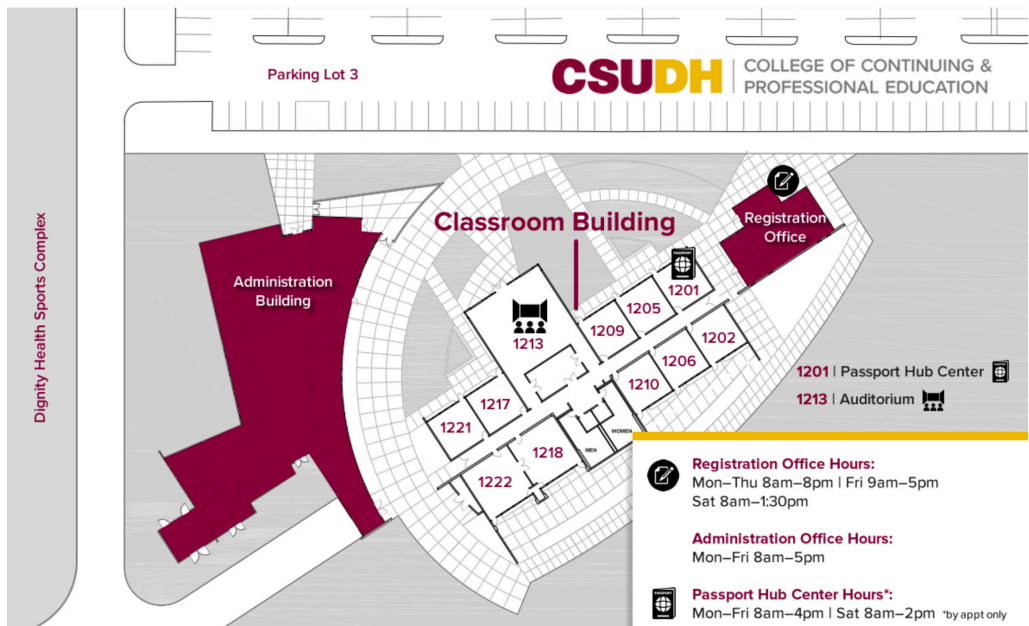




## Spring 2025 Course Catalog

January 21 - May 21, 2025









### Welcome to Spring 2025

I am thrilled to unveil our new season of courses and activities at the Osher Lifelong Learning Institute (OLLI). We have curated an exhilarating lineup designed to ignite your curiosity, encourage exploration, and foster meaningful connections within our community. For the full array of Spring 2025 offerings, dive into this catalog or visit [www.csudh.edu/olli](http://www.csudh.edu/olli). Let the discovery begin!

As we embrace the fresh energy of the season, we invite you to explore new subjects, revisit favorite topics, and immerse yourselves in OLLI's vibrant world of learning. Whether it's delving into the arts, investigating global issues, or discovering personal wellness practices, our spring courses offer opportunities for growth, engagement, and connection for learners of all backgrounds.

I am also delighted to announce that OLLI at CSUDH has earned the prestigious Model Older Adult Program Award from the Association of Continuing Higher Education (ACHE). This remarkable distinction underscores the steadfast dedication, passion, and hard work of our College of Continuing and Professional Education (CCPE), our OLLI Director, volunteers, and—most importantly—our devoted members. Your invaluable feedback and enthusiastic participation continue to propel OLLI's success as a shining example of lifelong learning and community engagement.

Your active participation and enthusiastic support remain the heart of OLLI, and we are constantly inspired by the spirit of collaboration you bring to our community. We sincerely thank you for choosing OLLI as your source of continued personal enrichment. We look forward to learning with you, exchanging ideas, and creating lasting memories throughout this spring semester and beyond.

Cordially,

*J. Kieu McNutt*

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

## Director's Message



### Welcome to OLLI@CSUDH!

Dear OLLI Members and Friends,

As the director of OLLI@CSUDH, it's my pleasure to welcome you to another exciting year of lifelong learning!

We closed out 2024 with a fantastic celebration at OLLI Day, where over 100 members came together to enjoy a truly memorable event. The talent show was brimming with exciting performances, showcasing the incredible creativity within our community. Our silent auction raised nearly \$1,000 to support programs like technology classes and transportation for cultural events. It was a joyful day that highlighted the energy and passion of our OLLI family, setting the stage for new adventures in 2025.

This year, we're excited to bring you another rich lineup of courses, workshops, and events designed to inspire curiosity and connection. No matter what your interests are, there is something for everyone. Our collaborations with community partners, professors, and student clubs continue to expand, bringing fresh perspectives and enriching experiences to our programs.

OLLI@CSUDH is more than just a place to learn—it's a vibrant community of thinkers, dreamers, and doers. Thanks to your support and enthusiasm, our membership continues to thrive, and our classes remain a place where ideas flourish, friendships form, and creativity knows no bounds.

I encourage you to explore all OLLI offers. Attend a class, share your talents, or join us at one of our many events. Together, we'll continue to build a community where lifelong learning is celebrated, and every member feels empowered to grow and thrive.

Here's to a year of exploration, inspiration, and discovery in 2025!

Sincerely,

*Fawn Supernaw*

Director, OLLI@CSUDH



# OLLIWOOD Talent Show, Art Exhibit, Food, Fundraiser & Fun!

*The stars turned out to share their artistry, and raise a few dollars to support Osher Lifelong Learning Institute at 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](mailto:olli@csudh.edu)



# How to Register for Spring 2025 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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### **NEW! Uncovering the Ancient Maya Civilization**

This course explores the Ancient Maya civilization from its beginnings in the 2nd millennium BC through the Spanish Invasion in the early 1500s AD. The Classic Maya have fascinated public and scholarly audiences the world over. As one of the few major

ancient civilizations to have emerged in a tropical jungle setting, they are often labeled as “mysterious” or “enigmatic.” The Classic Maya developed intricate calendrical, architectural, and ideological systems. This course seeks to present the true nature of Maya civilization as it is understood from the archaeological record, Classic Maya texts, and through insights from contemporary Maya communities.



Instructor: **Ken Seligson**

*Ken Seligson is an Associate Professor in the Anthropology Department at CSUDH. He has conducted archaeological research on Ancient Maya human-environment relationships in Yucatan, Mexico since 2010.*

**March 11, 18, 25**

**3 Tuesdays | 10:00 - 11:50pm | CCPE-1205**

**Fee: \$24 | NLLL 155 Section 01 | Course No. 26510**



### 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**

**April 4, 11, 18, 25**

4 Fridays | 2:00 - 4:00pm | CCPE-1209

Fee: \$20 | NLLL 151 Section 02 | Course No. 26519

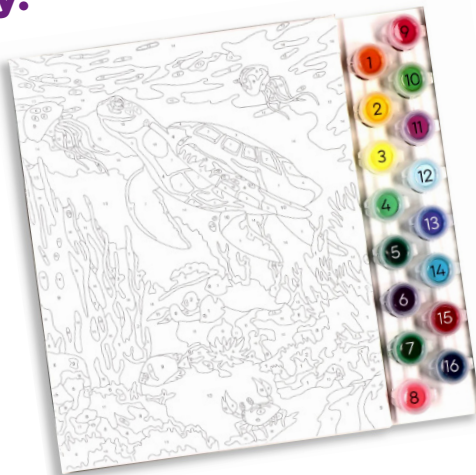


## ARTS & CRAFTS

### **NEW! Paint by Numbers Class: Unleash Your Creativity!**

Join us for a fun and relaxing Paint by Numbers class.

In this class, you will discover the joy of painting with a guided, step-by-step approach using paint-by-numbers kits. Perfect for beginners and experienced artists alike, this workshop will help you unleash your creativity while creating a beautiful masterpiece to take home.



**Please bring \$12** to class for materials.

Also, **please register by April 4, 2025**, so we will have enough materials.

Instructor: **Denise Jefferson**

**April 11**

Friday | 11:30-1:30pm | CCPE-1205

Fee: \$20 | NLLL 151 Section 04 | Course No. 26528

## ARTS & CRAFTS

### Paint'n Snack

Join Lady T for an acrylic painting class where you can create a landscape, seascape, a still-life, portraits of people or a subject of your choice. A special painting is being planned for Juneteenth Celebration-2025, a glorious opportunity to celebrate “Freedom and Independence” of African Americans.



During the session, Lady T will inspire you with her compassion and optimism, making the experience both fun and relaxing. Her previous class on October 13, 2024, centered on the theme of “Gathering Together in Unity,” was a

remarkable success, inspiring participants to connect through art.

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

Instructor **Tamara Holland**

*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*

**May 4**

**1 Tuesday | 2:00pm - 3:00pm | CCPE-1209**

**Fee: \$20 | NLLL 151 Section 05 | Course No. 26529**

**16** Donate to your OLLI Today!



### **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**

**March 7, 14, 21, 28**

**4 Fridays | 2:00 - 4:00pm | CCPE-1210**

**Fee: \$20 | NLLL 151 Section 01 | Course No. 26518**

## ARTS & CRAFTS

### **NEW! Scrapbook Unity: Scrapbooking for All**

This class is perfect for beginners and those looking to refresh their skills. Learn the basics of scrapbooking, from essential tools and materials to basic techniques and design principles.

Please bring the following items to class:



- 12 x 12 craft mat
- Folder Tool
- 12 x 12 scoreboard
- Scissors
- Liquid glue or double-sided tape.

Instructor: **Whitney Hoffman**

*Whitney is an experienced scrapbooker with decades of experience. She is known for her patience and creative teaching styles. She is excited to guide you through the wonderful world of scrapbooking.*

**April 4, 14, 21, 28**

**4 Mondays | 1:15- 3:15pm | CCPE-1205**

**Fee: \$20 | NLLL 151 Section 03 | Course No. 26527**



### **NEW!** Everyone Has A Story to Tell: Interviewing Techniques for Storytelling

This lecture and activity will teach the basic principles and techniques of interviewing to find ways to ask the right questions for getting to know and telling other people's stories. Through meaningful and deliberative conversation, participants will learn how to be better listeners, questioners, and get to the heart of others' stories, and maybe even their own.

As a related activity, participants will also get to perform and practice their own interviews to become more active listeners and resourceful storytellers.

Instructor: **Dr. Brant Burkey**

*Dr. Burkey is currently the Chair of the Communications Department at CSUDH, where he teaches a variety of Journalism major and core courses. His research consistently focuses on media literacy, media memory, and digital culture in journalism, cultural heritage, digital humanities, social media, and digital media production. Dr. Burkey worked previously as a journalist for a variety of news, education, entertainment, lifestyle, and business publications; and as a secondary school instructor, where he developed a distinguished journalism program for a Title I high school in South LA.*

Instructor: **Dr. Brant Burkey**

**March 5, 12**

**2 Wednesdays | 1:15 - 3:15pm | CCPE-1209**

**Fee: \$22 | NLLL 204 Section 02 | Course No. 26578**

### **NEW! Exposed: Visual Storytelling Through Photography**



This lecture and activity will cover the basic principles of creative photography as a visual storytelling device. There will be less focus on the technical aspects of photography and more on how to capture compelling images that tell stories of the people, places, things, and moments happening all around us.

Issues of lighting, focus, angles, framing, and composition will be discussed but mostly through the creative lens of visual storytelling.

As a related activity, participants will also gain practice through a creative photography assignment, have their own photos evaluated, and get tips on how to improve the composition of their shots. *No camera equipment will be required. Mobile phones can be used.*

Instructor: **Dr. Brant Burkey**

*Dr. Burkey is currently the Chair of the Communications Department at CSUDH, where he teaches a variety of Journalism major and core courses. His research consistently focuses on media literacy, media memory, and digital culture in journalism, cultural heritage, digital humanities, social media, and digital media production. Dr. Burkey worked previously as a journalist for a variety of news, education, entertainment, lifestyle, and business publications; and as a secondary school instructor, where he developed a distinguished journalism program for a Title I high school in South LA.*

**March 3, 10**

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

**Fee: \$22 | NLLL 240 Section 01 | Course No. 26577**

## DISCUSSION GROUP

### LUNCH 'N LEARN

#### **TED Talks** (Hybrid)

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**

**February 24, March 10, 24, April 7, 21, May 12**

6 Mondays | 12:00pm - 1:00pm | CCPE-1210

Fee: \$20 | NLLL 258 Section 01 | Course No. 26525

Zoom ID: 835 5696 8076

- |                    |   |
|--------------------|---|
| <b>February 24</b> | <b>Aging While Black</b> – Raymond Jetson                                   |
| <b>March 10</b>    | <b>What is an AI anyway</b> – Mustafa Suleyman                              |
| <b>March 24</b>    | <b>No You Cannot Touch My Hair</b> – Mena Fombo                             |
| <b>April 7</b>     | <b>How the US Is Destroying Young People's Future</b><br>– Scott Galloway   |
| <b>April 21</b>    | <b>Process Feedback with a Strainer, Not A Sponge</b><br>– Shanita Williams |
| <b>May 12</b>      | <b>The Life-Changing Power of Words</b> – Kristin Rivas                     |



### **NEW! Individuals with Disability Education Act—Celebrating 50 Years**



Individuals with Disabilities Education Act

This session will provide a historical overview of the Individuals with Disability Education Act, discuss how the law has benefited students with disabilities, provide a theoretical framework for improving

inclusive practices for students with disabilities and conclude with strategies and resources that practitioners and educators seeking to increase inclusive practices in schools can use. This session is designed for family members, educators and those seeking to improve educational outcomes for all students.

Instructor: **Kate Esposito Ph.D.**

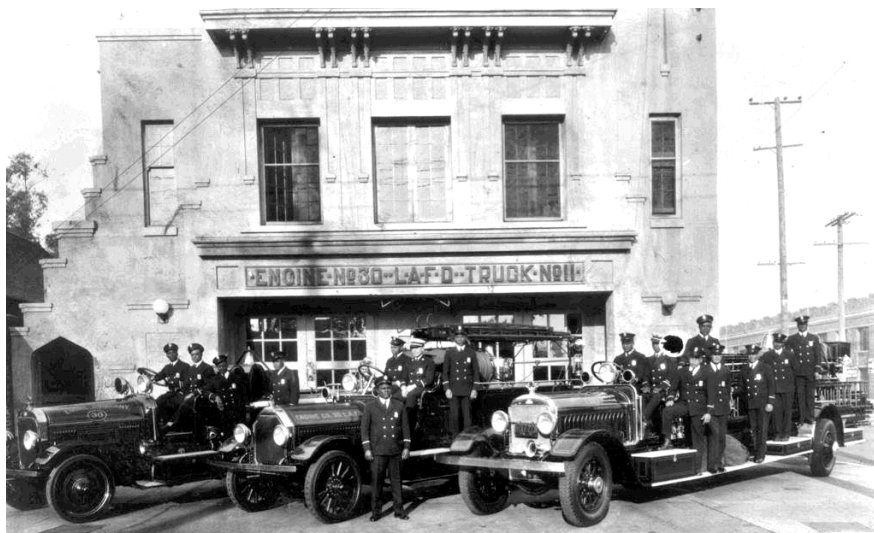
*Kate Esposito is Chair and Professor in the Special Education Department at California State University, Dominguez Hills. She is currently serving as lead faculty for the UC/CSU Collaborative for Neuroscience, Diversity and Learning. Dr. Esposito seeks to ensure that every P-12 student thrives in a high quality -inclusive educational settings that honors and embraces diversity. She conducts and publishes research in the areas of teacher preparation and inclusive practices. Prior to joining the faculty at CSUDH she served as a Resource Specialist and Educational Therapist at both public and non-public schools. She received her BA and MA from Loyola Marymount University and her Ph.D. from the University of Southern California.*

**February 27**

**Thursday | 1:15 - 3:15pm | CCPE-1210**

**Fee: \$20 | NLLL 258 Section 02 | Course No. 26526**

## NEW! African-American Firefighter Museum



Explore the beautifully restored historic LA City Fire Station #30, which was segregated from the mid-1920s to the mid-1950s.

Discover the inspiring story of the Old Stentorians, who not only protected our community but also fought for integration within the Los Angeles City Fire Department and championed equal employment practices. Fire Station #30 is home to the African American Firefighter Museum (AAFFM), a donation-driven volunteer non-profit dedicated to preserving and sharing the 125+ year legacy of African-American firefighters in Los Angeles.

Transportation provided. Please meet the bus **in front of the OLLI office by 12:15pm** or, preferably, a bit earlier.

Facilitator: **Glenn Smith**

**February 13**

Thursday | 1:15-3:15m

Fee: \$20 | NLLL 270 Section 01 | Course No. 26520



## FIELD TRIP



### **NEW! The Flower Fields, and a Bit of Retail Therapy**

We're traveling to beautiful Carlsbad, California. You can spend time gazing at beautiful flowers at the *Flower Fields of Carlsbad*.

There are optional activities to enjoy such as a guided Wagon Ride, the Butterfly Encounter and Panning for Gold. Part of the trip will be spent shopping for great deals at the Carlsbad Premium Outlets, which are a short distance from the Flower Fields. Lunch can be on your own at the Outlets or at the Flower Fields. You also have the option of bringing your own lunch to enjoy among the flowers. There will be live Blue Grass music, green houses to explore, a beautiful ocean view, and the Armstrong Garden Center and Gift Shop. Bring your wallet and some good walking shoes!

#### **IMPORTANT INFORMATION:**

The Flower Fields is cashless and **you must pre-purchase your admission ticket online at <https://www.theflowerfields.com/>** by **April 16**. General Admission \$27 adults, \$25 Seniors 60+. It is recommended you also purchase the \$8 Wagon Tour. When leaving the Flower Fields re-entry will not be allowed.

**Please arrive at OLLI Office at 8:00am for check in.**

**The bus will leave promptly at 8:30am.**

Facilitator: **Gloria Dyson**

**April 30**

**Wednesday | 8:30am-5:30pm**

**Fee: \$20 | NLLL 370 Section 02 | Course No. 26574**

## FIELD TRIP

### The International Printing Museum

Please join us to experience firsthand the colorful and graphic world of Printing! The International Printing Museum's Graphic Arts Tour is a visual journey through the graphic world of printing, paper, books,



and images using the world-renowned collections of the Printing Museum.

Your two-hour tour begins with the Chinese invention of paper and printing and continues the invention of the Printing Press and

Gutenberg Bible. Students will print cards, posters, and bookmarks on a variety of authentic printing presses.

Please **meet at the museum**, which is located at **315 W. Torrance Blvd, Carson, CA 90745**

Facilitator: **Linda Kahn**

**May 13**

**Tuesday | 1:15-3:15pm | Meet at the museum**

**Fee: \$20 | NLLL 370 Section 03 | Course No. 26575**

### **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**

### **March 6, 13, 20**

3 Thursdays | 1:15 - 3:15pm | CCPE-1205 | Fee: \$24

In Person Registration: NLLL 355 Section 05 | Course No. 26461

Zoom ID: 346 554 6554

NLLL 355 Section 05 | Course No. 26461

- March 6**      **Health:** Mental, Physical, Emotional Losses/ Bereavement (Loved Ones); Senses (Seeing, Hearing, Tasting, Feeling, Smelling); Dementia (Alzheimer's Disease, Senility); Elder Abuse [Hotline 877-477-3646]
- March 13**    **Personal:** Diet (Weight gain/loss), Exercise, Sleep Habits, Intimacy, Spirituality/Religion
- March 20**    **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

## Crocheting for Health



Let's complete a project for Spring 2025! Crocheting is a part of our Healthy Living series. It stimulates our brains and can promote positive mental

health by reducing stress. Class feedback on progress.

Instructor: **Eula Slater**

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

**February 11, 18, 25, March 4, 11, 18, 25  
April 8, 15, 22, 29, May 6**

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

Fee: \$20 | NLLL 355 Section 03 | Course No. 26459



### 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**

**February 7, 21, March 7, 21, April 4, 18, May 2, 16**

**8 Fridays | 11:30am - 1:30pm | CCPE-1209**

**Fee: \$20 | NLLL 355 Section 04 | Course No. 26460**





### **NEW!** Getting a Good Night's Sleep Without Medication



All adults need between 7 and 9 hours of good sleep each night. But sometimes sleeplessness takes hold and could cost you precious hours of sleep. Many of us don't want to take

pills for it either. This program will teach you some good sleep habits you can do to get a good night's sleep – without medications!

Instructor: **Vanessa Torres**

*Vanessa Torres is a Health Promotion Representative for "Independence at Home" (IAH), a community service department of SCAN Health Plan dedicated to helping older adults and their caregivers.*

**March 12**

1 Wednesday | 12:00 - 1:00am | CCPE-1205

Fee: Free | NLLL 355 Section 06 | Course No. 26462

**Save the Date**

**OLLI Open House and Resource Fair**

March 22 | 10 am - 1 pm

### 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.*

**April 9, 16, 23, 30, May 7, 14**

**6 Wednesdays | 9:00 - 11:00am | CCPE-1210 (First 2 classes only)**

**Fee: \$30 | NLLL 355 Section 08 | Course No. 26465**

### 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**

**January 28 – March 21**  
**April 1 – May 23**

Tuesdays & Fridays | 9:00am - 10:30am | Fee: \$50

CSUDH Tennis Court | NLLL 355 Section 01 | Course No. 26453



# NEW! Stop Falling! Home Safety and Preventing Falls & Injuries

Did you know that 1 out of every 4 people over 65 will have a fall this year? Injuries related to falls, like broken hips and head trauma, lead to emergency room visits, hospital stays and even nursing home placement. That's the bad news. The GOOD news is that falls are PREVENTABLE! This program will help you to identify fall risks in your life.

Instructor: **Vanessa Torres**

*Vanessa Torres is a Health Promotion Representative for "Independence at Home" (IAH), a community service department of SCAN Health Plan dedicated to helping older adults and their caregivers.*

**March 19**

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

Fee: Free | NLLL 355 Section 07 | Course No. 26463

## Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



### **NEW!** Stretching Our Way to Better Health

Regular physical activity along with a healthy diet and a positive attitude play a major role in your overall health. Exercise can help determine how well you feel and how much you enjoy life. As we age, we have problems with muscle stiffness, balance and flexibility



which may lead to possible injury.

Before you start any physical activity, you must warm up your muscles by gentle stretching movements

that increase the length of your muscles. Stretching relieves joint stiffness, increases joint flexibility, and improves overall body mobility. Stretching exercises may also help to improve your balance and posture. Lastly, stretching helps to relieve muscle tension, improves your sleep and it boosts your overall sense of well-being.

Please join us in a weekly stretching class that will be very relaxing both physically and mentally.

Instructor: **Rosetta Hassan, MD**

*Dr. Rosetta Hassan is a Partner Emeritus retired physician in the Regional Genetics and Obstetrical Departments at Kaiser Permanente Medical Group of Southern California. She has over 25 years of experience in OB/GYN and Clinical Genetics. She has attended fitness classes for over 40 years including jazzercise for the past 25 years.*

**February 4, 11, 18, 25**

**4 Tuesdays | 11:00 - 11:50am | CCPE-1209**

**Fee: \$26 | NLLL 355 Section 10 | Course No. 26470**





### Tai Chi Chuan for Beginning & Intermediate Students

Tai Chi is a centuries-old Chinese martial art based on the Taoist philosophy of Yin and Yang. In this class we will explore the slow continuous movements of Yang

style Tai Chi, which is accessible to everyone regardless of age or physical ability.

Join us in exploring this ancient art, which is still practiced worldwide today, known to bring about strength and energy, optimum health and body awareness, improved balance and coordination, relaxation and stress reduction, and community and lasting friendships.

Please wear comfortable clothes and flat shoes.

Questions? Please email Linda: [donlin@earthlink.net](mailto:donlin@earthlink.net)

Instructors: **Linda Kahn & Jerry Larson**

**Maximum 18 Students**

**February 14, 21, 28, March 7, 14, 21, 28  
April 11, 18, 25**

10 Fridays | 10:00 - 11:30am | CCPE-1213

Fee: \$38 | NLLL 355 Section 02 | Course No. 26454



### 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**

**March 24, 31, April 7, 14**

**4 Mondays | 9:00 - 11:00am | CCPE-1209 (first meeting only)**

**Fee: \$26 | NLLL 370 Section 01 | Course No. 26464**

## HISTORY

### **NEW! Black Woman on Board: Claudia Hampton's Fight to Save Affirmative Action**

Black Woman on Board examines the leadership strategies that Black women educators have employed as influential power brokers in predominantly white colleges and universities in the United States.

Dr. Nicol's recently published book tells the extraordinary story of Dr. Claudia H. Hampton, the first Black woman trustee of the California State University (CSU) system, who later became the board's first female chair. The book covers her twenty-year fight



(1974–94) to increase access to the CSU for historically marginalized and underrepresented groups. Amid a growing white backlash against the changes brought on by the Civil Rights and Black Power Movements of the 1960s, Nicol argues that Hampton employed "sly civility" to persuade fellow trustees, CSU system officials, and state lawmakers to enforce federal and state affirmative action mandates.

Copies of her book will be available in class

Instructor: **Dr. Donna Nicol**

*Dr. Donna J. Nicol is the Associate Dean for Personnel and Curriculum in the College of Liberal Arts at California State University, Long Beach (CSULB). She served 10 years as Professor and Chair of Africana Studies in the Women and Gender Studies Department at CSU Fullerton. In 2014, she became the first woman of color in the department to be granted tenure and promoted to Associate Professor.*

### **February 4**

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

Fee: \$20 | NLLL 251 Section 01 | Course No. 26535

**36** Donate to your OLLI Today!

## HISTORY

### **NEW!** The History of the Divine Nine

The Divine Nine is the nickname of the National Pan-Hellenic Council (NPHC), a group of nine historically Black Greek-letter organizations. These nine organizations have a significant place in Black American History and Culture. Collectively, they comprise nearly 4 million members.

The core values of the Divine Nine include education, racial uplift, community service, civic engagement, philanthropy, and uplifting the Black community.

The chartering organizations are:



- Alpha Kappa Alpha Sorority, Incorporated
- Delta Sigma Theta Sorority, Incorporated
- Zeta Phi Beta Sorority, Incorporated
- Kappa Alpha Psi Fraternity, Incorporated
- Omega Psi Phi Fraternity, Incorporated
- Alpha Phi Alpha Fraternity, Incorporated
- Phi Beta Sigma Fraternity, Incorporated
- Sigma Gamma Rho Sorority, Incorporated
- Iota Phi Theta Fraternity, Incorporated

### **February 10**

Monday | 11:00am - 1:00pm | CCPE-1213

Fee: \$20 | NLLL 251 Section 03 | Course No. 26550

# Medical Cures and Concoctions in the Islamic World, Past and Present



This lecture will give you an understanding of the history of medicine in the Muslim world from the practice of surgery to treating diseases with food and medications. You will learn what

doctors did then and what they do now. Comparisons will be made to European medical practices of the same time period.

Instructor: **Sophia Momand**, MD, CSUDH Staff Physician

*Sophia Momand M.D. graduated from UCLA with a degree in psychobiology. After medical school, she became a family physician working in private practice for 11 years followed by jail medical and urgent care work. Currently she works as a board-certified family physician for the 16,000 students at CSUDH's Student Health Center. From her love of teaching and helping, she formed a club on campus called H.O.P.E. (Homeless Outreach Promoting Empathy), she takes students with her each month to medically serve the local homeless population. She is also an accomplished musician who established her own orchestra.*

**May 21**

Wednesday | 1:00 - 2:00pm | CCPE-1209

Fee: \$20 | NLLL 110 Section 01 | Course No. 26537



### **NEW! Archives of Activism: Celebrating Women's Role in Shaping Democracy**



Dr. Jenn Brandt, chair of CSUDH's Department of Women's Studies, will lead a discussion in honor of Women's History Month, focusing on women's political participation in the United

States. Attendees will learn more about the pivotal roles women have played in shaping our democracy, from suffrage movements, to the women's liberation movement in the 1960s and 1970s, to contemporary political activism. Attendees will have the opportunity to view items from CSUDH's Gerth Archives and Special Collections, including suffrage materials, photographs, and publications that highlight women's political participation and activism.

Instructor: **Jenn Brandt, Ph.D.**

*Dr. Jenn Brandt is Professor and Chair of Women's Studies at California State University Dominguez Hills. Her research explores the relationship between contemporary narratives of identity and institutional structures of inequality. She is particularly interested in the ways in which politics shape and reflect contemporary culture. She is the co-author of "An Introduction to Popular Culture in the US: People, Power, and Politics." Dr. Brandt's current research considers the relationship between cultural representation and digital media as it relates to contemporary women writers.*

#### **March 26**

Wednesday | 1:15 - 3:15pm | Fee: \$20

CSUDH Library South, 5th floor. Building 20A on the campus map  
NLLL 251 Section 02 | Course No. 26536

## LANGUAGE & LITERATURE

### 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.

Facilitator: **Phil Bray**, OLLI Member

**February 5, 12, March 5, 12, April 2, 9, May 7, 14**

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

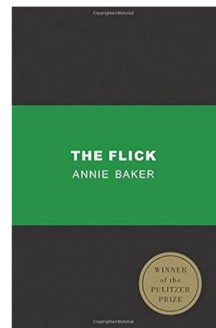
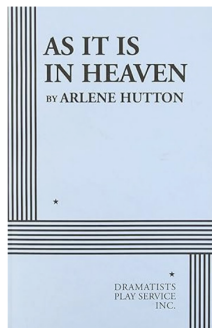
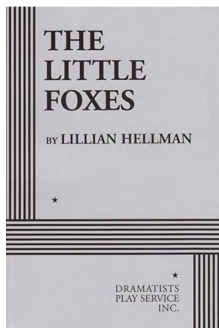
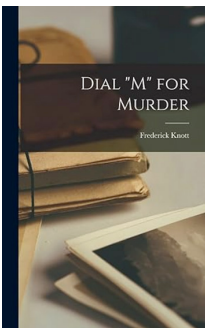
**Fee: \$20 | NLLL 154 Section 02 | Course No. 26484**

**Dial ‘M’ for Murder** by Frederick Knott

**Little Foxes** by Lillian Hellman

**As it is in Heaven** by Arlene Hutton

**The Flick** by Annie Baker



## 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.

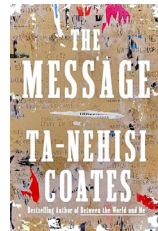
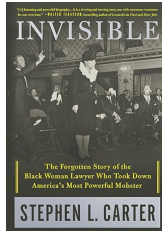
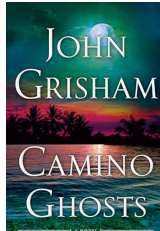
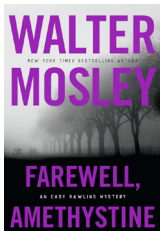
Facilitator: **Elaine Schnyder**

**2 Thursdays, January 23, May 22**

**3 Wednesdays, February 26, March 26, April 23**

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

Fee: \$20 | NLLL 154 Section 01 | Course No. 26500



**Thursday, January 23**

**“Farewell Amethystine”**

by Walter Moseley

**Wednesday, February 26**

**“Lovely One: A Memoir”**

by Ketanji B. Jackson

**Wednesday, March 26**

**“Camino Ghosts”** by John Grisham

**Wednesday, April 23**

**“Invisible”** by Stephen Carter

**Thursday, May 22**

**“The Message”** by Ta-Nehisi Coates

### Spanish for Advanced Beginners

This in- person class meets once a week. It is based on the Duolingo Language App. In this class, *Spanish for Advanced Beginners*, students will pick up where they left off in the previous Fall semester. Although some themes may seem familiar, they are in more depth as far as vocabulary and grammar is concerned. Students will have more structured verbal question and answer practice. There will also be short videos which shed light on various aspects of diverse Latin cultures.

The instructor believes that not only can students learn better in a non-threatening setting where they are free to ask questions, but also that they can have fun while doing so. Students are given weekly assignments (Duolingo practice) outside of the classroom. You will also receive a new Duolingo class link on the first day of class.



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.*

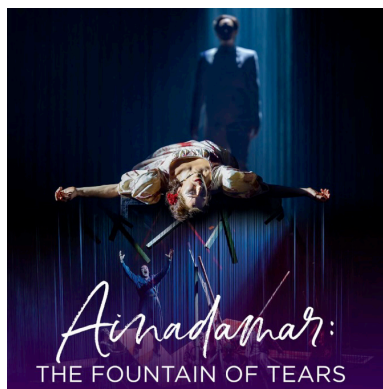
**Maximum: 30 students**

**April 8, 15, 22, 29, May 6, 13**

**9 Tuesdays | 11:00am – 12:00pm | Fee: \$30**

**CCPE-1209 | NLLL 154 Section 03 | Course No. 26501**

## PERFORMING ARTS



### An OLLI Field Trip **Ainadamar: An Opera of Resistance and Remembrance**

Join us at the Dorothy Chandler Pavilion where we will witness *Ainadamar* (Fountain of Tears), the mesmerizing Grammy Award-winning opera by composer Osvaldo Golijov

and librettist David Henry Hwang. This innovative production tells the poignant story of Spanish poet and playwright Federico García Lorca through the eyes of actress Margarita Xirgu, his friend and artistic collaborator.

Set against the backdrop of Spain's Civil War, *Ainadamar* explores themes of freedom, artistic expression, and sacrifice. With its stunning fusion of flamenco, traditional Spanish rhythms, and contemporary classical music, this opera is a feast for the senses.

Upon arrival we will attend LA Opera's Pre-Performance talk where we opera educators will discuss the history and plot of the opera, as well as key musical moments to look forward to.

Please arrive in front of the **OLLI Office (parking lot 3)** on, or before, 11:00am. **NOTE:** The bus leaves at **11:15am**. We will board the bus back to OLLI at **4:00pm**

**May 18**

Sunday | 11:00am – 5:00pm

Fee: \$20 | NLLL 171 Section 01 | Course No. 26576



## 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.*



12:00-1:00pm **January 30, February 20, March 20, April 17, May 1, 8, 15, 22**

12:30-1:00pm **February 6, 13, 27, March 6, 13, 27, April 3, 10, 24**

17 Thursdays | 12:00-1:00pm **Bolded dates** meet 12:30-1:00pm  
CCPE-1209 | Fee: \$20 | NLLL 152 Section 05 | Course No. 26582

## PERFORMING ARTS

### Classic Jazz 115

**“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 was previously a long-time lecturer for DHTV at CSUDH.

**March 6, 13, 27, April 3, 10, 17**

6 Thursdays | 10:00am-12:30pm | CCPE-1213

Fee: \$30 | NLLL 152 Section 01 | Course No. 26511

**March 6           Generational Piano Giants**

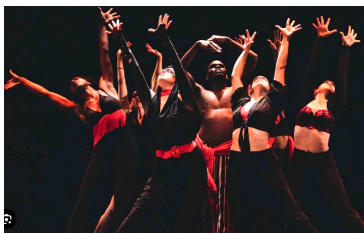
**March 13        Young Vocalists Department**

**March 27        Thelonious Monk – revisited**

**April 3           Jazz Dance – revisited**

**April 10         Jazz Photography**

**April 17         Highlights from the past 8 years of Classic Jazz**



### Have Fun Playing and Improvising to Jazz Music Standard Songs

This peer-led class invites participants to listen to professionally recorded standard jazz tracks and play along, improvising with their own musical instruments. The goal of the course is to enhance skills and learn the basics of jazz improvisation.

Bring Your Musical Instrument



Instructor: **Joyce Holland**

*Joyce is a retired professional with 25+ years of service at the LA Department of Public Social Services. Now embracing her passion for music as a lifelong learner, she has been playing woodwind instruments, primarily the flute, for several years. She has a deep love for jazz music, which she expresses through regular practice and occasional live performances.*

*Joyce earned her Associate Degree in Music Performance from L.A. Southwest College, a Bachelor of Science in Public Administration from CSUDH, and a Master of Science in Organizational Management from the University of Phoenix. Skilled in improvisation on the flute, Joyce also plays other woodwind instruments, showcasing her musical talents.*

**February 9, 16, 23, March 2, 9, 16**

**6 Sundays | 2:00 - 3:30pm | CCPE-1205**

**Fee: \$20 | NLLL 152 Section 03 | Course No. 26513**

## PERFORMING ARTS

### Mozart, Salieri, and Hummel



Do you love or want to learn to love classical music?

Come find out what musical compositions Mozart, Salieri and

Hummel have given us as we do an in-depth preview of the Peninsula Symphony April 27, 2025, live concert both musically and historically.

You are sure to gain some insight into the composers, the composition and plenty more. Hope to see you there.

Instructor: **Dr. Sophia Momand**



*Sophia Momand has always had a love of learning and teaching. Graduating from UCLA she currently works as a family physician serving the students of CSUDH in the Student Health Center. Also, she is advisor for two student 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.*

**April 23**

Wednesday | 1:00-2:00pm | CCPE-1205

Fee: \$20 | NLLL 152 Section 04 | Course No. 26523

### Pennyroyal Players “Piecin’ It Together”



The Pennyroyal Players travel from Vermont to California, bringing lively and touching musical portraits about those who settled the

American West. Told in the voices of the actual men and women who experienced such hardships, we add humor as well.

*Piecin’ It Together* reveals through story and song, the hardships of the pioneering life endured by men, women, and children. Our stories unfold through 16 beautifully designed quilt blocks and 10 full-sized quilts, all donated and displayed on stage. We bring a guitar, mandolin, dulcimer, violin and more. This production was created by Anne Destabelle and is suitable for all ages.



Creator and Director **Anne Destabelle**

*Anne has created 9 historical musicals with the Pennyroyal Players since 2004. Retired from two careers, she sings soprano with Los Cancioneros Master Chorale. Her Pennyroyals have donated \$195,000 to our charities from performing.*

[www.pennyroyalplayers.org](http://www.pennyroyalplayers.org).

**March 24**

Monday | 2:00-3:30pm | CCPE-1205

Fee: \$20 | NLLL 152 Section 02 | Course No. 26512



## **NEW!** Reparations for Blacks in America: History of the Movement and Contemporary Importance

This course explores the history of the Black Reparations movement in the United States, the Caribbean, and parts of Europe. The aim is to understand the origins of the movement, articulate the central arguments and discuss the contemporary importance.



Instructor: **Justin Gammage, Ph.D.**

*Dr. Justin Gammage is an Associate Professor in the Department of Africana Studies at CSUDH. His intellectual and research interests are African American political economy with a focus on the history of social movements, past and present, that address factors challenging the social, political, and economic health of people of African descent. He earned both his master's and Ph.D. degrees in African American Studies from Temple University. His dissertation research investigated the use of social protest to combat economic racism. Additionally, Dr. Gammage explored strategies for African American economic development and offered solution-based recommendations for sustainable models for Black economic growth and stability. His intellectual and research interests are rooted in his family's principles of hard work, humility and service which are the cornerstone of his professional growth.*

**February 6, 13, 20, 27**

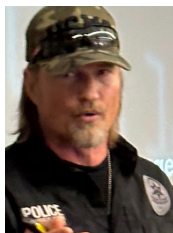
**4 Thursdays | 10:00-11:50am | CCPE-1205**

**Fee: \$26 | NLLL 256 Section 01 | Course No. 26572**

### CYBER WARRIOR ACADEMY

## Cyber Security Awareness: Emerging Trends and Continuing Education

In this class Dave will build on the courses he has presented at CSUDH and facilitate dialogue on continuing cyber security best practices. Dave will continue to introduce students to the most current and emerging trends he is investigating. Dave will also introduce tools and techniques with the intention that the students will continue to develop as Cyber Warriors and be better prepared to defend themselves against cyber-attacks.



Instructor: **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.*

**February 19, 26**

**2 Wednesdays | 1:15-3:15pm | CCPE-1210**

**Fee: \$22 | NLLL 354 Section 01 | Course No. 26551**

### **NEW!** Getting Started with Excel

Microsoft Excel is a spreadsheet program that allows users to create, edit, and analyze data. This course will provide an overview of its features and capabilities.

**Introduction:** Overview of the Excel interface (ribbons, menus, cells), Understanding workbooks, worksheets, and cells, basic navigation (using the mouse and keyboard shortcuts)

**Basic Data Entry:** Entering data into cells, editing data in cells, using the fill handle to copy data and create series

**Simple Formatting for Data Entry:** Formatting text (bold, italics, font size, and color), adjusting column width and row height

**Saving and Opening Workbooks:** How to save a workbook, how to open an existing workbook

Instructor: **Deborah Cannon**

**February 10, 24**

2 Mondays | 1:15- 3:15pm | CCPE-1209

Fee: \$24 | NLLL 354 Section 03 | Course No. 2660404



### **NEW!** Building Confidence with Excel Basic Functions



This approach ensures that beginners feel comfortable with the basics and can confidently navigate and use Excel for simple tasks.

**Students will learn:**

**Basic Formulas and Functions:** Class will build on a simple worksheet to learn basic arithmetic operations (addition, subtraction, multiplication, division), use of the SUM function to add up numbers, understanding and using the AVERAGE function.

**Simple Data Organization:** Sorting data alphabetically or numerically; Basic filtering to view specific data and creating simple tables

**Practical Exercise:** Hands-on practice with entering and formatting data

Instructor: **Deborah Cannon**

**May 5, 12, 19**

**6 Mondays | 1:15 - 3:15pm | CCPE-1209**

**Fee: \$24 | NLLL 354 Section 04 | Course No. 26605**

### **NEW! Master Microsoft 365**

Make your digital life easier and more productive with these engaging and easy-to-follow classes designed to help you get comfortable working with Microsoft 365.

We'll start by showing you how to use its main features. You'll learn about OneDrive, where you can safely store and share your files online. We'll extensively cover Excel, teaching you how to create and manage spreadsheets, from basic tasks to more advanced techniques. Additionally, you'll explore Microsoft Word and PowerPoint, learning to create documents and presentations easily.

The course also includes sessions on using Microsoft Outlook to handle your email and calendar. Finally, we'll show you how to work together with others using Microsoft 365 tools, ensuring you can collaborate smoothly with anyone.

**Required:** A laptop and a set-up, accessible Microsoft 365 account.



Instructor: **Wayne Jackson**

*Wayne Jackson is a corporate applications trainer with more than 20 years of experience delivering onsite, online, and recorded technical training content to diverse audiences, including international learners.*

*Based in Long Beach, California, Wayne specializes in Microsoft 365 applications. He has successfully provided this training across multiple industries, including well-known companies such as Walt Disney, Toyota, and Sony Pictures.*

**February 5, 24, March 5, 12, 19, 24,  
April 21, 28, May \*5, 12, 19, \*21**

**8 Mondays & 4 Wednesdays | 9:30am - 12:00pm**

**Fee: \$20 | CCPE-1217 (May \*5 and \*21 in CCPE-1209)**

**NLLL 100 Section 01 | Course No. 26583**



### **NEW!** Inside Prison Walls: What you need to know



Participants will be given an overview of the Prison Culture from Prison Chaplain's perspective. This class is intended to dispel myths about prison and to give an overview of what incarcerated men

and women experience from the point of entering the prison walls. We will discuss the challenges they face while incarcerated, the programs that are provided for their habilitation, staff interaction and their preparation for re-entry into society. In addition, we will cover the responsibility of the Chaplain to interface with the correctional staff, family members and the local community to work together for the best interest of those who are incarcerated.



Instructor: **Dr. Lettie A. Watkins**

*Lettie Watkins has over 30 years of experience with the Criminal Justice System, Including Probation/Parole Officer and Prison Chaplain. Lettie has a Bachelor of Arts, Master of Theology and Doctor of Ministry degree.*

**March 10, 17**

**2 Mondays | 10:00-11:50am | CCPE-1209**

**Fee: \$22 | NLL 253 Section 01 | Course No. 26573**

## SPECIAL EVENT

### A Taste of OLLI Poetry Fair

This year Dr. Patricia Cherin hosts our Poetry Fair for the ninth year. She has served as President of the Emeritus Faculty Association here at CSUDH, and has over 100 publications including three collections, “Familiarities” (with Gerald Locklin), “Park Quest,” and “Journey In Flagrante.”



She will be joined by Joan Jobe Smith, founding editor of “Pearl” and “Bukowski Review.” Joan has published more than 25 books of poetry as well as her memoir, “Tales of an Ancient Go-Go Girl.” Also reading will be Fred Voss who has been a machinist for 47 years and written about it for 38. His poetry has been featured on the U.K.’s National BBC RADIO 4, and has received the Joe Hill Labor Poetry Award from the

Port of Los Angeles/Long Beach Labor Coalition.

OLLI members are invited to participate by reading their own poetry or a favorite poem. This is always a fun event commemorating the written—and spoken—word.

Please note that Dr. Cherin welcomes all kinds of poetry.

Instructor: **Patricia Cherin, Ph.D.**

**April 24**

Thursday | 1:15 - 3:15pm | CCPE-1213

Fee: \$20 | NLLL 001 Section 01 | Course No. 26522

## SPECIAL INTEREST

### **NEW!** The 2025 Black History Month Movie Series



#### **Stormy Weather** Thursday, February 6

*1943 – Lena Horne,  
Bill Robinson, Cab  
Calloway & his Band*

The relationship between an aspiring dancer and a popular songstress provides a retrospective of the great African American entertainers of the early 1900s.



#### **21 Bridges** Thursday, February 20

*2019 – Chadwick  
Boseman, Sienna Miller  
& J.K. Simmons*

An embattled NYPD detective is thrust into a citywide manhunt for a pair of cop killers after uncovering a massive and unexpect conspiracy.

Facilitator: **Eula Slater**

**February 6, 20**

2 Thursdays | 1:15 - 3:15pm | CCPE-1209

Fee: \$22 | NLLL 156 Section 01 | Course No. 26548

## SPECIAL INTEREST GROUPS



### **NEW! How to Play Bingo: A Guide for New Players**

Welcome to the exciting world of bingo. Whether you're a first-time player or just need a refresher, I will help you understand the basics of playing bingo like you would in a Bingo Hall.

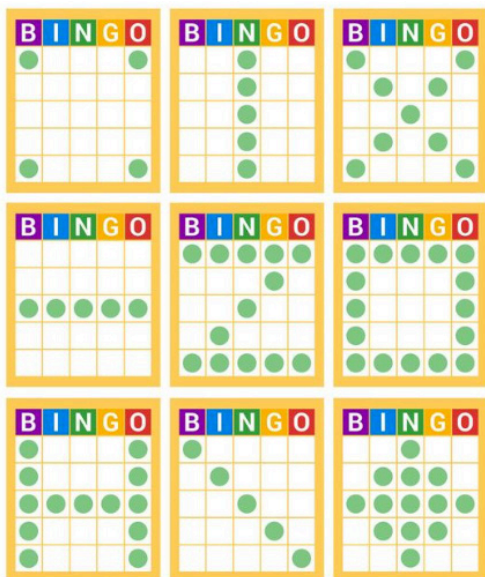
There is no need to bring anything. Remember, the most important aspect is to have fun and enjoy the excitement of the game.

Instructor: **Denise Jefferson**, OLLI Member

**March 14**

Friday | 11:30am - 1:30pm | CCPE-1205

Fee: \$20 | NLLL 151 Section 02 | Course No. 26580



## SPECIAL INTEREST GROUPS

### **NEW! A Viewing of “Wake-up Call for Wanda”**

If you missed our 2024 Juneteenth Celebration, join us for a viewing of “Wake-up Call for Wanda” starring Norma Bates and other OLLI members. Even if you didn’t miss the celebration, join us to revisit the experience.



Facilitator: **Godfrey Snyder**

**February 12**

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

Fee: \$20 | NLLL 156 Section 02 | Course No. 26549

*Class fee will go towards Juneteenth 2025 celebration.*



# Juneteenth 2024

*What an amazing turn-out we had at our annual Juneteenth Celebration. It was a great time of fellowship, food and entertainment. Thank you to everyone who helped make it day to remember.*





# 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**

## Thank You, Agape Esquire Law!



**AGAPE ESQUIRE LAW**  
A PROFESSIONAL CORPORATION

OLLI extends our heartfelt gratitude to Agape Esquire Law for their generous donation supporting our programs and events. Your commitment to our lifelong learning community

enables us to continue enriching the lives of members aged 50 and better.

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Once again, thank you, Agape Esquire Law, for your incredible support. We are honored to feature your business in our catalog and celebrate your contribution to our community.

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