



Fall 2024 Course Catalog

September 16 - December 13



CSUDH
COLLEGE OF CONTINUING &
PROFESSIONAL EDUCATION

*Empowering Lifelong Learners
One Course at a Time*

Dean's Corner

J. Kim McNutt, Dean, CSUDH College of Continuing and Professional Education



Welcome to OLLI@CSUDH!

Dear OLLI Members, Current and Future,

I am thrilled to welcome you back to another exciting semester with the Osher Lifelong Learning Institute (OLLI) at California State University, Dominguez Hills! As we begin our Fall 2024 term, we are excited to see our vibrant community of lifelong learners returning to campus and ready to explore a world of knowledge and creativity together.

This semester promises to be one of our most dynamic yet! We have a fantastic lineup of new classes, many of which feature university professors who are generously volunteering their time to share their expertise with you. From cutting-edge technology workshops to enriching humanities courses, the OLLI experience continues to expand, offering you opportunities to engage with a wide range of subjects.

However, I must also share some important updates regarding OLLI. As part of the CSU system, learners are facing tuition increases across all campuses over the next five years. CCPE and OLLI are no exception. Inflationary pressure, staff salary and benefits, risk management insurance, building maintenance and operating costs have all increased year over year. OLLI has held the line on fee and membership increases for more than 10 years, but we just can't do that any longer. To ensure the continued growth and sustainability of this incredible program, we have had to make the difficult decision to raise OLLI course fees. When calculated by dollar amounts versus percentages, the increases are nominal when benchmarked against other OLLI programs. The good news is we are not raising fees annually as the university is implementing for CSUDH students. CCPE is 100% self-support with no state or university funding to run our

college. We are striving to maintain the status quo, in the face of overwhelming cost of living increases. Higher Education is not immune from market forces that impact us all every time we pay for housing, buy gas or shop for groceries.

We understand that this increase may pose a challenge, but it is a crucial step in ensuring we continue delivering the high-quality programs and services you've come to cherish at OLLI. Our commitment to offering exceptional learning experiences for all members of our vibrant older adult community remains unwavering. When compared to other OLLI programs across California and the nation, OLLI at CSUDH continues to offer remarkable value. Don't forget the special savings for members, with an annual parking rate of just \$20—a significant benefit compared to the campus's daily parking fee of \$10. Thanks to the diligent efforts of CCPE leadership, we've secured this discount on your behalf, with no increase in the parking fee, providing you with added convenience and peace of mind.

Now, more than ever, your support is critical. Fundraising and sponsorship efforts will be essential to keeping OLLI thriving. We know that our members love this program and will continue to help strengthen it, both through participation and by contributing to our donation efforts. With your help, we can ensure that OLLI continues to serve and inspire for many years to come.

We are grateful for your passion and commitment to lifelong learning, and we look forward to another wonderful semester together. Let's make Fall 2024 our best one yet!

Cordially,

J. Kiu McNutt

Dean, College of Continued &
Professional Education
California State University,
Dominguez Hills

A Message from OLLI Director

Fawn Supernaw

College of Continuing and Professional Education, CSUDH



Welcome to the New Academic Year at OLLI!

Dear OLLI Members,
Friends, and Supporters,

As we step into another exciting academic year at OLLI@CSUDH, I am thrilled to welcome both returning members and those joining us for the first time. Each year brings new opportunities for learning, growth, and connection, and this year is no exception. We have a rich array of courses, events, and special programs lined up to inspire curiosity, foster creativity, and build community.

Looking back on the past academic year, we have much to celebrate! Our membership has grown to over 500 strong, surpassing a significant milestone for our Million Dollar Endowment goal. This growth is a testament to the vibrancy and dedication of our OLLI community.

Our courses were more popular than ever, with classes reaching maximum capacity before the semester even began. We deepened our partnerships across the university, with professors volunteering their expertise and student clubs joining forces to expand our offerings. Our member's Juneteenth Play was broadcast on DHTV. Each actor did such an incredible job.

One of our proudest achievements is our continued commitment to bridging the digital divide. Thanks to the WIN partnership, over 200 members received laptops, empowering them to engage fully in today's digital world. Our curriculum now includes more computer classes, AI in the classroom, and social media literacy, ensuring that OLLI members stay ahead of the curve in the fast-changing technological landscape.

We also had the pleasure of representing OLLI at various events throughout the South Bay, bringing our unique blend of lifelong learning and community engagement to a wider audience.

As we embark on this new academic year, we remain committed to providing a diverse range of programs that stimulate the mind, enrich the soul, and create lasting connections. Whether you are here to learn a new skill, explore a passion, or simply meet like-minded individuals, OLLI has something for you.

Thank you for being a part of this incredible community. I look forward to all we will accomplish together in the coming months.

OLLI Member,

Fawn Supernaw

Director, OLLI@CSUDH



We Are OLLI



Osher Lifelong Learning Institute (OLLI)

The Osher Lifelong Learning Institute (OLLI) Network is a dynamic consortium of more than 120 lifelong learning institutes dedicated to serving adults aged 50 and better. Funded in part by The Bernard Osher Foundation, each independent Institute is affiliated with a college or university, offering intellectually stimulating, non-credit courses and learning opportunities tailored to meet the diverse interests and needs of their local communities. Since the establishment of the first Institute in 2001, the network has expanded to all 50 states and the District of Columbia, serving more than 300 towns and cities across the nation. Courses, study groups, social events, and educational travel opportunities foster a culture of joy in learning and personal fulfillment without tests or grades.

The Bernard Osher Foundation

The Bernard Osher Foundation, headquartered in San Francisco, was founded in 1977 by respected businessman, philanthropist, and community leader Bernard Osher. The Foundation seeks to improve quality of life through innovative funding in higher education and the arts.

The Foundation supports a national lifelong learning network of programs designed for adults 50 and better; Osher Lifelong Learning Institutes operate on 120+ college and university campuses in all 50 states and the District of Columbia.

To view a brief animated video history of The Osher Institute Legacy of Bernard Osher, go to

<https://vimeo.com/873071530?share=copy>

OLLI Membership Benefits

- Opportunity to enroll in courses for the Love of Learning
- Participate in a variety of activities and events, all while creating lifelong friends.
- Opportunities to share your knowledge with OLLI Members.
- A university student Toromail account
- Weekly emails sent with OLLI & University News.
- Join or facilitate Special Interest Groups like Travel/ Books/ Food and more.
- Leadership and Volunteer opportunities.
- CSUDH library privileges and bookstore discounts are included with OLLI membership. (For an additional \$5 you can also receive a CSUDH student ID; apply through the CSUDH website.)
- Enjoy a reduced annual parking pass fee.

Parking at CSUDH

Save with OLLI Annual Parking Pass! For Current OLLI Members Only. Discounted to an amazing \$20.

- Passes are good from July 1st-June 30th
- Stop by the OLLI Office and complete a Parking Permit Application Form. Make sure to include Student ID # or Date of Birth on the Form.
- Return Form with your \$20 Payment (cash, check, cashier check or money order) to the Cashier's Office located outside of Welch Hall B270.
- A placard will be issued to you by the cashier. Make sure your placard is visible from the outside of your vehicle.

If you have questions or need more information contact:

OLLI Office: **310-243-3208** • Email: **olli@csudh.edu**



How to Register for Fall 2024 OLLI Courses

OLLI Membership

Before registering for any OLLI courses, you must have a current OLLI membership. If you're not a member, please fill out the membership form included in this catalog. The OLLI membership fee is \$40 for the entire year.

Registration Steps

Follow these steps to successfully register for your desired OLLI courses:

- Step 1:** Use the attached registration sheet to mark all the classes you want to register for.
- Step 2:** Calculate the total class fees by adding up the individual class costs. Write the total amount at the bottom of the registration sheet.
- Step 3:** Ensure you add your name and ID number to the enrollment sheet.
- Step 4:** Take the completed registration form, along with a check or credit card, to the College of Continuing and Professional Education Registration Office (CCPE-1100).
 - (Option 1)
 - (Option 2) Alternatively, you can call the registration office at **(310) 243-3741**, Option 1, and make a credit card payment over the phone.
 - (Option 3) If you prefer, mail the completed registration form along with a check to the following address:
1000 E Victoria (CCPE-1100), Carson CA 90747

Zoom Access

All Zoom IDs for the classes can be found in the catalog and on the OLLI calendar. Ensure you can access the Zoom platform before the course's start time. Only individuals listed on the roll sheets will be allowed to join the virtual class.

Code of Conduct: Courtesy and Mutual Respect

OLLI is committed to providing a welcoming, inclusive, and supportive environment for all members, instructors, and staff. This Code of Conduct fosters respectful communication, collaboration, and community-building while ensuring a positive learning experience for everyone.

- 1. Respectful Communication** All members are expected to engage in conversations with kindness and an open mind, appreciating the perspectives that different generations and backgrounds bring to the OLLI community. Disagreements should be handled with civility, ensuring that discussions remain constructive and focused on learning.
- 2. Inclusivity and Diversity** OLLI celebrates diversity and strives to create an inclusive environment. All members must respect differences in age, race, ethnicity, gender, sexual orientation, ability, and background. Discrimination, harassment, or exclusionary behavior will not be tolerated.
- 3. Lifelong Learning Environment** The heart of OLLI is the pursuit of lifelong learning. Members are encouraged to participate in courses, lectures, and discussions, maintaining a spirit of curiosity and openness to new ideas. This includes showing interest in peer contributions and valuing the diverse experiences of fellow learners.
- 4. Collaboration and Community** OLLI thrives on collaboration. Members are encouraged to support one another's learning journeys, share knowledge, and build meaningful connections. Whether working in teams, participating in study groups, or engaging with instructors, fostering a community of respect and mutual support is essential.
- 5. Respect for Leadership and Staff** Leadership, staff, and volunteers work hard to provide members with exciting courses, events, and enriching experiences for OLLI members. Members are expected to treat the OLLI director and staff respectfully. The OLLI and CCPE leadership's unwavering support can be seen in the amazing programming and technology-filled space. OLLI and CCPE Leadership's place is to support the community and foster the best learning environment. While constructive feedback is welcome, it should always be offered respectfully and through the appropriate channels.
- 6. Use of Technology** As technology becomes more integrated into the OLLI classroom, members are encouraged to embrace its use while ensuring that it

enhances, rather than detracts from, the learning experience. Personal devices should be used responsibly and respectfully during classes, with consideration for fellow members.

7. Safe and Welcoming Space OLLI is committed to maintaining a safe and welcoming environment for all. Accommodation will be provided for members with mobility, sensory, or other challenges, ensuring accessibility for everyone. Members are encouraged to report any concerns about safety, comfort, or accessibility to OLLI staff.

8. Event Participation and Etiquette During OLLI Events, including workshops, performances, art exhibits, lectures, and more, members are expected to be courteous. This means listening attentively to speakers, showing respect, and being mindful of others' participation in the event. Members are encouraged to actively participate and contribute to the success of these events.

9. Volunteering and Leadership Opportunities OLLI thrives on the contributions of its volunteers. Members are encouraged to volunteer and take on leadership roles, whether assisting with classes, serving as community ambassadors, or helping organize events. Volunteering strengthens the OLLI community and ensures its continued success.

10. Volunteers as the Face of OLLI Volunteers play a crucial role in representing OLLI, both on and off campus. This includes instructors, ambassadors, leaders, and others who represent OLLI. As the face of OLLI, you are expected to always promote the organization in a positive light by sharing your personal OLLI experiences and encouraging others to join our vibrant community.

Volunteers should never gossip about fellow members, staff, or leadership. Instead, focus on building positive connections with the community and inspiring others to participate in OLLI's offerings.

11. Enforcement and Consequences OLLI leadership will review any reported concerns and take appropriate action to address the situation. Consequences for violating the Code of Conduct may include:

- A verbal or written warning
- Temporary suspension from classes or activities
- In more serious cases, termination of membership

Our goal is to maintain a positive and respectful environment for all members. Any actions taken will be fair, consistent, and aligned with the values of OLLI.

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OLLI 2024 Recap IBC

Cricut Crafting with Norma

Come join fellow OLLI members to create beautiful projects with your Cricut Die Cutting Machine. Please bring your Cricut and all supplies that came with it. You will also need a laptop, IPAD or phone already downloaded with Cricut Design Space.

Supply list:

All supplies can be purchased at JoAnn's, Hobby Lobby, Michaels or Amazon.

- Scissors
- Weeding tool
- Scraper
- Heat transfer vinyl (HTV)
- Glitter transfer vinyl
- Vinyl
- Transfer tape
- Cardstock
- Paper
- Tote bag, t-shirt, cap, apron or any item you want to add an image to

Class is limited to **10 crafters**

Instructor: **Norma Bates**

October 18, 25, November 8, 15

4 Fridays | 2:00 - 4:00pm | CCPE-1205

Fee: \$20 | NLLL 151 Section 03 | Course No. 46830



NEW! Introduction to Using Hot Fix Rhinestones

In this class you will learn:

1. How to brush in hot fix rhinestones
2. Use hotfix transfer tape
3. How to press hot fix rhinestones on an item using a heat press

Class limited to **10 students**



The cost of supplies is \$50 and must be paid directly to the instructor by September 6, 2024. You will also need to formally register for the class with our Registration Office.

Instructor: **Norma Bates**

September 16

Monday | 1:15 - 3:15pm | CCPE-1209

Fee: Free | NLLL 151 Section 02 | Course No. 46828



NEW! Paint'n Snack



Join Lady T for an acrylic painting class where you can create a landscape, seascape, still-life, or a subject of your choice. During the session,

Lady T will inspire you with her compassion and optimism, making the experience both fun and relaxing.

Please bring \$5 to class to cover the cost of materials..

Facilitator: **Tamara Branch**

Dr. Tamara Branch is an alumnus of CSULB, CSUDH and USC where she earned a BA in Fine Art, and a Doctorate in Educational Leadership. As a passionate artist, Dr. Branch also serves five elementary schools as a Visual Art Specialist in LAUSD.

October 13

Sunday | 2:00 - 3:00pm | CCPE-1205

Fee: \$20 | NLLL 151 Section 04 | Course No. 46831

ARTS & CRAFTS

NEW! Paper Crafting with Norma

Come join fellow OLLI members to create paper projects. We will make various projects from cardstock and patterned paper.

Please bring your cardstock 65lb, 80lb or 110lb weight in various colors and designs.

You will also need:

- Score Board (usually comes with a scoring tool)
- Paper Cutter
- Scissors large and small
- Doubled sided tape
- Wet glue such as Tombow or Tacky
- Any embellishments you want to use



All supplies can be purchased at JoAnn's Fabrics, Hobby Lobby, Michaels or Amazon.

Class is limited to

10 crafters

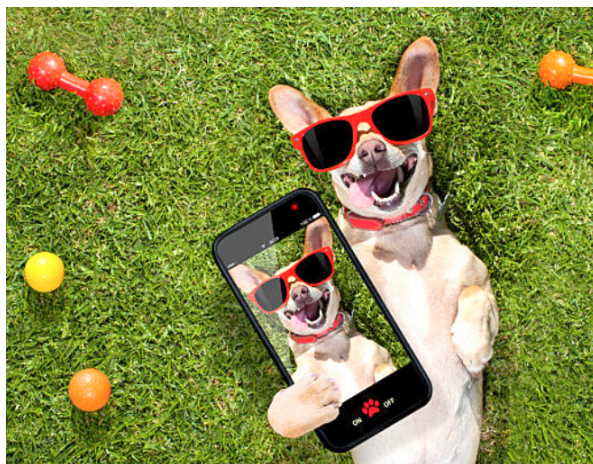
Instructor:

Norma Bates

September 20, 27, October 4, 11

4 Fridays | 2:00 - 4:00pm | CCPE-1205

Fee: \$20 | NLLL 151 Section 02 | Course No. 46829



NEW! More than “Selfies!” Creating Albums from Photos on your Cell Phone

In this class you will learn how to organize your photos on your cell phones using the Google App:

1. Organizing your photos by date, theme or title (special events, birthday, weddings, trips, etc.)
2. How to take great pictures and edit them.
3. How to create collages and titles for your pictures.
4. How to create links to share albums with friends and family.

Instructor: **Peggy Barton**

Peggy Barton is a retired Social Studies Educator and has presented numerous topics on Black History and tours of CAAM (California African American Museum) for the OLLI program.

December 3

1 Tuesday | 1:00am - 12:00pm | CCPE-1209

Fee: \$20 | NLLL 354 Section 07 | Course No. 46845

NEW! Estate Planning



You may not think you have an Estate, but nearly everyone does, and you cannot take it with you when you pass. Your estate consists of everything you own: checking and savings accounts, personal

possessions, car, home, other real estate, investments, life insurance, and furniture. In this class Myron A. Campbell II, Esq. will share the importance of Estate Planning.

Instructor: **Myron A. Campbell, II, Esq.**

Myron A. Campbell, II, Esq. is a Probate Attorney based in Culver City and Long Beach. His firm, Agape Esquire Law APC, focuses on most matters within the probate arena, such as Trusts and Estates, Conservatorships, Trusts, Estate litigation, and Estate planning. Myron is deeply committed to educating and inspiring diverse communities about the critical importance of having a well-crafted estate plan.

November 13

Wednesday | 10:00 - 11:50am | CCPE-1205

Fee: \$20 | NLLL 255 Section 02 | Course No. 46836

NEW! What do you really know about RMDs?

The Secure Act of 2020 rewrote a 35-year-old rule concerning the timing of retirement account distributions. This new provision delayed the taxation of the distributions, but also extended the opportunity for growth.

This class will thoroughly explore the fundamental elements surrounding required minimum distributions: who it affects, what it is, when does it apply, where does it come from, why it is relevant, and ultimately how it all works. John Pak will also cover the recent changes to the law, strategies in response to the updates, and share his thoughts on how you can better prepare for what's to come in the RMD space.

Instructor: **John C. Park**



John C. Pak is a Certified Financial Planner, Retirement Income Certified Professional and an IRS Enrolled Agent with 23 years' experience in the financial advisory industry. He holds a BA in Finance and an MS in Taxation. He started teaching retirement topics at CSUF OLLI back in 2014 and is a frequent presenter at CSULB and CSUDH OLLI. He is the founder of Otium Advisory Group, a fee only, fiduciary financial planning firm based in El Segundo.

October 21

Monday | 10:00 - 11:50am | CCPE-1210

Fee: \$20 | NLLL 255 Section 01 | Course No. 46835

Required minimum distributions (RMDs) are the minimum amounts you must withdraw from your retirement accounts each year.

NEW! Islam for Beginners

If you ever wanted to learn about Islam and Muslims and understand the faith practiced by nearly two billion people around the world then this course is for you. Not only will you learn the basics of the beliefs, practices and cultural diversity in Islam but you will also understand why Islam is one of the fastest growing religions in the world today.

Instructor: **Dr. Sophia Momand**



Sophia Momand has always had a love of learning and teaching especially when it comes to something as misunderstood as Islam. Graduating from UCLA she currently works as a family physician serving the students of CSUDH in the Student Health Center. Also, for students she is advisor for two clubs on campus one of which medically serves the local homeless. She currently enjoys playing cello in the Peninsula Symphony Orchestra. Her other hobbies include astronomy, bike riding and gardening.

October 16, 23, 30

3 Wednesdays | 1:00 - 2:00pm | CCPE-1209

Fee: \$26 | NLLL 155 Section 01 | Course No. 46801

DISCUSSION GROUP

Breast Cancer Awareness

OLLI Members – Men and Women, come join us for a candid conversation about Breast Cancer Awareness. Share your experiences as a breast cancer survivor, and what you have experienced with family and friends.



We will discuss The Future of Cancer Care – Innovative Cancer Treatment and Cutting-Edge Cancer Treatments – Healing Body, Mind, and Spirit.

There will be door prizes and surprises by Norma Bates.

Sign up early, the class will close after the first 20 members.

Instructor: **Denise Jefferson**

October 9

Wednesday | 10:00-11:50am | CCPE-1210

Fee: Free | NLLL 355 Section 08 | Course No. 46812

DISCUSSION GROUP

LUNCH 'N LEARN

TED Talks



Join us on Zoom or in person to watch TED Talks (Technology, Entertainment, Design). The talks are short videos (18 minutes or less). Following the video, we will share our thoughts and have fun discussing the topic.

Instructor: **Denise Jefferson**

**September 23, October 7, 21,
November 4, 18, December 2**

6 Mondays | 12:00pm - 1:00pm | CCPE-1205

Fee: \$20 | NLLL 355 Section 02 | Course No. 46827

Zoom ID: 835 5696 8076

September 23 **Top 10 Tips to Keep Your Brain Young**
– Elizabeth Amini

October 7 **Compton: Past, Present, and Future –
A Vision for Change**
– Councilman Andre Spicer, District 2

October 21 **Free Will is a Skill** – John Bruna

November 4 **You Design You: Passion and Purpose**
– Lemel Durrah

November 18 **Good Boundaries Free You**
– Sarri Gilman

December 2 **Ode to the Old** – Dr. Brandi Powell

NEW! Teaching How to Get Busy Living: The Graduate Humanities in Prison Program

Dr. Lockett will provide an overview of the Master of Arts in Humanities (otherwise known as “HUX”) program. HUX is the nation’s first graduate humanities degree built and offered exclusively to incarcerated students, the first graduate degree to be offered entirely online. But while today the HUX program is a pioneer the program itself was first launched in 1974 as a correspondence degree. Over the next four decades over 5,700 students completed the program, making it one of the furthest reaching graduate programs in the world. In this presentation Dr. Lockett will talk about the history and legacy of the HUX program, the current world of prison education, and how California’s future will hinge on the success of this and other emerging prison education projects. If possible, Dr. Lockett will be joined by a current student in prison.



Instructor: **Dr. Matt Lockett**

Dr. Lockett has a PhD in history from UCLA. He began directing the HUX MA program in 2016. He also teaches history courses at Mule Creek State Penitentiary.

September 30

Monday | 1:15 - 3:15pm | CCPE-1205

Fee: \$20 | NLLL 258 Section 01 | Course No. 46808

FIELD TRIP



NEW! Tour of the Dominguez Rancho Adobe Museum

Join OLLI as
we experience
California history.

We are visiting the

Dominguez Rancho Adobe Museum. This is the location of the Battle of Dominguez Hills–The Mexican Victory Mexican-American War. This battle happened because the United States and Mexico were fighting for control of California.

We'll be taken on a guided tour of the Dominguez Rancho Adobe Museum. We'll learn about the history of the land we know as Dominguez Hills, the Carson and Del Amo families, and the land where the Goodyear blimp and Porche test track reside. There are beautiful rose gardens, cactus gardens, and orchards of fruit trees surrounding the adobe.

Transportation is not provided by OLLI. Participants are asked to meet at **18127 S. Alameda Street, Compton 90220** by 12:30pm. The tour will start promptly at 1:00pm. There is ample free parking at the location.

Be sure to join us to learn about California history.

Facilitator: **Sharon Tillman-Champion**

September 28

**Saturday | 1:00pm - 3:00pm | Dominguez Rancho Adobe
Fee: \$20 | NLLL 270 Section 01 | Course No. 46832**

FIELD TRIP



NEW! San Pedro's Historic Point Fermin Lighthouse

Please join us for a private guided history tour of one of the oldest lighthouses on the West Coast, a stunning Victorian-style building surrounded by vibrant flower gardens and breathtaking panoramic ocean views from its cliffside perch. The one-hour tour will provide

a deep dive into the 150-year history of the lighthouse and its Light Keepers. With five floors to explore, there's something for everyone, from history buffs to architecture enthusiasts and romantics. For guests with disabilities, Point Fermin Lighthouse Volunteers will provide a historical outside tour of the lighthouse and its beautiful gardens.

Next, a short distance away is the Korean Friendship Bell, donated by South Korea to commemorate the U.S. Bicentennial and symbolize the friendship between the two countries.

Please arrive at the Point Fermin Park by 10:00AM, located at:
807 W. Paseo Del Mar, San Pedro, CA 90731

Facilitator: **Gloria Dyson**, OLLI Member

November 7

Thursday | 10:00-12:00pm | Point Fermin Park

Fee: \$20 | NLLL 270 Section 03 | Course No. 46834

OLLI's Friendsgiving Luncheon *(on your own after the event):*

Let's dine at **The Think Cafe** (American Restaurant) in nearby downtown San Pedro located at **302 W 5th St, Ste 105**, (310) 519-3662. There's plenty of restaurant parking and both indoor and outdoor patio seating is available.

FIELD TRIP

Urban Hiking in the South Bay



Walkers, get your gear together! We will be taking four urban hikes. The first meeting will be at CSUDH. We meet in a classroom for an introduction, sign waivers, and receive information on the locations of the other three urban hikes. Then we will take our first urban hike on the CSUDH campus.

The other hikes will be in the South Bay. These hikes will be low impact on flat or gently rolling sidewalks or pathways. Wear a hat, durable shoes, sunscreen, and bring water to drink.

Maximum **30 Urban Hikers**

Instructor: **Janice Champion**

October 7, 14, 21, 28

4 Mondays | 9:00 - 11:00am | CCPE-1210
(reserved for first day of class)

Fee: \$26 | NLLL 370 Section 02 | Course No. 46833

Aging Gracefully & Gratefully (Hybrid)

This 3-part series is designed for seniors to share and compare areas that we all will experience as we age. Each experience is different, so we learn from each other. Aging is inevitable. As we study and examine what the experts have to say about aging, we learn from each other by sharing our individual experiences. Attitudes, decisions, choices, and acceptance are guidelines that assist us on this road called “aging.” Class participants are encouraged to suggest additional aging issues that are affecting them. We will discuss and explore various concepts, share techniques, and consider how to age “gracefully and gratefully.”

Instructor: **Frankie Stewart**

September 26, October 10, 24

3 Thursdays | 1:15 - 3:15pm | CCPE-1209 | Fee: \$26

In Person Registration:

CCPE-1209 | NLLL 355 Section 33 | Course No. 46763

Zoom ID: 346 554 6554

NLLL 355 Section 33 | Course No. 46763

September 26 Health: Mental, Physical, Emotional Losses: Senses (Seeing, Hearing, Tasting, Feeling, Smelling) Bereavement (Loved Ones), Dementia (Alzheimer’s Disease, Senility), Elder Abuse [Hotline 877-477-3646]

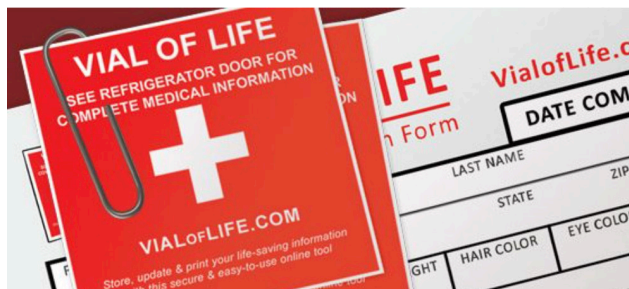
October 10 Personal: Diet (Weight gain/loss), Exercise, Sleep Habits, Intimacy, Spirituality/Religion

October 24 Business: Retirement, Will/Family Trust, Finances (Will you outlive your money?), Fraud, New Technology, Legacy (What will you pass on?), Five A’s are presented as food for thought – Awareness, Acceptance, Adaptability, Appreciation and Attitude

NEW! Be Proactive! Be Prepared for a Medical Emergency

In this informational 2-part series we will cover:

Vial of Life Coaching



Medical personnel can make the best decisions regarding emergency treatment when they know a person’s medical conditions, medications, or allergies. This means the

difference between life and death in the “Golden Hour” immediately following a medical emergency.

The Vial of Life is a smart way to have your medical information on hand just in case of an emergency. The pocket-sized form with magnetic back will be provided.

Medical Emergency Card

In an emergency, your medical ID wallet card can provide first responders with critical and actionable information allowing for a quick and proper assessment. Having access to your medical conditions, medications, allergies, and other pertinent health history is vital when you’re unable to speak for yourself. The wallet card will be provided.

Instructor: **Beatriz Serano** (Nurse Bea)

Nurse Bea is a Bilingual Healthcare Resource Specialist with Independence at Home, a SCAN Health Plan Community Service.

September 30, October 14

2 Mondays | 12:00 - 1:00am | CCPE-1210

Fee: Free | NLLL 355 Section 04 | Course No. 46810

Crocheting for Health



Let's complete a project for Fall! Crocheting is a part of our Healthy Living Series. It stimulates our brains and can promote positive mental health by reducing stress. Class times are scheduled to allow a solid beginning in the

art and skill of crocheting, as well as for feedback on progress.

Instructor: **Eula Slater**

Eula Slater is a 15+ year OLLI member and a Registered Dietitian.

**September 17, 24, October 1, 8, 15, 22, 29,
November 5, 12, 19**

10 Tuesdays | 1:15pm - 3:15pm | CCPE-1205

Fee: \$20 | NLLL 355 Section 02 | Course No. 46762

Damsel in Defense

The logo for 'Damsel IN DEFENSE' is displayed on a light red square background. The word 'Damsel' is written in a large, white, serif font, and 'IN DEFENSE' is written in a smaller, white, sans-serif font below it.

Do you practice Situational Awareness in your day? We see and hear about tragedies in the news that are happening in our neighborhoods: home invasions, street and parking lot robberies, kidnappings, and loss of lives.

It is important to be situationally aware in our daily schedules. As you plan your days' events, do you also plan for your safety as well? What about the safety of your family? Are you 'safety savvy'? The tragedies and victims we see on the news didn't think it would happen to them – but it did.

Our world has changed, and our personal safety and the safety of those we love is of critical importance.

Denise Jefferson, Damsel in Defense Representative, will be giving a presentation on personal safety with numerous suggestions on how to protect yourself as well as introducing Damsel in Defense safety tools. Damsel's mission is to Empower, Educate and Equip you with a tool to defend yourself should you be in an uncomfortable or threatening situation. This will give you the confidence to know you can self-protect should the need arise.

There will be Door Prizes.

Instructor: **Denise Jefferson**

November 6

Wednesday | 10:00 - 11:50pm | CCPE-1209

Fee: \$20 | NLLL 355 Section 01 | Course No. 46790

Fun & Games

This class is all about having fun, friendship, and “exercising” our brains! An assortment of games will be provided, but class members are encouraged to bring their own games. We’ll have on hand “brain games” along with such favorites as Mexican Train (a dominos game), Scrabble, Tripoley, Rummy Tiles, Jenga, Cribbage, Chess, playing cards, and coloring books, to name a few. We’ll break into groups, play familiar games and learn some new ones.

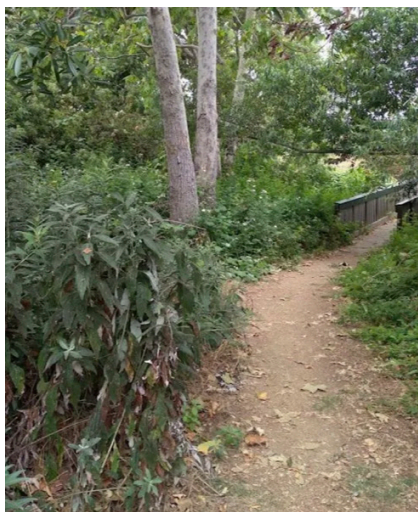
Facilitator: **Valencia Proctor**

**September 20, October 4, 18, November 1, 15,
December 6**

6 Fridays | 11:30am - 1:30pm | CCPE-1205

Fee: \$20 | NLLL 355 Section 06 | Course No. 46761





Gardena Willows Walk for Breast Cancer Awareness Month

Join us for a docent-led tour of the Gardena Willows, known as “A green postage stamp of nature in Gardena.” You will learn about the wetland preserve’s unique ecosystem, history and more. It will be a short, gentle walk on paths and wooden bridges.

The tour will last about one hour. Wear sun protection and walking shoes and bring water to drink. Optionally, you are invited to bring your own lunch at or after 12:30 and eat with us. Willows tea will be provided.



Please wear something **pink** in respect for Breast Cancer Awareness.



Please meet us at:
The Gardena Willows,
located inside the Arthur Lee
Johnson Memorial Park
1202 W 170th St, Gardena, CA

Instructors: **Janice Champion and Lori Davidson-Fox**

October 9

Wednesday | 1:30 - 2:30pm | CCPE-1209

Fee: Free | NLL 255 Section 02 | Course No. 46819

Group Bicycling for Seniors

This six-week course will reacquaint you with a form of exercise that most of us enjoyed when we were kids – Bicycling. It’s a low-impact activity that is an excellent option for individuals with joint-related issues. It provides a cardiovascular workout without placing excessive force on the knees, hips, or ankles.



The first two sessions will be held in a CSUDH classroom

where we will discuss choosing which bike is best for your needs, basic bike maintenance, bike safety, and rules of the road. You may bring your bike to class for a basic safety & maintenance inspection. Our remaining sessions will be outdoors biking to local destinations and exploring the City of Carson.

Maximum 15 cyclists

Instructors: **Ray Aldridge & Marco Cruz**

Ray Aldridge is president and co-founder of the Carson Bicycle Coalition. Ray has been an active bike rider and group ride leader for the past 10 years. He is a local business owner and has a master’s degree in Business Administration from CSUDH.

Marco Cruz is an avid cyclist, biking trainer, and local bicycle mobile repair business owner.

September 18, October 2, 9, 23

4 Wednesdays | 9:00 - 11:00am | CCPE-1205 (First 2 classes only)

September 23, October 14

2 Mondays | 9:00 - 11:00am

Fee: \$30 | NLLL 355 Section 05 | Course No. 46765

NEW! Memory Matters: Addressing Memory Concerns for African Americans



This presentation discusses what memory changes are normal and what are changes that require a visit to the doctor. Attendees will learn ways to lower their risk of Alzheimer's as well as learn why getting an early

diagnosis can be helpful to an individual's quality of life.

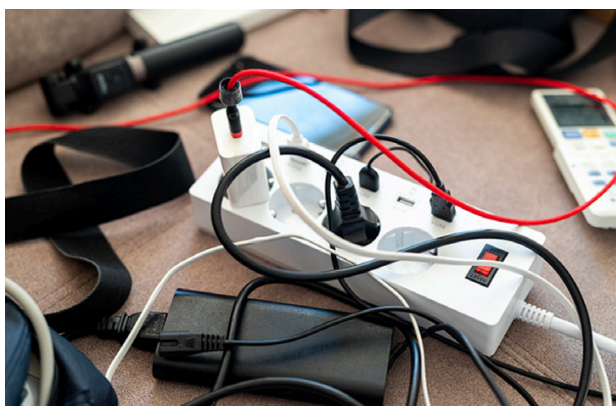
Instructor: **Petra Niles M.S.G.**

October 28

1 Monday | 12:00 - 1:00pm | CCPE-1205

Fee: Free | NLLL 355 Section 09 | Course No. 46813

NEW! Safe & Sustainable: Electrical Safety, Emergency Preparedness, and California's Clean Energy Future



In this informative and conversational class, we will cover the fundamentals of electrical safety, strategies for emergency preparation as they relate to electric service, an overview of SCE's Public Safety Power Shutoff (PSPS) program, and insights into California's Pathway to 2045 clean energy initiative.

Instructor: **John Stoessel, P.E.**

John Stoessel, P.E., has over 25 years of experience at Southern California Edison. He holds both a BS and MS from UCLA in Engineering, with a focus on Civil/Structural Engineering. He is also a California Registered Civil Engineer and Certified Structural Welder with the City of Los Angeles. A few of his many career experiences are seismic testing, inspection of nuclear power plant structures & equipment and dam safety.

Outside of his professional life, he enjoys classical guitar, automotive technology and repair, cycling, swimming, woodworking, and home DIY projects.

September 30

1 Monday | 10:00 - 11:50am | CCPE-1210

Fee: \$20 | NLLL 355 Section 07 | Course No. 46811

Social Tennis

The game of tennis is a lifetime sport. We are a group with many different attributes who enjoy a moderate level of physical activity. The tennis class has wonderful benefits, just to name a few:

- It's fun and the social interaction is great.
- We participate in medium stretching and warm-up exercises.
- Instructions are easy.
- We gain knowledge of tennis rules and tennis etiquette.

We continue to learn the essentials of doubles tennis beginning with the classic grip, forehand, backhand, serve, volley, topspin, drop shot, and partner teamwork. To get started, have a tennis racket available, bring water, wear comfortable clothing, sunglasses, and a cap.

Instructor: **Donald Means**

September 17 – December 13

27 Meetings: Tuesdays & Fridays | 9:00am - 10:30am | Fee: \$50
CCPE-Tennis Court | NLLL 355 Section 01 | Course No. 46761



LANGUAGE & LITERATURE

OLLI Book Club

The book club is a great opportunity to expand your knowledge of a variety of subjects. Members select, read, and discuss books from various genres. During the monthly virtual meetings, members have an opportunity to express their points of view of the books. Join the book club for lively discussions, learning diverse perspectives and of course, socializing.

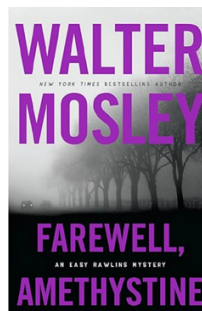
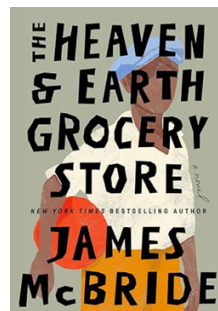
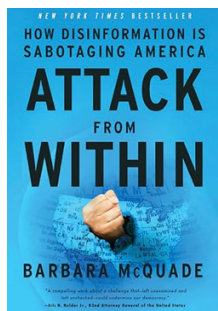
Facilitator: **Elaine Schnyder**

2 Wednesdays, September 25, October 23

3 Thursdays, November 21, December 19; Jan. 23, 2025

5 Zoom Meetings | 10:00 - 11:00am | Zoom ID: 815 2397 4279

Fee: \$20 | NLLL 154 Section 02 | Course No. 46771



Wednesday, September 25 **Bits and Pieces** by Whoopi Goldberg

Wednesday, October 23 **Attack From Within**
by Barbara McQuade

Thursday, November 21 **Eruption** by Crichton/Patterson

Thursday, December 19 **The Heaven and Earth Grocery Store**
by James McBride

Thursday, Jan. 23, 2025 **Farewell Amethystine**
by Walter Moseley

Let's Read a Play

No stage or acting experience is required. Join our virtual class and have some fun and the chance to “polish” your dramatic skills. We hope you will enjoy the same interactive approach as the classroom experience of cold readings. Expect lively discussion regarding meaning and content. Parts will be assigned during the first 10-15 minutes of each class and depending on the number of students and the number of parts, expect changes to character roles at the break.

We will decide which 3 of the plays below we will read at our first meeting.

Facilitator: **Phil Bray**, OLLI Member

September 18, 25, October 2, 9, November 6, 13

6 Wednesdays | 1:15 - 3:15pm | Zoom ID: 896 9635 1425

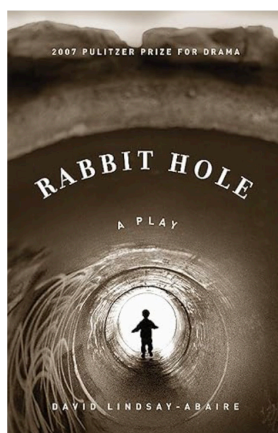
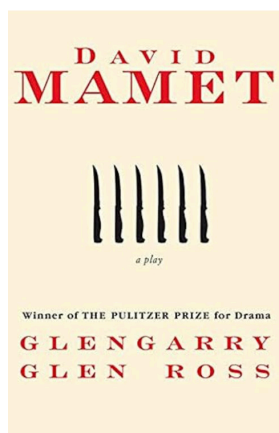
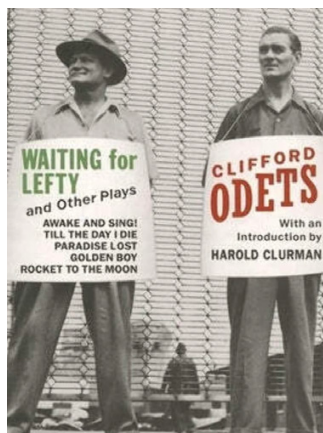
Fee: \$20 | NLLL 154 Section 03 | Course No. 46787

Waiting for Lefty by Clifford Odets

Glengarry Glen Ross by David Mamet

Rabbit Hole by David Lindsay-Abaire

Finding Neil Patrick Harris by Donna Hoke



LUNCH 'N LEARN

Beginning Spanish Part 1 and/or Part 2

Part 1. If you want to challenge yourself to learn Spanish for the first time and have fun too, this may be a match for you. The instructor, Delyna Diop-Means, with the aid of the Duolingo Language Learning App, will introduce you to basic Spanish vocabulary and sentence structures. This 40-minute segment is also for those who need to refresh what they may have learned in the past.

Part 2, also 40 minutes, is for those who are ready to expand and deepen their knowledge while gradually becoming more comfortable with the Spanish previously learned. Students can attend Part 1, Part 2, or both. Be prepared to do weekly homework assignments.



Instructor: **Delyna Diop-Means**

Delyna Diop-Means holds a B.A. and M.A. in French from UCLA with a minor in Spanish. She has lived in Senegal and France and has traveled extensively in Spanish-speaking countries and in regions where Spanish is spoken. Diop-Means is retired from the LA Unified School District.

Maximum: 30 students

**September 24, October 1, 8, 15, 22, 29,
November 5, 12, 19**

9 Tuesdays | 11:00am - 12:30pm | Fee: \$36

CCPE-1205 | NLLL 154 Section 01 | Course No. 46769

PERFORMING ARTS

The OLLI Choir

So, you think you CAN'T sing? Well, this course is designed to help you tap into your inner Gladys Knight, Yolanda Adams, or even Frankie Beverly. You will learn how to turn those vocal cords into an instrument, know your vocal range, and harmonize with others to make one beautiful sound. This will be a fun process and one more thing for you to add to and scratch off your bucket list.

Instructor: **Michelle R Smith**; Pianist & Choir Director

Michelle enjoys her role as a mother, wife, musician, claims adjuster, working with young people, and helping others. Michelle's goal in life is to make a difference in the lives of others and share with them the gifts God has given her.

October 12, 26, November 9, 23

**4 Saturdays | 10:00 - 12:00pm | CCPE-1209, CCPE-1301 (Oct 26)
Fee: \$20 | NLLL 152 Section 03 | Course No. 46821**



PERFORMING ARTS



Classic Jazz 114

“Jazz provides many ‘BRIGHT MOMENTS’ ”

–Rahsaan Roland Kirk

This six-session series is a continuation of our Classic Jazz series, where we examine the world of Jazz through the eyes and ears of an avid enthusiast. Audio and video selections

will be extensively utilized, along with discussions of the music, the performers, and the literature. The following subjects will be addressed:

Instructor: **Chet Hanley** is an OLLI member and previously was a long-term lecturer for DHTV at CSUDH

September 17, 26, October 3, 10, 14, 24

6 Meetings | 10:00am - 12:00pm *9:30am - 12:00am (Oct 14 only)

Fee: \$30 | NLLL 152 Section 01 | Course No. 46788

Tuesday, September 17 Double-Reeds and more...

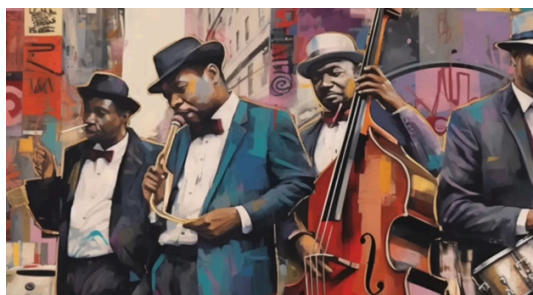
Thursday, September 26 Miles Davis: A Tribute

Thursday, October 3 Latin Polyrhythms

Thursday, October 10 NOLA: The Birthplace

Monday, October 14* Remembrance – Gone But Not Forgotten

Thursday, October 24 Tiny Desk Rhythms



NEW! The Suffragette Musical – From Battles to Ballots – A Century of Struggle for the Right to Vote

We'll bring guitar, banjolele, harmonica and dulcimer for a story-telling musical portrayal honoring 27 historical women who dared to fight for their right to vote. This is a fast-paced musical journey through more than 100 years of struggle, told with humor and joy. Both men and women are deeply moved by the tragedies and victories which led to the passage of the 19th Amendment. Both men and women express how little they knew of what their own mothers and grandmothers endured.

Creator and Director **Anne Destabelle**



After two long careers, one in Child Protective Services and one as a Hughes Contract Negotiator, Anne began writing historical plays. She sings soprano with Los Cancioneros Master Chorale. Classically trained, playing piano and guitar, she is a member of Peninsula Committee for the LA Phil, Cancer Guild and Peninsula Symphony. Creating Pennyroyal Players in 2004, she has donated over \$190,000 to charities from performances. She plays piano for Torrance Memorial Hospital and Caring House in Torrance for end-of-life patients. She loves tennis, bridge, mahjong, traveling and collaborating musically with daughter Dawn Curry.

November 1

Friday | 3:00 - 4:30pm | CCPE-1209

Fee: \$20 | NLLL 152 Section 02 | Course No. 46820

NEW! Hear ye! Hear ye! Hear 3 candidates for LA County Superior Court Justice!



Georgia Huerta is a Candidate for Superior Court Judge Seat 135. With more than 30 years of experience as a Deputy District Attorney IV for the Los Angeles County District Attorney's Office, Georgia Huerta is well-qualified to serve as a Superior Court Judge. She is currently assigned to the Charge Evaluation Division.



Tracey Blount is a Candidate for Superior Court Judge Seat 137. Ms. Blount has worked for LA County Counsel for 18 years as an attorney—one year as a District Attorney in Appeals, and four years with County Counsel as a paralegal. She was trial counsel handling child abuse and neglect cases for 12 years and 7 years at the Warrant Desk processing removal orders. She serves on several committees as well.



Sharon Ransom is a candidate for Superior Court Judge Seat 97. A community leader, volunteer, and loyal public servant, she served 17 years as a dispatcher for the LA County Sheriff's Department and 18 years as a LA County Deputy District Attorney. Born and raised by a single mother in South Central LA, Ms. Ransom attended LAUSD schools. As a breast cancer survivor, Ms. Ransom never lost sight of her law career goals and her commitment to the at-risk and the underserved in her community.

Facilitator: **Delyna Diop-Mean**

September 22

Sunday | 2:00 - 3:00pm | CCPE-1205

Fee: Free | NLLL 256 Section 01 | Course No. 46822

NEW! Pundits, Polls and Politics! The 24 Election!

The '24 Election is here! How can we make an informed choice? Let's 1) Review POTUS "Approval" history 1945-2020), 2) Explore how better voter polls are done, 3) Discuss major '24 election issues and 4) Identify party positions. We'll review the current polls and do some in-class survey exercises such as a typical Corporate Assessment Model (CAM) on the choice for POTUS. CAM is a "tool" to rank the issues AND the candidates! We will wrap up by doing a class electoral vote prediction, state-by-state! Just 1 in 20 voters actually decide an election! Let's be a better prepared voter and be part of the "1"! A cell-phone and some familiarity with QR codes is helpful, but not required. This is a non-partisan discussion!

Instructor: **Doug Stowell**



Doug Stowell is a consumer and political polling veteran in both U.S. and EU Markets. His career includes Market Research Director for the Xerox Corp., U.S. Clients Director for the U.K. polling firm NOP, Ltd in London and Senior Polling Executive for Wirthlin Worldwide in Washington, D.C. He launched Market Resource Associates, in 2008 and conducts opinion polls on U.S. and global issues. He is a member of the Furman University OLLI in Greenville, SC and conducts ZOOM programs for more than 80 groups nationally. This is his fourth quadrennial election program.

October 16

Wednesday | 10:00 - 12:00pm | ZOOM ID: 346 554 6554

Fee: Free | NLLL 256 Section 03 | Course No. 46824

NEW! Democracy & The Media

This timely 2-part course will cover the following:

Dissecting Partisan News

This seminar-style discussion will focus on the evolution of the news landscape for participants to better understand how news organizations and broadcasts have become more politically partisan, including topics related the Fairness Doctrine, the Telecommunications Act of 1996, cable news, and social media. Major takeaways will be for participants to better identify and interpret partisan news messages, as well as their primary effects on the democratic process.

News Literacy and How to Identify Fake News

This seminar-style discussion will focus on defining and developing skills related to news literacy. Participants will be given specific strategies and resources to identify fake news, as well as learn how to verify the accuracy of newspaper, cable news, and social media news stories.

Instructor: **Dr. Brant Burkey**; Associate Professor and the Communication Department Chair, CSUDH



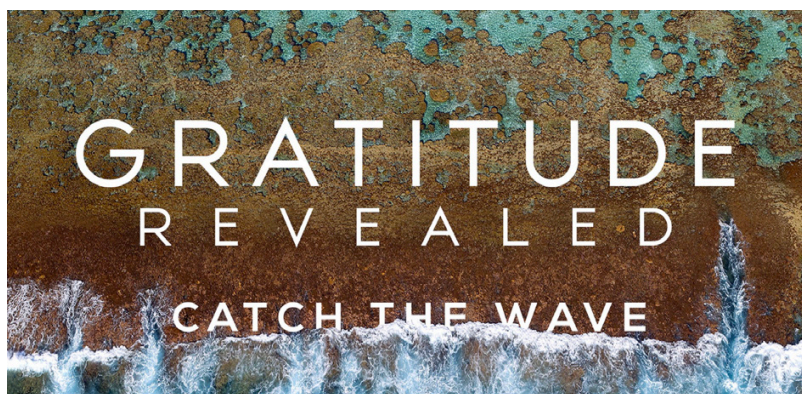
Dr. Burkey teaches Journalism major and core courses and has assisted in the redesigning of the new Journalism major curriculum at CSUDH. His research consistently focuses on media literacy, memory, and digital culture in journalism, cultural heritage, digital humanities, social media, and digital media production.

October 7, 21

2 Mondays | 1:15 - 3:15pm | CCPE-1205

Fee: \$22 | NLLL 256 Section 02 | Course No. 46823

NEW! Developing a Gratitude Practice to Live One's Best Life



This course will involve viewing a screening of the documentary by Louie Schwartzberg, *Gratitude Revealed*, followed by a discussion of the

movie and the science and practice of gratitude. Attendees will also receive learning and journaling materials from Dr. Bono's teaching and research that they can use after the movie screening. These resources help individuals develop a rich and authentic gratitude practice that help develop habits for bringing more meaning, joy, and community into their lives.

Facilitator: **Giacomo Bono Ph.D.**

*Bono is a psychology professor at CSUDH and co-author of *Making Grateful Kids: The Science of Building Character*—with expertise in gratitude and the promotion of well-being and positive human development.*

December 10

Tuesday | 2:30 - 4:30pm | CCPE-1213

Fee: \$20 | NLLL 001 Section 03 | Course No. 46842

NEW! The Ripple Effect: How Grandparents Can Shape the Mental Health of Future Generations



Explore the science behind the Developmental Origins of Health and Disease hypothesis, which proposes that stress during pregnancy can affect mental health across generations. We will discuss protective factors such as mindfulness and social support during the transition to

parenthood, with a focus on the crucial role of grandparents. You will learn practical strategies for how to recognize signs of prenatal/postpartum depression and guide loved ones towards mental health resources. This interactive session blends cutting-edge research with hands-on applications for those supporting new parents. Through discussions and exercises, students will gain strategies to positively influence the mental health of future generations.

Instructor: **Dr. Irene Tung**

Dr. Irene Tung is clinical psychologist and Assistant Professor of Psychology at CSUDH. She earned her PhD from UCLA. Her research focuses on prenatal health and mental health development among children and families.

November 14

Thursday | 10:00 - 11:50am | CCPE-1209

Fee: \$20 | NLLL 254 Section 01 | Course No. 46809

NEW! Exploring Artistic Creation with AI

This course is designed for individuals with zero prior knowledge of

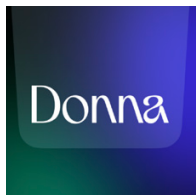


AI. Over four 2-hour sessions, students will get hands-on experience using AI tools to create art, music, and more. The course will cover the basics of AI, using ChatGPT Pro,

MidJourney, and Donna to explore artistic possibilities. Students will also utilize the AI Learning Salon for unique guides and information.

Objectives:

1. Gain a basic understanding of AI and its applications in the arts.
2. Learn to create visual art using *DALL-E* and *MidJourney*.
3. Compose songs using *Donna*.
4. Develop skills in prompt writing with *ChatGPT*.
5. Use the AI Learning Salon to access unique guides and resources.



Please purchase ChatGPT pro for 1 month. MidJourney for the week of that lesson. The app Donna for the music week.

Laptop required.

Instructor: **Fawn Supernaw**

October 3, 17, 31, November 7, 14

5 Thursdays | 1:15 - 3:15pm | CCPE-1205

Fee: Free | NLLL 354 Section 02 | Course No. 46838

NEW! Computer Basics



Are you ready to unlock the full potential of your computer? Join our New Computer Basics Workshop and embark on an exciting learning adventure. Whether you are a tech novice or looking to refresh your skills, this workshop is tailored just for you.

What You'll Learn:

Getting Started:

Fresh Out of the Box

- Power up your computer.
- Master signing in and out.
- Discover essential peripherals like keyboards and mice.
- Navigate menus and explore the Start menu.
- Organize and manage your files effortlessly.
- Troubleshoot common issues like frozen programs and internet connectivity.

Computer Security and Privacy

- Understand the critical role of antivirus software.
- Learn how to scan your files for potential threats.
- Explore Windows virus protection features.
- Stay up to date with essential software updates.
- Recognize and defend against common cybersecurity threats (malware, phishing).
- Get savvy about internet safety basics.

Instructor: **Wayne Jackson**

September 19

1 Thursday | 10:00 - 11:50am | CCPE-1205

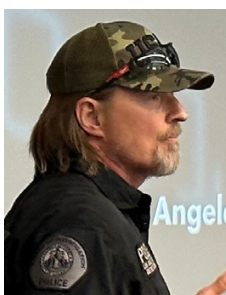
Fee: Free | NLLL 354 Section 05 | Course No. 46843

CYBER WARRIOR ACADEMY

Cyber-Security for OLLI Members

In this class Dave and his partner, Sergeant Chris Hodek will present two cyber investigation case studies, from inception to prosecution. The instructors will discuss lessons learned and cyber tips along the way. The course is intended to encourage dialogue with input and concerns from the membership addressed during the course.

Instructors: **Dave Babcock**



Dave is a current and founding member of the Los Angeles County District Attorney (LADA) Cyber Investigation Response Team (CIRT), he is a member of the United States Secret Service Los Angeles Cyber Fraud Task Force, and a member of the Los Angeles County Sheriff's Department Identity Theft Task Force.

His unit investigates cyber-attacks, intellectual property thefts, and network intrusions against Los Angeles County government technology assets and resources, including human resources. Dave has trained thousands of IT security professionals and citizens (law enforcement and civilian alike) in the discipline of in-depth cyber security and risk reduction. Before joining the LADA, Babcock was a Police Officer for the City of Glendale. Dave served as a Non-Commissioned Officer in the United States Marine Corps and he is a graduate of the Illinois Institute of Technology, with a degree in Chemical Engineering.

October 30 and 31

Wednesday and Thursday | 10:00 - 11:50am | CCPE-1209

Fee: \$22 | NLLL 354 Section 01 | Course No. 46837

NEW! Microsoft Excel 365: The Basics of Excel for Beginners



Excel is an incredibly powerful tool and can be complex. This course will be taught in the simplest and comprehensible manner as possible. Some Instructional learning with a focus on step-by-step detailed teachings, with Excel basics.

The course will start with Excel Appearance Settings, Entering, Formatting, Sorting, Filtering to Printing Data, and end with covering Excel Shortcuts and Tips. Class review of simple Excel formulas and functions. This course is designed for those with little, or no knowledge of Excel; and for those who are eager to learn how to navigate within Microsoft Excel spreadsheet.

Instructor: **Deborah Cannon**

During my work history, I was an Executive Assistant/Office Manager with a passion for sharing MS Office Suite expertise (MS 365), I was/am enthusiastic about simplifying complex topics/task and empowering others through knowledge transfer.

November 18, 20, 21, 25, December 2, 4

3 Mondays, 2 Wednesdays, 1 Thursday | 1:15 - 3:15pm

CCPE-1209 | NLLL 251 Section 05 | Course No. 46840

Fee: Free

NEW! Introduction to Microsoft Word



This two-hour workshop provides a comprehensive introduction to Microsoft Word, ideal for beginners and those looking to enhance their basic skills. Participants will learn how to create, format, and edit documents, use essential tools such as spellcheck and templates, and explore basic text and page formatting options.

By the end of the workshop, attendees will have the confidence to create professional-looking documents with ease.

Instructor: **Wayne Jackson**

October 17

1 Tuesday | 1:15 - 3:15pm | CCPE-1205

Fee: Free | NLLL 354 Section 06 | Course No. 46844



NEW! Navigating Digital Devices for Beginners

Students will learn the basic functions of using their own mobile device. They will learn how to create a Gmail account. Students will learn how to read, write, and send emails. They will learn how to search Google or YouTube to seek answers to solve technical questions. Lessons will be differentiated to meet the needs of the learner. By the end of the class, students should be able to confidently navigate their personal mobile device with ease and know where to find problem solving websites for answers.

Please bring your mobile devices to class.

Maximum students: 10

Instructor: **Alberta Henderson**

Retired educator/administrator and technology coordinator.

October 14, 28, November 4, 6

3 Mondays, 1 Wednesday | 1:15 - 3:15pm | CCPE-1205

Fee: Free | NLLL 354 Section 03 | Course No. 46839



SPECIAL EVENT

NEW!

OLLI Day Variety Show, Art Exhibit of Membership Creations, Silent Auction

Please join us for a fundraising / luncheon and day of enjoyment. Watch for announcements about this special event.

December 13

10:00am - 4:00pm | Leo Cain Library, 5th Floor

3rd Annual Ageism Symposium

Join Dymally and OLLI for a day of activities and special guests. Watch for announcements about this special event.

October 10

NEW! The ABCs of Public Transportation

Have you ever wanted to take public transportation but find it daunting? In this course you will be armed with the tools, knowledge, and confidence to travel with ease. Please join us to learn:

- October 2** **What is a Senior TAP Card?** – Discover the benefits of having a Senior TAP Card.
- October 9** **How to load your TAP Card** – Learn what type of fare is best for you, the different ways to load fare, and who accepts your TAP card.
- October 23** **How to plan your trip and fun destinations** – This session will provide you with tools and tips to plan your trip on public transportation, as well as inspiration for fun destinations.
- October 30** **Safety & Rider Tips** for safely riding on bus and train, and how to report an incident.
- November 6** **Ride together with Metro staff** on the system – Put all your travel skills into practice to go to a fun destination on public transportation. We will meet at 9:00am and return around 2:00pm.

Instructor: **Lilly Ortiz**

Lilly Ortiz is a Manager with Rail Safety & Mobility Programs at LA Metro. She oversees Metro's On the Move Riders Program for older adults. The program works to provide older adults with the knowledge and confidence to travel on public transportation.

October 2, 9, 23, 30, November 6

5 Wednesdays | 12:00 - 1:00pm | CCPE-1205

Fee: Free | NLLL 280 Section 02 | Course No. 46826

NEW! The OLLI Travel Club

Your OLLI travel club has taken off! We are now offering the following four NEW international destinations for your travel adventures:

- **Iceland's Magical Northern Lights**
- **South Africa, Victoria Falls & Botswana**
- **Spain's Classics & Portugal**
- **Alaska Discovery – Land & Cruise** (trip begins in Canada)

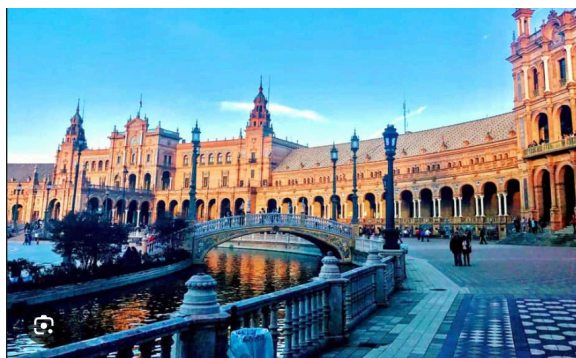
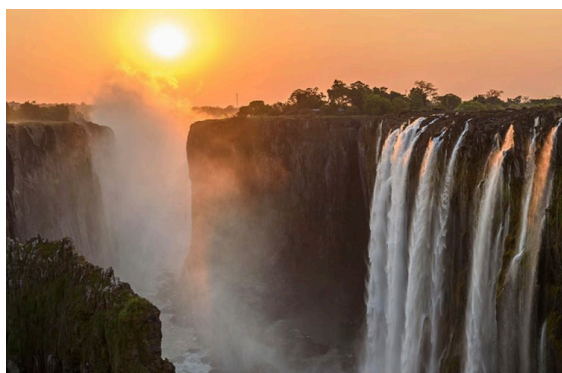
If you need a travel companion look no further. We hope to see you at our Fall meetings!

Facilitator: **Paulette Bradley**, OLLI Member

September 16, November 18

2 Mondays | 10:00 - 11:50pm | CCPE-1210

Fee: \$20 | NLLL 280 Section 01 | Course No. 46825



Osher Online

in collaboration with Northwestern University
School of Professional Studies

Osher Online Courses are offered by the Osher National Resource Center (NRC). The NRC is a center for excellence and dissemination of information on effective educational programming for older adult lifelong learners, administered by the School of Professional Studies on the downtown Chicago campus of Northwestern University. The NRC exists to facilitate the exchange of opinions, solutions and experiences among institutes throughout the country so that all can benefit.

The cost of each class is \$60. Some of the courses may overlap with our OLLI courses, so please be aware of this when making your selections.

Enjoy interacting with OLLI members at other universities.

Capacity is limited, so be sure to enroll early.

You must register for any Osher Online class by **4 pm September 18**. There is a **mandatory Orientation** via zoom, dates and times below. You will receive your course login information after or during the orientation.

Please see Fawn to receive permission # to register for any Osher Online classes. The last day to register is **September 18**.

September 19 | 11 am | **Online Orientation with Osher**

Fall Term September 30 to December 7, 2024

Courses will run for 6 sessions across these 10 weeks

Course Fee: \$60



First Ladies: More than the Women Behind the Men

Did John Adams listen to Abigail? Was Mary Todd Lincoln depressed? Did Eleanor advise Franklin? Did Edith Wilson really take over for the president? Was Hillary really a co-president? These

are questions frequently asked about the first lady. She has no job description and her position is unpaid. There is nothing she is required to do, but much that we expect. From the birth of our country through the present, this course will explore the evolution of the role and the Office of the First Lady, how they helped shape history and how they left lasting legacies that impact us today.



Myra G. Gutin, PhD is Professor Emerita of communication at Rider University, and author of *The President's Partner: The First Lady in the Twentieth Century* and *Barbara Bush: Presidential Matriarch*. A frequent media commentator, she is a founder of the First Ladies Association for Research and Education.



Diana Carlin, PhD is Professor Emerita of communication at Saint Louis University, and is the co-author of *U.S. First Ladies: Making History and Leaving Legacies* and *Remember the First Ladies: America's History-Making Women*. Carlin has taught

and written about women in politics, presidential communication, and political debate for 30 years.

Mondays, September 30, October 7, 14, 21, 28, November 4

Noon PT | Each live lecture is 90 minutes

Register by September 18, contact Fawn Supernaw for details.

Language Myths Debunked



“Eskimos have many words for snow.”
 “A language is a dialect with an army and a navy.” “Aborigines speak primitive languages.” “English has the world’s richest vocabulary.” “Children learn languages more easily than adults.”
 “Languages die because they are not fit

enough for the modern world.” “Animals speak their own language.” You may hear many of these statements, but are they actually true? In this course, we will examine these and related beliefs about language to determine which aspects are true and which are false or even nonsensical. In doing so, we will explore language diversity, language history, children’s language acquisition, adult language learning, animal and human communication, and much more. We will also consider where language myths come from and why they persist despite all the scientific evidence to the contrary.



Instructor: **Asya Pereltsvaig, PhD**

Asya Pereltsvaig, PhD received a degree in English and History from the Hebrew University of Jerusalem and a PhD in Linguistics from McGill University. She taught at Yale and Stanford, and has been teaching in lifelong education programs since 2010.

*Her expertise is in language and history, and the relationship between them. Her most recent book is **Languages of the World: An Introduction**, 4th edition. Pereltsvaig is a popular instructor for several OLLI programs around the country.*

Mondays, October 14, 21, 28, November 4, 11, 18

2pm PT | Each live lecture is 90 minutes

Register by September 18, contact Fawn Supernaw for details.

Medieval Science: Exploring Insights And Discoveries



This course provides a comprehensive exploration of medieval scientific thought, encompassing various disciplines such as medicine, astronomy, and geography. We will delve into the groundbreaking insights and theories proposed by influential figures like Alhazen and Hildegard of Bingen. Through in-depth analysis and interactive discussions, we will uncover the complex network of scientific inquiry that defined the medieval era. This journey into medieval science promises intellectual enrichment. Additionally, it offers a unique opportunity to engage with historical methodologies and scientific concepts, fostering a deeper understanding of the medieval worldview. Join this enlightening exploration, as we discover the wonders of medieval science.



Instructor: **Ilya Dines, PhD**

Ilya Dines, PhD, a native of St. Petersburg, Russia, completed his doctorate on the topic of medieval bestiaries at the Hebrew University of Jerusalem. Dines pursued postdoctoral research in Cologne and Cambridge, where he focused on the production of medieval pigments, stained glass, and bells. Dines has authored three books and 20 articles on medieval animals, cartography, and medieval manuscripts.

**Mondays, September 30, October 7, 14, 21, 28,
November 4**

4pm | Each live lecture is 90 minutes

Register by September 18, contact Fawn Supernaw for details.

60 Donate to your OLLI Today!

The Power of Introverts

“Introverts are hermits. Introverts don’t like people. Introverts can’t hold a conversation.” These are some of the myths associated with introversion, the highly misunderstood personality type. In a society where the most extroverted are celebrated and rewarded, how do introverts fit in? Those who acknowledge and embrace their introversion know how to create a space for themselves. Those who are masquerading as extroverts are exhausted because they haven’t mastered how to be their true, authentic selves. Others don’t even realize they are introverts because of the stigma attached to the word. In this course we will unpack and discuss the power of introverts, the beautiful balance of relationships with extroverts, how we support and honor both personality types, and much more.



Instructor: **Jeri Bingham**

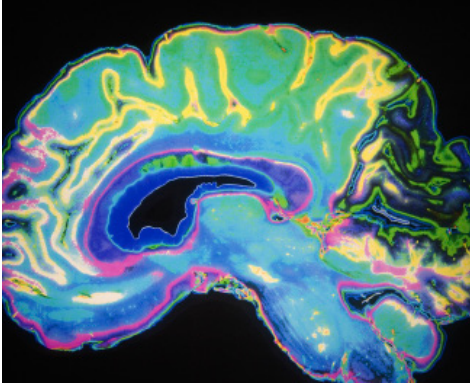
Jeri Bingham is an introvert advocate and strategist, and the founder of HushLoudly: Introverts Redefined, an award-winning WGN Radio podcast and brand. Bingham is on a mission to empower, through education and understanding, the most ill-defined, misunderstood personality type. Bingham is an adjunct lecturer for Northwestern University and has been featured in The Chicago Tribune, Cosmo UK, Color Magazine, WGN Radio Chicago, and the Myers-Briggs Company Podcast. She is a contributing writer for the Myers-Briggs Magazine and Rolling Out magazine. Bingham is a higher education administrator and marketing communications executive who has served in lead accountability positions in academia and non-profits for more than 25 years.

Wednesdays, October 2, 9, 16, 23, 30, November 6

4pm PT | Each live lecture is 90 minutes

Register by September 18, contact Fawn Supernaw for details.

Psychology Fundamentals



Welcome to this introductory course designed to provide a broad, yet insightful, glimpse into different areas of psychology. We will learn more about how psychology can help us understand humans' individual personalities, as well as group dynamics. We will look at the influence of geography on psychology,

and what psychology can learn by becoming more cross-cultural. Whether this is your first step into the world of psychology, or you are looking to deepen your existing knowledge, the discussions around classic studies, as well as the presentation of novel research findings, promise something new and exciting for everyone.



Instructor: **Andrés Gvirtz, PhD**

Andrés Gvirtz, PhD is an assistant professor at King's College London, University of London. His research aims to improve our understanding of behavior by combining personality data (who somebody is) with spatial information (where somebody is). He is also a research affiliate at the King's Institute for Artificial Intelligence.

Gvirtz holds a PhD in psychology from the University of Cambridge and was a visiting fellow at Harvard Business School. He received a MPhil in psychology from the University of Cambridge and a BA in economics and psychology from Clark University.

Tuesdays, October 8, 15, 22, 29, November 5, 12

8am PT | Each live lecture is 90 minutes

Register by September 18, contact Fawn Supernaw for details.

Thank you!

*Thank you **Workforce Integration Network (WIN)** for your partnership with OLLI, providing computers, interns and classes to bridge the digital divide. We are enjoying our computers and training, and are so thankful for all you do.*





OLLI

OLLI@CSUDH Office 310-24-3208

olli@csudh.edu <https://csudh.edu/olli/>

Registration Office 310-243-3741 (Option 1)

Sign up now to receive **OLLI Eblasts** for news, updates and announcements about upcoming Special Events. Email us at **olli@csudh.edu**

What OLLI Members Say:

“OLLI gives me a sense of purpose and community, and the learning opportunities keep my mind sharp and engaged.”

“Attending OLLI classes makes me feel like I’m part of something bigger—a vibrant community of learners and thinkers.”

“Being a part of OLLI has introduced me to new passions and rekindled old ones. I’ve learned skills I never thought I’d have the chance to explore.”

“The professors and experts who volunteer their time at OLLI make it an enriching experience that rivals formal education, but in a fun, relaxed atmosphere.”

“The friendships I’ve made at OLLI are just as important as the knowledge I’ve gained. It’s a community where learning never stops.”

“OLLI has allowed me to stay active, both mentally and socially. It’s a great way to challenge myself and stay connected.”

“OLLI brings together people who love to learn and share their expertise. The sense of camaraderie and the diversity of topics are truly inspiring.”

“OLLI is not just about learning, it’s about belonging. It has opened doors to new friendships and fascinating insights into the world around us.”

CSUDH

COLLEGE OF CONTINUING &
PROFESSIONAL EDUCATION

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College of Continuing and Professional Education
California State University Dominguez Hills
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