2023-2024 new and continuing programs. The Fall Open House presentation will provide information about new parking rules, class attendance options (in-person, online or hybrid) and membership benefits. Following the presentation, light refreshments will be served. If you have any questions, please contact us by email at ollimembership@fullerton.edu or by phone: (657) 278-2446.

We are looking forward to seeing you there!

TRANSITIONS IN RETIREMENT ESSENTIALS SERIES
Seven Saturdays, 9:30 a.m.–11:30 a.m. • Zoom/Stream

- Social Security Essentials
  October 14 • Free weekend program
  In this informative session, the focus will be on the timing and calculation of benefits, when to start Medicare and payments to beneficiaries. Come and ask your questions.

- Topic and Speaker to be Announced
  October 21 • Free weekend program
  Please watch the OLLI newsletters for details of this presentation.

- Medicare Essentials
  October 28 • Free weekend program
  This class is designed for those eligible for Medicare or those planning to make changes. Topics include basic Medicare, Medicare A-B-C-D, Medicare supplemental, Medicare Advantage and prescription drug plans.

TUESDAY CLASSES
THE HISTORY OF BROADWAY
Alternate Tuesdays • 1:45 p.m.–3:45 p.m. • Auditorium/Zoom

- September 12, 26, October 10, 24, November 7 (21 no class), 28
- Intercession: December 11
  This course covers the development of Broadway musicals and the composers and personalities of our most popular productions. The genesis of Broadway musicals are vast, and the evolution of musicals has many tales to be explored. The videos and lectures are designed for the lover of all types of plays. Don’t miss this fun course.

ESTATE PLANNING AND CHARITABLE GIVING
September 12 • Noon-1 p.m. • Webinar

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

- October 4 • Brain Health and Traumatic Brain Injury
  Advances in the treatment of traumatic brain injury and concussions, including the latest findings on the treatment of dementia and the best techniques for reducing the risk of stroke are discussed.

- October 10 • A Death Positive Approach to Communicating about What Matters Most
  This is an active learning workshop about learning to reframe your relationship with death to more effectively communicate about what matters most in life.

- October 24 • Topic and Speaker to be Announced
  Please watch the OLLI newsletters for details of this presentation.

- November 7 • Topic and Speaker to be Announced
  Please watch the OLLI newsletters for details of this presentation.

- November 28 • Climate Change
  Climate change is seemingly complex, but complexity is in the eye of the beholder. The speaker will discuss the foundation of climate change, its impacts, and solutions, ending with a music video he made on the topic.

CSUF FACULTY/STUDENT PERFORMANCES/PRESENTATIONS
Alternate Tuesdays • Noon-1:30 p.m. • Auditorium/Zoom

- September 12, 26, October 10, 24, November 7 (21 no class), 28
- Intercession: December 12
  As part of OLLI-CSUF Collaboration activities, CSUF School of Music students and faculty perform for our members in preparation for upcoming recitals and performances. These students are top-rated performers. Additional information will be provided through the OLLI newsletters and posted throughout the Ruby Gerontology Center.

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

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

- September 20 • Obesity and Life Expectancy
  Long-term effects and life expectancy of obesity and discussion on diabetics drugs being used for weight loss will be presented.

ESTATE PLANNING AND CHARITABLE GIVING
October 24 • Topic and Speaker to be Announced
Registration for the lunchtime webinars will be available a month before the webinar. Watch for announcements in the OLLI newsletters. Should you have any questions, please reach out to Hartford Russell at csufplannedgifts@fullerton.edu.

MUSICAL PERFORMANCES/PRESENTATIONS
A wide variety of topics of interest to OLLI members and guests are presented by experts recognized and hosted by the coordinator.

- Intersession: December 12

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

OLLI-HOLIDAY MAGIC CONCERT
Saturday, December 10 • 8 p.m. • Auditorium/Zoom

This is an active learning workshop about learning to reframe your disagreements so that you can more effectively communicate about what matters most in life.

FOCUS ON HEALTHY CONTINUING PROGRAMS

Eating Well and Moving More
Tuesdays, September 12, 19, 26 • October 10, 17, 24, November 7, 14 • 1:30-2:30 p.m. • Zoom/Stream

This class is designed for those eligible for Medicare or those looking to explore their options for glaucoma, are presented.

THE HISTORY OF BROADWAY
Alternate Tuesdays • 1:45 p.m.-3:45 p.m. • Auditorium/Zoom
September 12, 26 • October 10, 24 • November 7, (21 no class), 28, December 12

The study of mass murder suffers from scholarly disagreement as to what the term means. Some researchers believe the term should refer to single-incident killings of three or more people, however, disagreements are not trivial.

SEPTUM PLANNING AND CHARITABLE GIVING

Wednesday, September 14 • Noon–1 p.m. • Webinar

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

MUSICAL PERFORMANCES/PRESENTATIONS

Verse, The
The genres of Broadway musicals are vast, and the evolution of musicals has many tales to be explored. The videos and lectures are designed for the lover of all types of plays. Don't miss this fun course.

Accelerate Tuesdays • 1:45 p.m.-3:45 p.m. • Auditorium/Zoom
September 12, 26 • October 10, 24 • November 7, (21 no class), 28, December 12

Additional information will be sent out through the OLLI newsletters. We are looking forward to seeing you there!

RISK MANAGEMENT
Thursday, September 15 • Noon–1 p.m. • Webinar

The genres of Broadway musicals are vast, and the evolution of musicals has many tales to be explored. The videos and lectures are designed for the lover of all types of plays. Don't miss this fun course.

Diseases and treatments for the aging eye, focusing on selecting the best lens for your lifestyle with cataract surgery and treatment. Pros and cons of laser vision correction will be presented.

Varied days

Leadership and the Rainforest
November 28 - Climate Change
Climate change is seemingly complex, but complexity is in the eye of the beholder. The speaker will discuss the foundation of climate change, its impacts, and solutions, ending with a music video he made on the topic.

TUESDAY CLASSES

Please watch the OLLI newsletters for details of this presentation.

FALL OPEN HOUSE
Saturday, August 9 • 9 a.m.-Noon • Ruby Gerontology Center (RGC)

OLLI-CSUF invites all members and friends to join us for our annual Open House celebration for the fall semester. This in-person event will introduce OLLI to your friends and relatives who are retired or contemplating retirement. Invite them to join you at our Fall Open House, visit with our program instructors and coordinators, meet our volunteers, and learn about the 2023-2024 new and continuing programs. The Fall Open House presentation will provide information about new parking rules, class attendance options (in-person, online or hybrid) and membership benefits. Following the presentation, light refreshments will be served. If you have any questions, please contact us by email at ollimember@fullerton.edu or by phone: (657) 287-2446.

WEDNESDAY CLASSES

MEDICAL SERIES
Alternate Wednesdays • 7 p.m.-9 p.m. • Zoom/Stream
This series will provide you with new knowledge on aging, cognition will also be addressed.

FALL OPEN HOUSE
Saturday, August 9 • 9 a.m.-Noon • Ruby Gerontology Center (RGC)

OLLI-CSUF invites all members and friends to join us for our annual Open House celebration for the fall semester. This in-person event will introduce OLLI to your friends and relatives who are retired or contemplating retirement. Invite them to join you at our Fall Open House, visit with our program instructors and coordinators, meet our volunteers, and learn about the 2023-2024 new and continuing programs. The Fall Open House presentation will provide information about new parking rules, class attendance options (in-person, online or hybrid) and membership benefits. Following the presentation, light refreshments will be served. If you have any questions, please contact us by email at ollimember@fullerton.edu or by phone: (657) 287-2446.

Additional information will be sent out through the OLLI newsletters. We are looking forward to seeing you there!

TRANSITIONS IN RETIREMENT ESSENTIALS SERIES
Seven Saturdays, 9:30 a.m.–11:30 a.m. • Zoom/Stream

Free weekend parking

September 10 - Social Security Essentials
In this informative session, the focus will be on the timing and calculation of benefits, when to start Medicare and payments to beneficiaries. Come and ask your questions.

September 14 - Social Security Essentials
In this informative session, the focus will be on the timing and calculation of benefits, when to start Medicare and payments to beneficiaries. Come and ask your questions.

September 17 - Estate Planning and Charitable Giving
Registration for the lunchtime webinars will be available a month before the webinar. Watch for announcements in the OLLI newsletters. Should you have any questions, please reach out to Hart Rousselle at csufplannedgift@fullerton.edu.

OLLI-HOLIDAY MAGIC CONCERT
Saturday, December 10 • 8 p.m. • Auditorium/Zoom

This is an active learning workshop about learning to reframe your disagreements so that you can more effectively communicate about what matters most in life.

October 24 - Topic and Speaker to be Announced
Please watch the OLLI newsletters for details of this presentation.

September 13 - Brain Behavior Relationships
This session will explore the relationship between particular brain regions and cognitive performance (e.g., memory, attention, language), information on the way to build both brain health and cognition will also be addressed.

Monday, September 19 • Noon–1 p.m. • Webinar

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

OLLI-HOLIDAY MAGIC CONCERT
Saturday, December 10 • 8 p.m. • Auditorium/Zoom

This is an active learning workshop about learning to reframe your disagreements so that you can more effectively communicate about what matters most in life.

Friday, September 16 • Noon–1 p.m. • Zoom/Stream

This is an active learning workshop about learning to reframe your disagreements so that you can more effectively communicate about what matters most in life.

Wednesday, September 21 • Noon–1 p.m. • Webinar

Please watch the OLLI newsletters for details of this presentation.

Friday, September 23 • Noon–1 p.m. • Zoom/Stream

Friday, September 23 • Noon–1 p.m. • Zoom/Stream

*Campus parking fees may apply.

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Annual (Fall 2023, Spring and Summer 2024 semesters): $275

Membership fees are:

For registration assistance contact the OLLI Office at (657) 278-2446.

Online Catalog at olli.fullerton.edu/more_info/ViewCatalogOnline.php

Contact Information

sign up at this link: https://tinyurl.com/2p9xunyc

classes and sign-on information for video conference classes, please email distribution to receive weekly updates for Open to the Public

If you are a non-OLLI member and would like to be added to an

Non-member Access to Virtual Classes

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facebook.com/OLLiCalStateFullerton

Cover Photo: (left to right) Tina Ernsting, Nancy Carlton, Gail Nitta, and Vicki Colvin by Diane Guerin

Campus Map & Parking Information

Campus Access

1) If entering the campus from Yorba Linda Boulevard, turn south on Associated Drive (entrance #10) and turn left on East Campus Drive around the Arboretum and the student housing complex to Gymnasium Drive, then right to Lot J.
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Parking

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

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Free Learn in Retirement Classes - Fall 2023

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OLLI Classes

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

OPEN TO THE PUBLIC WITHOUT CHARGE

Campus Map & Parking Information

OLLI is via either Gymnasium (Gym) Dr. or Folino Dr.

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• Access to the CSUF Information Technology Help Desk