



Summer 2024 OLLI Course Catalog



Empowering Lifelong Learners... One Course at a Time



Message from J. Kim McNutt

Dean, CSUDH College of Continuing and Professional Education

Dean's Corner



Another academic year is now in the rearview mirror. Associate Dean Wilson and I participated in the CSUDH Graduation Platform Party for six commencement ceremonies last May 17th and 18th. More than 4,000 students graduated with their bachelor's or master's degrees, and several were CCPE student assistants. We applaud every graduate's academic accomplishment and wish them well in the next phase of their personal and professional lives.

In light of the excitement felt on campus, challenges presented themselves with the State of California budget shortfall. This will negatively impact the entire CSU System, including CSUDH. In a recent memo from President Parham to staff, faculty, and students indicated the CSU System is facing severe budget challenges. He stated, "we have had to develop plans for significant budget reductions". He went on to say that "our highest priorities, while reviewing expenses and reductions will have us making choices about how the university prioritizes its spending".

Despite the budget downfall, **OLLI just reached the 500-member milestone**, a requirement for continuation of support and an ongoing relationship with the Osher Foundation. Additionally, plans are now solidified for the upcoming 12th Annual Juneteenth Celebration scheduled for June 14th. The historic day will be celebrated with a play, music, poetry, and just plain fun.

It's membership renewal time again! The annual fee has been adjusted from \$30 to \$40, but the annual parking pass fee will remain \$20. The annual fee has remained the same for 21 years and is still one of the best bargains throughout OLLI programs nationwide.

We are excited that many program enhancements and increased learning activities are planned for our OLLI members this summer, and 2024/2025 is off to a great start.

I wish you all a successful start to 2024/2025 and encourage you to participate in the myriad of courses, workshops, open houses, and excursions to fulfill our mission of Lifelong Learning.

Cordially,

J. Kim McNutt



Message from Fawn Supernaw

Director, Osher Lifelong Learning Institute @ CSUDH

Dear OLLI Community,

Reflecting on a year marked by unforgettable experiences and learning leaves us filled with gratitude and excitement. From the captivating performances at the Pantages Theater to the awe-inspiring Opera visits, our journey together has been nothing short of spectacular.

The adventures will continue this summer with new opportunities like becoming an **OLLI Food Critic** at local restaurants, touring **Watts Tower**, and exploring **Huntington Library and the Botanical Gardens**. Our schedules will remain full into the Fall and Spring, bringing:

- **More Cultural Excursions:** With your enthusiastic participation, we are planning visits to more hidden gems and iconic destinations.
- **Expanded Learning Opportunities:** Building on our successful virtual world explorations and interactions with exceptional educators, we aim to introduce a wider range of courses and workshops. Topics will span from the latest technological advancements to the mysteries of art history, each designed to empower and inspire.
- **Enhanced Community Engagement:** As we grow, so does our commitment to fostering a supportive and vibrant community. Expect more opportunities for social interaction, volunteerism, and collective projects that make a difference.

Renew Your Membership Today

It is time to renew your membership. OLLI has remained \$30 for over 20 years. The time has come; we are raising our membership fee to \$40. Please make sure to renew at the updated membership fee.

Your Role in Shaping the Future

Your enthusiasm, support, and feedback have been the cornerstone of our success. As we prepare the courses and adventure for the new year, we invite you to continue this journey with us. [Participate](#), [suggest](#), [volunteer](#), and [consider contributing to our growth](#). Together, we will make next year an even more extraordinary chapter in our shared story.

Thank you for making this year memorable. We're looking forward to the adventures that await us! OLLI is empowering lifelong learners one course at a time.



Warmest regards,

Fawn Supernaw

**Director, Osher Lifelong
Learning Institute**

California State University,
Dominguez Hills

There are 125 OLLI Institutes in 50 states and The District of Columbia. In 2001, the first OLLI was founded in Maine. In 2002, 18 colleges and universities were honored with an endowment to establish an OLLI or reimagine their Senior Programming. Our university, California State University, Dominguez Hills, was one of those 18.

Osher Institutes are not franchises and are not centralized in operations or governance. Each institute operates as an independent initiative of its host institution, with offerings tailored to meet the needs and interests of the community.

There is diversity among the grantees but there is a common thread among all institutes:

- Developed for seasoned adults
- University connection & support
- Opportunities for Volunteer Leadership
- Engagement of past and present faculty
- Peer leaders presenting
- A varied repertoire of intellectually stimulating courses
- A community of lifelong learners and new lifelong friends

Thank you, Bernard Osher Foundation, for your commitment and leadership.

www.osher.net

OLLI@CSUDH Membership Benefits

OLLI members enjoy many benefits inherent in student status:

- Meet like-minded adults in supportive learning and social environments.
- Participate in discussion groups on a variety of topics each term.
- Enroll in special interest, technology and other workshops designed for lifelong learners.
- Receive your own student email account – ToroMail (CSUDH Student Gmail)
- Leadership and service opportunities are available in operational aspects of successful OLLI curriculum and events.
- Receive email notifications about OLLI and on-campus events.
- 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.)
- Participate in University and other selected Continuing Education programs for reduced rates.
- Enjoy a reduced annual parking pass fee.

Parking at CSUDH

Save with an OLLI Annual Parking Pass!

Discounted parking passes are available to current OLLI Members for only \$20 per academic year!

- Stop by the OLLI Office and complete a Parking Permit Application Form. Include your Student ID number or date of birth.
- Take your completed form and \$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 the OLLI Office:

310-243-3208 • Email: olli@csudh.edu

How to Register for Summer 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. **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 in which you want to register.

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:

—**Option 1: 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 2: Call the CCPE Registration Office** at (310) 243-3741 (Press 1), and make a credit card payment over the phone.

—**Option 3: 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 this 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.**

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Aging Gracefully & Gratefully (Hybrid)

This 3-part series of classes 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".

July 11 – 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]

July 18 – Personal

Diet (Weight Gain/Loss); Exercise; Sleep/Habits; Intimacy; Spirituality/Religion

July 25 – 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

Instructor: Frankie Stewart

July 11, 18, 25

3 Thursdays • 1:15–3:15 pm PT

Hybrid

Fee: \$10.00

In-Person: CCPE-1205

NLLL 355 • Section 35 • Course No. 32959

Zoom Meeting ID: 894 9186 4343

NLLL 355 • Section 35 • Course No. 32959



Bone Health Basics: Understanding Osteoporosis

Osteoporosis is a serious condition for women and men. It causes your bones to get weak and may cause them to break. The good news is that osteoporosis can often be prevented and treated. Please join us at our program to learn how you can prevent bone loss and possible broken bones.

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.

June 27

1 Thursday • 12:00–1:00 pm PT

In Person: CCPE-1205 • Fee: \$10.00

NLLL 355 • Section 09 • Course No. 32971



Crocheting for Health

Let's complete a project for Summer! 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.

June 11, 18, 25; July 2, 9, 16, 23, 30; August 6, 13

10 Tuesdays • 1:15–3:15 pm PT

In-Person: CCPE-1205 • Fee: \$15.00

NLLL 355 • Section 04 • Course No. 32949



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 is an excellent form of exercise for seniors. It's a low-impact activity that puts minimal stress on the joints, making it 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. In our remaining sessions, we will be outdoor biking to local destinations and exploring the City of Carson.

Maximum: 15 riders

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.

June 12; July 3, 10, 24, 31; August 7

6 Wednesdays • 9:00 am–11:00 am PT

In-Person: CCPE-1205 (June 12 and July 3)

Fee: \$10.00

LLLL 355 • Section 03 • Course No. 32948

Holistic Nutrition: See, It Is Good, Too!



In this 3-part series, we will explore what holistic nutrition is and how it can help enrich your life. We'll delve into practical tips, explore resources for self-improvement and lifestyle changes, as well as focus on the benefits of cooking at home and planning weekly menus – with options for family involvement or the occasional dining out.

Throughout the course, we'll emphasize taking baby steps toward achieving our goals and making them attainable for everyone in the class. We'll also share some delicious recipes to inspire your culinary adventures and provide guidance on finding answers to your questions. Join us on this transformative journey.

Instructors: Olivia Payne Tinson and George McDonald

Olivia Payne Tinson is a dedicated Certified Caregiver, holding certifications from LA County and the State of California. She has provided compassionate care to a diverse range of clients in both private and professional settings. An active member of OLLI since September 2019, Olivia is committed to continuous learning and personal development. Additionally, Olivia is an Alumna in Holistic Nutrition, showcasing her expertise in promoting overall well-being through a comprehensive and balanced approach to nutrition. Her passion for healthy living extends to an Apprenticeship in Beverage Making, particularly in the realm of juices.

June 17; July 8; August 12

3 Mondays • 10:00–11:50 am PT

In-Person: CCPE-1205 • Fee: \$ 10.00

NLLL 355 • Section 06 • Course No. 32961

Line Dancing

Please join us for an exciting time filled with both old and new line dancing routines, guaranteed to bring fun and enjoyment to all! Line Dancing is a popular means of socializing and engaging our members in healthy physical activity. Line dancing improves coordination and balance, increases cardiovascular health and brain memory, and protects against Alzheimer's, dementia, and depression.

Instructor: Adrieene Parker, OLLI Member

6 Tuesdays

June 11, 18, 25

11:00 am–12:30 pm PT

–and–

July 2, 9, 16

10:30 am–12:00 pm PT

In-Person: CCPE-1209 • Fee: \$10

NLLL 355 • Section 08 • Course No. 32963



Nutrition Bingo

Learn while playing a game? It's true. Learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo!

Instructor: Vanessa Torres

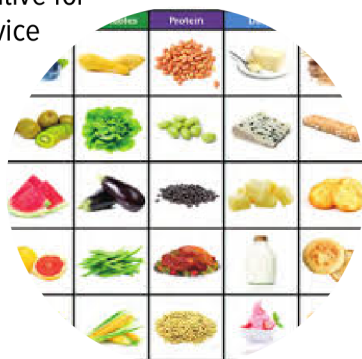
Vanessa Torres is a Health Promotion Representative for “Independence at Home” (IAH), a community service department of SCAN Health Plan dedicated to helping older adults and their caregivers.

July 24

1 Wednesday • 12:00–1:00 pm PT

In-Person: CCPE-1205 • Fee: \$10.00

NLLL 355 • Section 11 • Course No. 32972



Relax & Meditate

Learn mindfulness techniques and strategies for relaxation. In this class, participants will engage in weekly meditation sessions. These will include both guided and free styles of meditation and additional tools for relaxation. Beginners will learn techniques to calm the mind and body and experience an overall sense of well-being. More experienced meditators will be able to deepen their meditation practice.

Yoga mats or blankets are optional (for those wishing to lay on the floor).

Instructor: Sharon Vaughn

Sharon is a licensed clinical social worker and has a long history of helping others develop strategies to improve their vitality and overall well-being.

July 2, 9, 16, 23, 30

5 Tuesdays • 12:00–1:00 pm PT

In-Person: CCPE-1205 • Fee: \$10.00

NLLL 355 • Section 07 • Course No. 32962





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, and wear comfortable clothing, sunglasses, and a cap.



Instructor: Donald Means

June 11–August 16

Tuesdays & Fridays (22 meetings) • 9:00–10:30 am PT

In-Person: CSUDH Tennis Courts • Fee: \$15.00

NLLL 355 • Section 01 • Course No. 32944





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 shoes.

Questions? Please email Linda: donlin@earthlink.net

Maximum: 18 Students

Instructors: Linda Kahn & Jerry Larson

June 21, 28; July 12, 19, 26 (No class July 5); August 2, 9, 16

8 Fridays • 10:00–11:30 am PT

In-Person:

CCPE-1218 for June 21 and August 9

CCPE-1213 for all other sessions

Fee: \$10.00

NLLL 355 • Section 02 • Course No. 32945



The Golden Years: Embracing Health & Wellness (Vision Board Planning)

Join our Mid-Year Vision Board Planning Class for Boomers and create a personalized vision board focusing on your personal wellness. Set goals, redefine them if needed, and plan realistic actions to achieve them. Learn valuable techniques, connect with like-minded individuals and leave with an inspiring vision board that reflects your aspirations.

We will have some supplies here, but we encourage you to bring anything that you may have that will inspire and motivate you. The instructor will provide 1 Mini Poster board.

You will also need:

- Scissors
- Glue or Adhesive Tape
- Magazines/Clippings
- Writing Pen

Additional supplies that may enhance your board:

- Posted Papers
- Quotes/ Affirmations
- Stickers
- Glitter
- Markers/ Colored Pencils



Instructor: Gloria Dyson

Gloria Dyson is an OLLI Member, a currently Retired Educator/LAUSD California Credentialed and Career Technical Education (CTE) Teacher.

July 11, 18

2 Thursdays • 10:00–11:50 am PT

In-Person: CCPE-1205 • Fee: \$10.00

NLLL 151 • Section 03 • Course No. 32986

Wellness for Our OGs - Part II (Building Intergenerational Connections)

During my last visit, many of the attendees, whom I affectionately call my OGs, expressed the desire to discuss how to build intergenerational connections with the younger generation. I firmly believe that information exchanged across generations makes the receiver of the information an expert amongst their peers. Still, creating a space safe enough for both generations to be vulnerable enough to share can be a challenge. Join me for "Building Intergenerational Connections: Fostering Meaningful Relationships Across Generations" as we dive into this important topic. We will touch on the importance, barriers, and strategies to building intergenerational connections.

Instructor: Dr. Brandi Powell

Dr. Brandi Powell is a licensed Physical Therapist in California, obtaining her doctorate in Physical Therapy from the Azusa Pacific University of California. She found her niche with the geriatric population by working in varied settings for 13 years. Dr. Brandi is also an ordained minister, birth doula, an end-of-life coordinator (death doula), co-host of the "It's the Discussion For Me" podcast, co-creator of "Permission to Grieve" grief course, and published co-author of 'Perspectives of Wellness: Navigating the Waves of the Pandemic'. Most recently, she completed her first TEDx Talk with TEDx Compton Blvd where she uses humor and storytelling to encourage us all to have more compassion for the elders, who she affectionately calls her OGs.

June 10

1 Monday • 1:15 – 3:15pm PT

In-Person: CCPE-1210 • Fee: \$10.00

NLLL 355 • Section 12 • Course No. 32973





Thursday Morning Book Club (Online)

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 meetings, members have an opportunity to express their points of view on the books. Join the book club for lively discussions, learning diverse perspectives, and of course, socializing.

June 27 — “Dead in Long Beach, California” by Vanita Blackburn

July 25 — “Oath and Honor” by Liz Cheney

August 22 — “Desert Star” by Michael Connelly

Facilitator: Elaine Schnyder

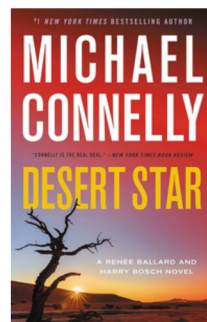
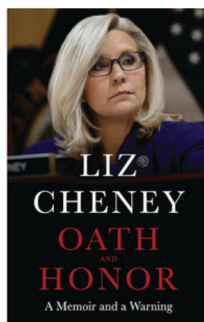
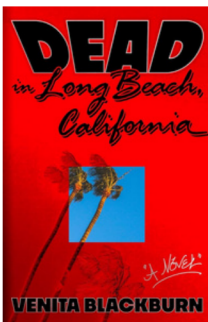
June 27; July 25; August 22

3 Thursdays • 10:00–11:00 am PT

Zoom Meeting ID: 841 9240 9035

Fee: \$10.00

NLLL 154 • Section 01 • Course No. 32956





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 in 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. Depending on the number of students and the number of parts, you can expect changes to character roles at the break.

June 12, 19 — “Our Town” by Thornton Wilder

July 3, 10 — “In Pursuit of Happiness” by Benedict Potter

August 7, 14 — “Waiting for Godot” by Samuel Beckett

Facilitator: Phil Bray, OLLI Member

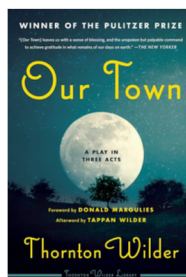
June 12, 19; July 3, 10; August 7, 14

6 Wednesdays • 1:15--3:15 pm PT

Zoom Meeting ID: 896 9635 1425

Fee: \$10.00

NLLL 154 • Section 02 • Course No. 32957



SPECIAL INTEREST GROUPS



The OLLI Summer Movie Series

The Shawshank Redemption

1994 – R: Tim Robbins, Morgan Freeman, Bob Gunton
Monday, July 15 | 10:00 am–1:00 pm



American Fiction

2023 – R: Jeffrey Wright, Tracee Ellis Ross, John Ortiz
Monday, July 22 | 10:00 am–1:00 pm



The Book of Clarence

2023 – PG-13: LaKeith Stanfield, Omar Sy, Anna Diop
Monday, July 29 | 10:00 am–1:00 pm



The Holdovers

2023 – R: Paul Giamatti, Da'Vine Joy Randolph, Dominic Sessa
Monday, August 5 | 10:00 am–1:00 pm



Mission, Impossible – Dead Reckoning Part One

2023 – PG-13: Tom Cruise, Hayley Atwell, Ving Rhames
Thursday, August 15 | 1:15–4:15 pm



Facilitator: Eula Slater

July 15, 22, 29; August 5

4 Mondays • 10:00 am–1:00 pm PT
–and–

August 15

1 Thursday • 1:15–4:15 pm PT

In-Person: CCPE-1217 • Fee: \$10.00

NLLL 156 • Section 01 • Course No. 32978

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 Procter

June 21, 28; July 12, 26; August 9, 16

6 Fridays • 11:30 am–1:30 pm PT

In-Person: CCPE-1205 • Fee: \$10.00

NLLL 355 • Section 05 • Course No. 32950



The OLLI Food Critics

Experience various cuisines of the Los Angeles area! Join a group of your peers dining at various restaurants to test and analyze various dishes and beverages for taste, quality, portion size, and presentation, expand your palette, and fill your tummy with tasty dishes. Participants will dine at their own expense while joining a discussion on food choice, ambiance, and service.

The first class will be on-campus to discuss choices of restaurants.

Instructors: Dana Simpson and Denise Jefferson

June 10; July 1; August 5, 19

4 Mondays • 11:00 am–1:00 pm PT

In Person: CCPE-1205 (June 10th meeting only)

Fee: \$10.00

NLLL 402 • Section 01 • Course No. 32983



Paper Crafting with Norma

Come join fellow OLLI members to create paper projects. We will make a greeting card, paper purse, pocket tissue box and a treat box. Please bring the following supplies:

- Score Board
- Scoring tool
- Paper cutter
- Scissors
- 12 x 12 cardstock in multiple colors
- Double sided tape
- Glue

Facilitator: Norma Bates

Maximum: 8 crafters

June 21; July 12, 19, 26

4 Fridays • 2:00–4:00 pm PT

In-Person: CCPE-1205 • Fee: \$10.00

NLLL 151 • Section 01 • Course No. 32958



Mask Creations

In this class, we will be exploring characters through art by creating props and expressive masks from children's literature. Students will work in groups, choose a character from "The Lion King" and create masks and props from cardboard. When finished, they will be donated to elementary schools who are putting on a theatre production of "The Lion King"!

Instructor: Tracey Coleman

Tracy Coleman is a retired teacher, who worked for LAUSD for 43 years. She has an AA in Theatre Arts, a BA in Liberal Studies, and a master's degree.

June 17, 24; July 1, 8, 15, 22

6 Mondays • 1:15–3:15 pm PT

In-Person: CCPE-1205 • Fee: \$10.00

NLLL 151 • Section 02 • Course No. 32969



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 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.

June 15, 29; July 13, 27; August 10

5 Saturdays • 10:00 am–12:00 pm PT

In-Person: CCPE-1209 • Fee: \$ 10.00

NLLL 152 • Section 01 • Course No. 32977



Watts Towers – Visit One of Los Angeles' Most Iconic Landmarks

Join us for a tour of the Watts Towers, conveniently located just 6 miles north of CSUDH. Experience a guided exploration of the towers, discover their rich history at the Art Center, and indulge in a delightful French Caribbean lunch at Grilled Fraiche.

The tour will last approximately 30 minutes which highlights the life of Simon Rodia who built the towers over a 33-year period, and the cultural and social context of the Watts neighborhood in which they stand. We will also visit the Watts Towers Arts Center, where we can view exhibitions of contemporary art and learn about the ongoing preservation efforts for the Towers. With this program, we will gain a greater appreciation for the Watts Towers as a masterpiece of folk art and a symbol of resilience and community spirit.

Facilitator: Sharon Tillman-Champion

June 20

1 Thursday • 10:00 am–3:00 pm PT

Please meet at the Watts Towers at 9:45 and bring \$3.00 donation for the tour.

Address: 1727 E 107th St, LA, CA 90002

Fee: Free (lunch not included)

NLLL 171 • Section 01 • Course No. 32967



The Huntington Library, Art Museum & Botanical Gardens

Explore one of the world's great research libraries with items spanning the 11th to 21st centuries. The Art Museums contain British, European, American, and Asian art: paintings, prints, drawings, and sculptures.

The Botanical Gardens cover 130 acres with some 83,000 living plants. To dine: there is the Red Car Coffee Shop, the IGIG Cafe, and Jade Court Cafe. There is a beautiful Tea House (you must reserve, \$73.36 for the tea service) and there is also a gift shop. Come enjoy this most amazing, beautiful location.

(Note: Themed Gardens exclude Camellia Garden, Chinese Garden, Conservatory, Desert Garden, and Japanese Garden, to name a few.)

Originally the private estate of railroad magnate Henry Huntington, it is one of Southern California's must-see cultural destinations with magnificent collections of rare books, manuscripts, and famous works of art including Gainsborough's "The Blue Boy," Mary Cassatt's "Breakfast in Bed," a Gutenberg Bible, an illuminated manuscript of Chaucer's The Canterbury Tales, and a First Folio edition of Shakespeare.

Facilitator: Paulette Bradley

July 17

1 Wednesday • 10:00 am–3:00 pm PT

In-Person: In front of CCPE Auditorium;

Arrive at CSUDH by 7:30 am;

Bus leaves at 8:30 am

Fee: \$70.00

NLLL 171 • Section 02 • Course No. 32968



Hidden Gems of America's National Park System

In this course, we will explore our national park system's stunning hidden gems, places unfamiliar to the public, and all but serious park enthusiasts and rangers. We cover sites from across the continent and into the Pacific and Caribbean, exploring lesser-known but spectacular natural and historical parks that remain some of our National Park Service's best-kept secrets.

Instructor: David Kroese

David Kroese left a 25-year career in the corporate world to pursue his interests, becoming one of fewer than a hundred people known to have visited all 400+ National Park Service units. Over the past decade, David has logged over 1,400 visits and four thousand trail miles exploring NPS sites across the country. David wrote of his experiences in the first published narrative through all the NPS sites, *The Centennial: A Journey through America's National Park System*. David shares his enthusiasm for our park system in speaking engagements across the country and is currently working on his next book, *Amidst the Icons: Hidden Gems of America's National Park System*.

June 26

1 Wednesday • 10:00–11:50 am PT

Zoom Meeting ID: 812 9957 9050

Fee: \$10.00

NLL 280 • Section 01 • Course No. 32970



Workshop at the CSUDH Urban Farm

Join us for an immersive Urban Farm Workshop! In this hands-on session, participants will learn the art of sustainable agriculture as we cultivate crops right here on campus. From planting seeds to nurturing plants, you'll gain practical skills for urban farming. Additionally, we'll delve into the importance of composting and provide step-by-step guidance on how to compost effectively, reducing waste and enriching soil health. Whether you're a seasoned gardener or a novice, this workshop offers valuable insights into urban farming practices, fostering a deeper connection to our environment and promoting sustainable living. Don't miss this opportunity to grow and learn together!



Instructors: Aemelia Hellgren & Jose Avalos

Aemelia is a Sustainability Coordinator from Sweden, passionate about urban farming, alternative transportation, and educating communities to become more resource-independent and resilient by understanding and interacting more with nature.

Jose is a recent graduate, attaining his Bachelor of Science in Earth Science. During his time in school, he served as a part-time intern at the Urban Farm which led to him becoming the farm manager at Dominguez Hills after graduating.

June 26

1 Wednesday • 1:15--3:15 pm PT

In Person: Meet at the CSUDH Urban Farm at the university's southeast corner, on the west side of the Physical Plant; look for Building 80 on the campus map.
Fee: \$10.00

NLLL 352 • Section 01 • Course No. 32974



Musical Birds! A Two-Part Classical Music Adventure

This series begins with a one-hour lecture that will give you historical background information and performance insights into the works of three famous compositions having to do with birds by composers Rossini, Respighi, and Stravinsky. You will hear excerpts and receive musical understanding as to meaning, practice, and performance. This lecture is guaranteed to increase your appreciation of the concert.

Our second “session” takes us to the Peninsula Symphony’s live performance of “Musical Birds!” in Redondo Beach where you will find Sophia on stage playing her cello. Arrive an hour early for the pre-concert talk so we can sit together.

Instructor: Dr. Sophia Momand

Sophia Momand has always loved classical music and playing the cello. She currently performs with two community symphony orchestras and loves to share her musical insights about the musical piece, the composer, and the behind-the-scenes challenges of practice and performance. Graduating from UCLA, she works as a family physician serving the 17,000 students of CSUDH in the Student Health Center.

Venue Information on June 23:

Peninsula Symphony’s live performance is at the Redondo High School Auditorium; 222 N. Pacific Coast Highway (at Diamond St.), Redondo Beach. Parking is limited. Overflow parking is available at the church on Central Court, which is a right turn from Vincent St. Arrive an hour early for the pre-concert talk so we can sit together.

June 13

1 Thursday • 1:00–2:00 pm PT

–and–

June 23

1 Sunday • 5:00 pm PT (Pre-Talk at 4:00 pm)

In-Person: CCPE-1209 (June 13) • Fee: \$20.00

NLLL 152 • Section 02 • Course No. 32985



Trust Administration with Myron Campbell

Trust administration is the process of managing a trust after the trust creator has passed away. Ever wonder how your trust will be managed, and whether the beneficiaries will receive what you have left for them to inherit? Your successor (trustee) must be up for the task and equipped to make savvy and responsible decisions regarding your estate. Will administering your trust be a success or a nightmare? In this class, Myron A. Campbell II, Esq. will share information on how trusts are administered, and the applicable duties that your successor trustee must abide by for successful administration.

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.

August 14

1 Wednesday • 10:00–11:50 am PT

In-Person: CCPE-1205 • Fee: \$10.00

NLL 255 • Section 01 • Course No. 32966



Cyber Warrior Academy: Cyber-Security for OLLI Members

The series will examine some common real-world cyber case studies and provide students with immediately actionable information and open-source security tools to better defend themselves against cyber criminals and common cyber-attacks. Students are encouraged to bring their own laptop computers, tablets and/or smartphones (along with personal Wi-Fi hotspots) as they will be able to follow along with practical hands-on implementation of the Internet tools and techniques discussed.

Instructor: Dave Babcock

Dave is a member of the Los Angeles County District Attorney Cyber Investigation Response Team, the United States Secret Service Cyber Fraud Task Force, and the Los Angeles Sheriff's Identity Theft Task Force. Dave routinely provides outreach training in multiple areas of Cyber-Security and Cyber Awareness to various community groups, including the OLLI membership. Dave served in the Marine Corps, and he holds a BS in Chemical Engineering from the Illinois Institute of Technology.



June 24; July 1

2 Mondays • 10:00 am–11:50 am PT

In-Person: CCPE-1205 • Fee: \$10.00

NLLL 354 • Section 01 • Course No. 32976

Juneteenth

Please join us for this special celebration!

For 12 years OLLI has celebrated Juneteenth. This year our OLLI celebration will take place on Thursday, June 15th.

Juneteenth is a historic holiday that commemorates the end of slavery in the United States. It is an important occasion for many Americans, particularly those of African descent. It is also an opportunity to educate our OLLI community about the significance of Juneteenth as a part of American history.

Through the work of the Juneteenth Committee, we will present a program that will include history, entertainment, games, prizes and delicious food that was typically served at early Juneteenth celebrations.

June 14

1 Friday • 11:00 am–3:00 pm PT

In-Person: I & I CSUDH Building

Fee: \$30.00 (Full Price)

NLLI 1 • Section 01 • Course No. 32981

Fee: \$25.00 (Donation + Renewal)

NLLI 1 • Section 01 • Course No. 32981

Fee: \$20.00 (Donation + Renewal)

NLLI 1 • Section 03

Course No. 32982



Code of Conduct:

Courtesy and Mutual Respect

Osher Lifelong Learning Institute at California State University, Dominguez Hills (OLLI@CSUDH) is a community of active, mature, lifelong learners. The College of Continuing and Professional Education (CCPE) is committed to maintaining a safe and healthy learning environment for OLLI Members, students, faculty, and staff.

Many of our programs offer a forum for a lively and sometimes passionate exchange of views. Members of our learning community are expected to follow principles of courtesy and mutual respect that promote reasoned discourse and engage in responsible behaviors that reflect well upon the university. To be civil to one another, to others in the campus community, and contribute positively to OLLI Members, students, faculty, staff, and university life.

Violations include conduct that threatens or endangers the health or safety of any person within or related to the University community, including but not limited to physical abuse, threats, intimidation, harassment, sexual misconduct, denigrating others' views or opinions, offensive or abusive language, disruptive classroom conduct, discrimination, and monopolizing discussions. Failure to treat ideas, viewpoints, the classroom environment, and interests of members in the community with respect and civility compromises the intellectual climate at OLLI and cannot be tolerated.

The OLLI Director and CCPE leadership are responsible for ensuring that the Code of Conduct is being followed in all OLLI-sponsored programs. Members who do not adhere to these principles or interfere with the goals of our learning community may be removed from the class and/or activities and denied the privilege of future participation at the discretion of the OLLI Director and CCPE Leadership.



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2258 **Osher Lifelong Learning Institute (OLLI)**
College of Continuing and Professional Education
California State University Dominguez Hills
1000 E Victoria St, EE-1310
Carson, CA 90747

OLLI CSUDH Contact



310-243-3208



olli@csudh.edu



<https://csudh.edu/olli>

Registration Office



310-243-3741 (Option 1)

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