TRY US FREE OF CHARGE – PROGRAMS OPEN TO THE PUBLIC

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

HOW TO ATTEND OUR OPEN TO THE PUBLIC COURSES

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

The email you receive describes how the courses may be accessed: In person at the Ruby Gerontology Center on the CSUF campus; using Zoom; using the internet to view livestreamed content via Vimeo; or in some cases, more than one method. The links you will need to access classes offered via Zoom or livestreamed are given in the email newsletter, as well as the room designations for classes held in-person. Descriptions of the topics for the class sessions are also provided.

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

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

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

For additional information about OLLI-CSUF please view the section at the end of the document.
OVERVIEW OF OLLI-CSUF’S OPEN TO THE PUBLIC COURSES – FALL 2022

The courses listed and described below are the subset of OLLI’s complete course catalog which are available free of charge to the public. The links next to each course title in the list take you directly to the page of this document containing details on the lecture topics. A link at the end of each course section will bring you back to this overview.

OLLI courses and activities 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 (hybrid). Courses offered in multiple formats are designated as shown in the following example: Room 21 and Zoom and Livestream will appear as Room 21/Zoom/Stream; or Zoom and Livestream will appear as Zoom/Stream.

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

**Tuesdays**

**ECLECTICS I** • [Jump to Eclectics I for details](#)
Alternate Tuesdays • 10:15 a.m.-11:45 a.m. • Mackey Auditorium/Stream/Zoom
Sep 13, 27, Oct 11, 25, Nov 8, 29

**CSUF FACULTY/STUDENT PERFORMANCES/PRESENTATIONS** • [Jump to CSUF Faculty/Student Performances/Presentations for details](#)
Alternate Tuesdays • Noon-1:30 p.m. • Mackey Auditorium/Zoom
Sep 13, 27, Oct 11, 25, Nov 8, 29; Intersession: Dec 13, Jan 10

**HISTORY OF AMERICAN MUSIC: ROCK ‘N’ ROLL** • [Jump to History of American Music: Rock ‘n’ Roll for details](#)
Alternate Tuesdays • 1:45 p.m.-3:45 p.m. • Mackey Auditorium/Zoom
Sep 13, 27, Oct 11, 25, Nov 8, 29

**Wednesdays**

**MEDICAL SERIES** • [Jump to Medical Series for details](#)
Alternate Wednesday evenings • 7 p.m.-9 p.m. • Zoom
Sep 21, Oct 5, 19, Nov 2, 16, Dec 7

**Saturdays**

**TRANSITIONS IN RETIREMENT ESSENTIALS** • [Jump to Transitions in Retirement Essentials for details](#)
Nine Saturdays • 9:30 a.m.-11:30 a.m. • Zoom/Stream/Shapiro ABCD*
Sep 17*, 24*, Oct 1, 8, 15, 22, 29, Nov 5, 12*

Links shown in bold type take you to an OLLI or CSUF webpage. Links in standard type go to a page within this document.
**ECLECTICS I**
Alternate Tuesdays • 10:15 a.m.-11:45 a.m.
Mackey Auditorium/Stream/Zoom
Sep 13, 27, Oct 11, 25, Nov 8, 29

The Eclectics I series offers a wide variety of topics of interest to OLLI members and guests, presented by experts recruited and hosted by the coordinator.

Coordinator: Janice Jeng  Tech Coordinator: TBD

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**September 13: The Etymology of the Word Glitter**

Speaker: Nicole Seymour, Associate Professor, Environment Studies, CSUF

Bloomsbury Publishing describes its “Object Lessons” series as “short, beautifully designed books about the hidden lives of ordinary things”—from the shipping container to the telephone booth. In her OLLI presentation, Dr. Nicole Seymour will present from her new book in the series, *Glitter* ([https://www.bloomsbury.com/us/glitter-9781501373770/](https://www.bloomsbury.com/us/glitter-9781501373770/)). This wide-ranging talk will cover the etymology of the word glitter, its appearance in ancient as well as contemporary visual art, and the development of biodegradable alternatives to typically plastic commercial glitter. While this substance is often dismissed as frivolous, Dr. Seymour will show how it reflects the entanglements of consumerism, environmentalism, politics, aesthetics and more.

**September 27: Emerging Concern for Environmental Contaminants**

Speaker: Sudarshan Kurwadkar, Professor, Department of Civil and Environmental Engineering, CSUF

Dr. Kurwadkar’s research work is interdisciplinary, broad-based and collaborative with faculty colleagues in biology, chemistry and mathematics. His work also centers on involving undergraduate and graduate students in research activities to bring real-world relevance to classroom instruction. Dr. Kurwadkar will speak about his research regarding the concern for environmental contaminants.
October 11: **Why We Love Disney**

Speaker: Andi Stein, Emeritus, Former Professor, College of Communications

Since its beginnings as a small studio in the 1920s, the Walt Disney Company has become one of the most influential organizations in the world of entertainment. From films to television to theme parks, Disney characters and creations are recognized and loved by fans of all ages. Join Professor Andi Stein as she discusses the growth and development of the Walt Disney Company and explores why Disney has been so successful in building its brand and spreading magic throughout the world.

October 25: **A Splendid Variety: My Journey to Choral Music**

Speaker: Dr. Robert Istad, Director of Choral Studies, CSUF

In 1994, Dr. Istad encountered the overwhelming magic of choral music for the first time. The experience was so profound that he gave up his ambition to pursue a career in medicine for chorus. He will share with you the reasons he believes singing in a choir is as near an earthly magic as one may encounter. Breathing together, singing together, and lifting diverse communities together in song is more than connective, it is extraordinarily spiritual. He will share with you his favorite music, stories about his most interesting encounters with celebrities, his passion for uniting instrumentalists and vocalists in large performance experiences, and his predictions for the bright future of classical choral music. He promises a few surprises as well!

November 8: **The Evolution of the Theatre**

Speaker: Amanda Rose Villerreal, Assistant Professor of Theatre Education

A lot of people in the theatre industry are debating (very heatedly) right now about how and whether theatre should evolve, and this includes conversations about the value and validity of interactive (immersive) theatre and theatrical performances delivered online (or digitized theatre). Dr. Villerreal will discuss the ways theatre and theatre education have evolved, and how these evolutions (such as the addition of electrical lighting) have historically been seen as ‘threats’ to the art form. We
will also discuss what the group considers to be the defining characteristics of theatre and whether we believe the newest proposed additions to the art form enhance theatre or are, indeed, threats to the form.

November 29: **Negative Thermal Expansion Materials**

Speaker: Dr. Joya Cooley, Assistant Professor, Department of Chemistry & Biochemistry, CSUF

Thermal expansion, the way materials change shape when you heat or cool them, is an important property to be able to understand and control. Many objects that people rely on every day (i.e., building materials, aerospace parts etc.) can wear out or fail more easily if their thermal expansion is not matched well, thus creating more waste and higher costs in the world. While many materials expand as you heat them, some materials shrink as you heat them and are important to study. Therefore, it is important to understand how to control these properties so that new types of materials can be engineered. Professor Cooley focuses on understanding why certain classes of materials, which consist of earth-abundant elements, shrink instead of expanding upon heating.

[Click here to return to the overview of fall 2022 courses.](#)
CSUF FACULTY/STUDENT PERFORMANCES/PRESENTATIONS
Alternate Tuesdays • Noon-1:30 p.m.
Mackey Auditorium/Zoom
Sep 13, 27, Oct 11, 25, Nov 8, 29 and Intersession: Dec 13, Jan 10

OLLI Coordinator: Ellie Monroe

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/students are not able to perform on the scheduled dates, lectures on the life and music of Ludwig van Beethoven will be presented on that date. Additional information will be provided through the OLLI newsletters and posted throughout the Ruby Gerontology Center.

Click here to return to overview of fall 2022 courses.

HISTORY OF AMERICAN MUSIC: ROCK ‘N’ ROLL
Alternate Tuesdays • 1:45 p.m.-3:45 p.m.
Mackey Auditorium/Zoom
Sep 13, 27, Oct 11, 25, Nov 8, 29

This course focuses on the development of music in the United States and the composers and personalities of our most popular American-born songs. The genres of music are vast within our country, and the evolution of music has many tales to be explored. The next two semesters will examine the composers and music personalities of the 1970s. Genres of this period cover pop-rock, disco, R&B, funk, smooth jazz, jazz fusion, soul, blues rock, and progressive rock. The videos and lectures are designed for the lover of all types of music. Don’t miss this fun course.

Instructor/Coordinator: Ellie Monroe    Coordinator: Jim Medici
Tech Coordinators: Jim Monroe and Sue Batie

Click here to return to the overview of fall 2022 courses.
MEDICAL SERIES
Alternate Wednesday evenings • 7 p.m.-9 p.m. • Zoom
Sep 21, Oct 5, 19, Nov 2, 16, Dec 7.

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

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

September 21: Afib and Other Common Heart Rhythm Disturbances, Including Home Monitoring and its Effectiveness
Speaker: Danny Lee, M.D.

Dr. Danny Lee is a graduate of the Warren Alpert Medical School of Brown University. He completed a three-year fellowship in cardiology at Harbor-UCLA Medical Center and a two-year fellowship in clinical cardiac electrophysiology at Kaiser Permanente Los Angeles Medical Center. As a cardiac electrophysiologist, he specializes in therapies and procedures to treat heart rhythm disorders. He will discuss common cardiac arrhythmias, with a special focus on atrial fibrillation, one of the most prevalent arrhythmias affecting the senior population. He will also discuss the tools that are available to patients for monitoring their cardiac arrhythmias at home.

October 5: Shared Decision Making with Both Common and Significant Medical Decisions
Speakers: Glen Scott Smith, M.D. and Matthew Schroeder, M.D.

Dr. Smith is currently the Chairman of St. Joseph & St. Jude Heritage Medical Group’s Quality Practice Improvement Committee and Family Medicine physician. Dr. Schroeder received his B.S. from CSUF, attended medical school at the University of Illinois and recently completed his residency in Family Medicine at PIH Hospital in Whittier. He has a passion for treating chronic illness and seeks to empower his patients to improve their health through education and shared decision making. Dr. Smith and Dr. Schroeder will be partnering to discuss methods of shared decision making between you and your doctor: “It is my body. I want to understand the options for my health decisions.” Medicine is ever more complex and thus discussions of the risks and benefits of treatment choices for complex
medical diagnoses is so important. They intend to use an example for each area of focus involving seniors:

1) Common medication choices
2) Involved diagnostic testing
3) Surgical choices
4) Treatment for diseases with minimal benefit but great hope
5) End of life decisions and care.

October 19: The Hand Surgeon Will See You Next: Current Updates/Techniques in Hand and Upper Extremity Surgery

Speaker: Jesse Kaplan, M.D., M.B.A.

Dr. Jesse Kaplan is a fellowship-trained UCI Health orthopedic surgeon who specializes in comprehensive nonsurgical and surgical approaches for the treatment of hand, elbow and shoulder disorders. His clinical interests include minimally invasive arthroscopic techniques, wide-awake surgery, upper extremity fractures and elbow reconstruction. Dr. Kaplan earned a medical degree and a master’s degree in business administration in a dual-degree program at the UCI School of Medicine. He completed an orthopedic surgery residency at Los Angeles County USC Medical Center, followed by fellowship training in hand and upper extremity surgery at the University of Pittsburgh Medical Center in Pennsylvania. Dr. Kaplan will discuss different types of procedures and the reasons for surgeries that have to do with the hand, rotator cuff and other upper extremities. He will touch on challenges seniors may encounter while aging, such as difficulties with falls, twists and turns etc., and the need for surgery and other processes.

November 2: Chronic Pain: Advances in Understanding and Treatment

Speaker: Allison Bicksler, Psy.D.

Dr. Allison Bicksler is a licensed clinical psychologist specializing in pain and health psychology. She earned her doctoral degree at the American School of Professional Psychology and did her predoctoral internship at the University of California, Riverside. She has been accepted for candidacy as a Diplomate of American Board of Clinical Health Psychology. She is currently the lead psychologist at St. Jude Medical Center’s Chronic Pain Program. Dr. Bicksler will discuss how chronic pain works, both conceptually and neurologically. She will explain how psychology is critically important in pain, though pain is
not “in your head.” She will differentiate “treatment” and “management” for chronic pain and explain why reductive treatment approaches, which typically focus only on medications or procedures, often fail to control it effectively. Current evidence-based models of chronic pain management will be described.

November 16: **Fasting and Intermittent Fasting in Regard to Anti-Aging**

Speaker: Charles S. Blumberg, M.D.

Dr. Charles Blumberg is a UCI Health internist who specializes in primary care. His clinical interests include preventive medicine with an emphasis on nutrition, wellness and treating the whole patient. Dr. Blumberg earned his medical degree from the Warren Alpert Medical School of Brown University in Providence, RI, followed by a residency in internal medicine at the UCI School of Medicine. This lecture will cover the use of intermittent and prolonged fasting as a tool for improving health and will include possible anti-aging benefits. Dr. Blumberg will include basic physiology as well as specific applications such as weight loss and diabetes.

November 21-26: **Fall Break—No Class**

December 7: **Hormone Replacement for Deficiencies in the Senior Population**

Speaker: Becky Muldoon, M.D.

Dr. Becky Muldoon is a proud Army Veteran. She graduated medical school from the Uniformed Services University and completed her internal medicine residency at Tripler Army Medical Center and an endocrinology fellowship at the Walter Reed National Military Medical Center. She will present on the hormonal changes with aging, including a discussion on the risks and benefits of post-menopausal hormone replacement in women and testosterone supplementation in men.

[Click here to return to the overview of fall 2022 courses.]
TRANSITIONS IN RETIREMENT ESSENTIALS
Nine Saturdays • 9:30 a.m.-11:30 a.m.
Sep 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12
All sessions offered via Zoom, with some sessions, marked in red (●), to be held in-person in Shapiro ABCD as well as online. The livestream of the presentations will be recorded, except as noted below.

Celebrating 15 Years of TiR

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

Program Coordinator: Russell MacKeand

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

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

September 17: ● Retirement Mini-Series Part 1: Financial Road to Retirement

Speaker: Grant Moulton, Chartered Retirement Plans Specialist, Wealth Management Specialist, Financial Advisor, Raymond James Financial Services

This informative session will begin with a look at the current economic issues and market outlook. Issues such as an ongoing war, inflation, and rising interest rates all have the potential to impact your financial retirement goals. We’ll then cover basic retirement portfolio construction and retirement income strategies, and understand potential risks and roadblocks to a smooth retirement like the sequence of returns. We’ll learn the importance of asset location as well as asset allocation and look at the order of withdrawals and RMDs. Lastly, we’ll touch on a few advanced strategies like Roth conversions and charitable giving and some efficient wealth transfer strategies. This course will give a recent or soon-to-be retiree a good overview of retirement income planning.

● Designates a class offered in-person in Shapiro ABCD as well as via Zoom.
September 24: **Retirement Mini-Series Part 2: Happy Brains**

Speaker: Barbara Cherry, Ph.D., Professor, Dept of Psychology, CSUF

Things we do regularly impact our cognitive skills and can keep our brains strong. Cognitive skills include remembering, thinking, problem-solving decision-making, etc. This talk will address links between cognition and the brain, and how to structure your daily/weekly activities to help keep your cognitive skills sharp and your brain healthy. Evidence for factors such as meaningful activities, exercise (physical/cognitive), diet, sleep quality, and their effects will be explored.

October 1: **Retirement Mini-Series Part 3: Staying Healthy in Retirement**

Speaker: Erin Newman, M.D.

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

October 8: **Should Your Next Car Be Electric?**

Speaker: Rick Hearn, OLLI member and electric car owner

I’ve been happily driving an electric car since 2018. Before choosing your next car, identify your priorities. How do purchase price, passenger and cargo capacity, operating expenses, performance, range, safety, luxury, appearance, carbon emissions, fueling options, full self-driving and other factors weigh in your choice? If you are driving an electric car, please share your experience. If you’re still thinking about it, bring your questions.

- Designates a class offered in-person in Shapiro ABCD as well as via Zoom.
October 15: **Social Security Essentials**

Speaker: Jeffrey Rodriquez, Public Affairs Specialist, Social Security Administration

Don’t miss this opportunity to have your Social Security questions answered. This informative and entertaining session is led by Jeffrey Rodriquez, Social Security Administration Public Affairs Specialist. People associate Social Security only with retirement benefits, but Social Security is much more; it’s medical, disability and life insurance. Topics that will be discussed include when is the best time to start retirement benefits, how benefits are calculated, when to start Medicare, payments to beneficiaries and more Social Security life-impacting issues.

October 22: **Hearing Loss and Hearing Aids**

Speaker: Hana Bui, M.D., Kendall Caminiti, Au.D.

The World Health Organization founded World Hearing Day on March 3 to raise awareness on how to prevent deafness and hearing loss and to promote hearing care throughout the world. In this presentation, we will discuss common causes of hearing loss, how to prevent hearing loss, what types of hearing loss can be improved with surgical treatments, and provide you with information about how hearing aids work, different types of hearing aids and tips on selecting the right hearing aids for you.

October 29: **Medicare Essentials: What You Need to Know When You Sign Up for Benefits**

Speaker: Gene Campbell, HICAP Counselor, and Community Educator, Council on Aging-Southern California, Health Insurance Counseling and Advocacy Program (HICAP)

Confused about Medicare? Want some good advice from state-registered, unbiased experts who are not in the business of selling, recommending or endorsing any products? This class is designed for those soon to be eligible for Medicare or those planning to make changes during the annual October 15 through December 7 election period. The topics to be covered are Basic Medicare Benefits, Medicare A-B-C-D, Medicare Supplemental, Medicare Advantage plans and Prescription Drugs Plans.

*Please Note: This presentation will not be recorded.*
November 5: **Income Tax Strategies**

Speaker: Felicia Wong, Certified Public Accountant, Enrolled Agent, Zweig & Associates, CPAs, LLP

Learn the basics surrounding individual income taxation for retirees and pre-retirees. We will cover topics such as when to draw social security and how it will be taxed, new retirement account distribution rules, gifting rules and inheritance rules. Learn strategies to minimize taxes now and in retirement. Bring your tax questions for a Question-and-Answer session with a Certified Public Accountant, Felicia Wong, CPA, EA.

November 12: **Healthy Mouth, Healthy Body: Dental Care for Seniors**

Speaker: Timothy Hedrick, DDS, Smile with Style

Dr. Hedrick, a local dentist, will discuss strategies to preserve, maintain and restore your teeth to last a lifetime.

- Designates a class offered in-person in Shapiro ABCD as well as via Zoom.

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

Directions to OLLI at Cal State University, Fullerton

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

800 N State College Blvd, Fullerton, CA 92831

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

Parking Information

Parking is free on weekends. Monday through Friday, hourly or daily parking permits can be obtained from vending machine on campus. The visitor page on CSUF parking website has more information on obtaining daily parking permits.

Campus maps

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

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

Ruby Gerontology Center

Click here to return to the top of the document.
FOR ADDITIONAL INFORMATION ABOUT OLLI:

View or download the Fall 2022 OLLI Blue Book, our printed course catalog. This catalog contains the full range of OLLI-CSUF’s fall semester offerings available to OLLI members. Courses and events open to non-members are marked with (Open to the Public) next to the course title and indicated with an asterisk (*) before the course title in the Day of the Week Index. Please consult the OLLI website for updates to the printed catalog that may have occurred since its publication.

Fall Open House at OLLI-CSUF

Catch the excitement of OLLI’s class and activity offerings! Our annual Fall Open House took place on Saturday, August 6, 2022. More information about this festive and informative annual event can be found at this link.

Call our office at 657-278-2446. Office hours are from 8:30 a.m. - 4:00 p.m. weekdays. Campus holidays are observed.

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

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

Follow us on Facebook at facebook.com/OLLICalStateFullerton

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

Click here to return to top of document.