



Spring 2024 Course Catalog

February 1-May 24



*Empowering
Lifelong Learners
One Course at a Time*



CSUDH
COLLEGE OF CONTINUING &
PROFESSIONAL EDUCATION



Dean's Corner

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

Happy New Year! It's great to have you back for a new year that will be filled with many "news" including new programming, new friends, and new experiences. Many seminars are planned and the lively and relevant topics will spark the interest of OLLI members. New and informative subjects include: Refusing to be a Victim, Rethinking the Media, Understanding Domestic Extremism in 2024–The International Context, Virtual Globetrotting: Exploring the World through Virtual Reality, The History of Books, and How Idaho Blacks Found Economic Success.

OLLI continues outreach activities so expect to see new faces in your classes and at your activities. Returning this year due to popular demand are programs and activities including: the Juneteenth celebration, Let's Read a Play, Tennis, Tai Chi, Book Club, and LA Opera just to name a few.

There will be multiple opportunities to develop new friendships in this year. Therefore, take full advantage of your OLLI membership and share your experiences with seniors who would benefit from becoming an OLLI member.

Our next Open House is scheduled for March 23 and will feature a senior resource fair. The new year will be fun-filled and educationally stimulating so come see what is in store for 2024.

A handwritten signature in black ink that reads "J. Kim McNutt". The signature is written in a cursive style with a large, looping initial "J".

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**



Message from OLLI Director Fawn Supernaw

College of Continuing and Professional Education, CSUDH



Dear OLLI Members,

Greetings once again! As we rally together to support our Osher Lifelong Learning Institute (OLLI), we want to make giving as convenient as possible for you.

Your generosity is crucial in shaping the future of our institute, and we're offering two easy ways for you to contribute: online donations or via the enclosed envelope.

1. Donate Online

Visit our secure online donation portal http://bit.ly/OLLI_Donations or scan the QR code at right. It's a quick and hassle-free way to make a difference. Simply choose the amount you're comfortable contributing and follow the easy steps to complete your donation. Every click brings us closer to our 40%-member donation goal and helps OLLI thrive.



2. Use the Enclosed Envelope

If you prefer the traditional approach, we've included a pre-addressed envelope with this catalog. Feel free to enclose your contribution and drop it in the mail. Your donation, regardless of the amount, will go a long way in supporting OLLI's initiatives and ensuring a bright future for our institute.

Remember, your contribution is an investment in the lifelong learning experiences we cherish at OLLI. Whether you choose the convenience of online giving or the simplicity of the enclosed envelope, your support keeps our community vibrant and thriving.

Thank you for your consideration, and for being an integral part of the OLLI family. Your commitment to our shared vision makes all the difference.

Warm regards,

Fawn Supernaw

Director, OLLI@CSUDH

Greetings from the NRC

If your mailbox is like mine, this is the time of the year you find numerous appeals for donations, typically from every cause you've supported in the past. The "mail-merge" lists are humming along, campaigns are buzzing, and the heartfelt requests abound in this season when generosity peaks. Supporting those groups feels good. You might experience a warm, nostalgic sense of tradition as you remit annual gifts to organizations you respect and perhaps have volunteered for over the years. Often, but not always among those well-timed and beautifully stated asks, might be one from your Osher Lifelong Learning Institute.

I'm occasionally surprised that some folks don't realize that their own OLLI is a deserving recipient of charitable donations. There's sometimes a sense that it is a "fee for service business" their university or college offers. End of story. I hope that's not the case with you. Because your OLLI's livelihood and future depends on your financial support as well as your personal engagement as a member and volunteer. It's a spirit of giving that Bernard Osher has generously modeled since he started funding OLLIs in 2001.

Osher Institutes typically have multiple funding sources: a prescribed draw from the earnings of their Osher Foundation endowment; membership and course fees; in-kind services (and often monetary contributions) by their host universities and colleges; along with charitable contributions. Your contributions – no matter how large or small – show the value you place in your OLLI community. Donations help keep membership and course fees lower. And they help your local OLLI sustainably grow and expand learning opportunities for you and future generations. It's a fallacy that universities are required to run these programs for older adult students. Nor is it true they produce profits that underwrite other university programs. OLLIs are service programs that indicate the university values you as a student whose life will be enriched and enhanced by the healthy practice of lifelong learning with others in community.

This year, as your donation envelopes stack up, please consider adding your OLLI to that deserving list of recipients of your treasure, along with your time and talents. All of these contributions are great investments in yourself, your friends, and the longer-term future of lifelong learning in your town.

Osher NRC
National Resource Center
for Osher Institutes



Steve Thaxton, Executive Director
Osher National Resource Center



We Are OLLI



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Important Dates Registration begins: **January 18**
Classes Start: **February 1**
Semester Ends: **May 24**

Osher Lifelong Learning Institute (OLLI)

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

How to Register for Spring 2024 OLLI Courses

OLLI Membership

Before registering for any OLLI courses, you must have a current OLLI membership. If you're not a member, please fill out the membership form included in this catalog. The OLLI membership fee is \$30 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.

Thank You, Linda!



Dear OLLI Community,

It is with immense gratitude and admiration that we shine the spotlight on an invaluable member of our OLLI family – Linda Kahn. For the past six years, Linda has been an unwavering pillar of support, dedicating her time and energy to the enrichment of our lifelong learning institute.

Linda's impact is felt in every corner of OLLI. She has tirelessly cultivated connections with our esteemed instructors, maintaining and nurturing these relationships with unwavering dedication. Linda possesses a remarkable ability to transform members' ideas into tangible realities, ensuring that our community thrives on the spirit of collaboration.

One of Linda's most remarkable achievements has been the development of the comprehensive course schedule before you today. Her meticulous efforts, often single-handedly executed, reflect her commitment to the OLLI mission. As an instructor herself, teaching Tai Chi, Linda spends countless hours securing instructors, scheduling courses, and updating detailed course descriptions to ensure a rich and diverse learning experience for our members.

In expressing our deepest appreciation, we acknowledge Linda Kahn's selfless dedication to OLLI. Her passion, perseverance, and commitment resonate profoundly, shaping the very essence of our institute. We are truly fortunate to have Linda as a beacon of inspiration within our community.

If you are on campus on a Friday morning, take a moment to stop by Linda's Tai Chi class and let her know what classes you have enjoyed, or thank her for her dedication.

With heartfelt thanks,
Fawn Superuaw
Director, OLLI

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.

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. It is known to bring about strength, energy, optimum health and body awareness. It also improves balance, coordination, relaxation and stress reduction. Finally, it helps one to build community and lasting friendships.

Please wear comfortable clothes and flat shoes.

Questions? Please email Linda: donlin@earthlink.net

Maximum 18 Students

Instructors: **Linda Kahn & Jerry Larson**

**February 9, 16, 23; March 1, 15, 22, 29 (no class March 8);
April 5, 12, 19, 26; May 3, 10**

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

Fee \$15 | NLLL 355 Section 01 | Course No. 25286

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 couple:

- 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**

February 2 – May 24

Tuesday & Friday | 9:00am - 10:30am | CCPE-Tennis Court

Fee \$15 | NLLL 355 Section 03 | Course No. 25288



Crocheting for Health



Let's complete a project for Spring! Crocheting is a part of our health 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**, 15+ year OLLI member and Registered Dietitian.

March 19, 26; April 2, 9, 16, 23, 30; May 7, 14, 21

10 Tuesdays | 1:15pm - 3:15pm | CCPE-1209

Fee \$15 | NLLL 355 Section 04 | Course No. 25289



NEW! 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 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.

March 6, 13, 27; April 3, 17

5 Wednesdays | 9:00 - 11:00am | CCPE-1210
(First 2 meetings only)

March 18

Monday | 9:00 - 11:00am

Fee \$10 | NLLL 355 Section 07 | Course No. 25326

Living Well for Older Adults

This spring we will continue our garden to table series with the Amazon Prime series “Grow Cook Eat.” The program provides



information about how you can grow your own food. You can grow vegetables and fruit in a very small garden, or even in containers on an apartment balcony. Each episode focuses on a particular vegetable and

takes us through the entire process, from sowing the seed to harvesting and to cooking.

Instructor: **Eula Slater**

Eula Slater is a 14+ year OLLI member and a Registered Dietitian.

April 18, 25; May 2, 9, 16, 23

6 Thursdays | 1:15 - 3:15pm | CCPE-1210

Fee \$10 | Section 05 NLLL 355 | Course No. 25290



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**

February 15 22, 29

3 Thursdays | 1:15 - 2:15pm | CCPE-1206

Zoom ID: 834 1150 7783

Fee \$10 | NLLL 355 Section 36 | Course No. 25302

- February 15** **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]
- February 22** **Personal:** Diet (Weight gain/loss), Exercise, Sleep Habits, Intimacy, Spirituality/Religion
- September 29** **Business:** Retirement, Will/Family Trust, Finances (Will you outlive your money?), Fraud, New Technology, Legacy (What will you pass on?), Five A’s are presented as food for thought – Awareness, Acceptance, Adaptability, Appreciation and Attitude

NEW! Holistic Nutrition: See, it is Good Too!



In this 4-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 focusing 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. 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.

February 12, March 11, April 8, May 13

4 Mondays | 10:00 - 11:50am | CCPE-1205

Fee \$10 | NLLL 355 Section 08 | Course No. 25331

NEW! Relax & Meditate

Learn mindfulness techniques and strategies for relaxation. In this class, participants will engage in weekly mediation sessions. These will include both guided and free styles of meditation as well as additional tools for relaxation. Beginners will learn techniques to calm the mind and body and experience an overall sense



of wellbeing. More experienced mediators will be able to deepen their meditation practice.

Yoga mats or blankets are optional (for those who may want 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 wellbeing.

February 6, 13, 20, 27

4 Mondays | 12:00 - 1:00pm | CCPE-1209

Fee \$10 | NLLL 355 Section 09 | Course No. 25332

NEW! 10 Myths About Medication



There are many myths about medications. Paying attention to myths that are false can put you at risk for health issues. Join us to learn the TRUTH about some important myths about medication use.

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.

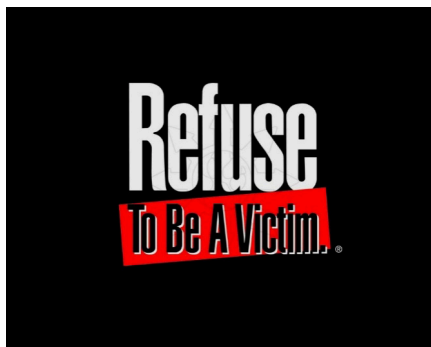
March 18

Mondays | 12:00 - 1:00pm | CCPE-1209

Fee \$10 | NLLL 355 Section 10 | Course No. 25333

SAVE THE DATE
for the
**OLLI Open House
Community
Resource Fair**
March 23

NEW! Refuse to be a Victim®



One of the most important steps toward ensuring your own safety is having a personal safety strategy in place before you need it. NRA's **Refuse to be a Victim®** program teaches the tips and techniques you need to be alerted to dangerous situations and to avoid criminal confrontation.

Join us and learn:

- **Self-Defense Against a Knife: Tips & Tactics**
- **The Three Cs of a Self-Defense Mindset**
- **Hand-to-Hand Self-Defense Training: Which Option is Best?**
- **Personal Safety Is About More Than Carrying**
- **Defining and Defending Your Personal Battle Space**

Instructor: **Daryl Evans**



Daryl R. Evans has worked as an academic advisor at CSUDH for more than 25 years. He is a Certified Firearms Instructor with the USCCA, NRA, and the California Department of Justice. He was motivated to become involved in self-defense and firearms after being attacked by a local street gang in a

racially motivated incident. Since then, he has been teaching people of all ages about situational awareness.

March 7

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

Class Fee \$10, Material Fee \$10 | NLLL 001 Section 02

Course No. 25350

NEW! Practice of Gratitude: Creating a Haiku

In this class, participants will have an opportunity to create a haiku which is a type of Japanese poem. Participants will be encouraged to share their creations with others in the class.

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.

April 8

Monday | 12:00 - 1:00pm | CCPE-1210

Fee \$10 | NLLL 154 Section 06 | Course No. 25343

A HAIKU HOW TO

Five syllables in the first line

Seven syllables in the second line

Five syllables in the last line

*Love Lifelong Learning
Friendships, Adventure, and more!
We are ALL OLLI!
-Fawn Supernaw*

*A haze of olive
Encompassing points of white
Vibrantly muted
-Becca Tucker*

*sticky stick sticky
Virginia stickseed, oof,
laundry day was rough.
-Julie Baumeister*

*Blow dandelions
and watch a thousand wishes
scatter in the wind
-Swati Singla*

LANGUAGE & LITERATURE

Thursday Morning 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.

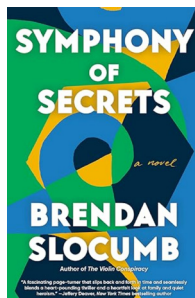
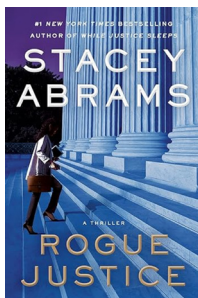
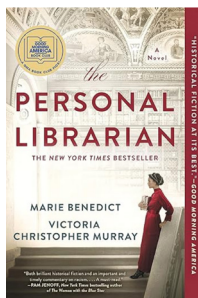
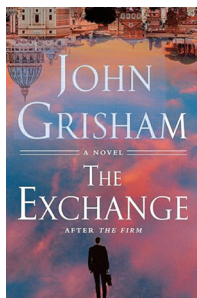
Facilitator: **Elaine Schnyder**

3 Thursdays, February 22; April 25; May 23

1 Wednesday, March 27

4 Meetings | 10:00 - 11:00am | Zoom ID: 880 5397 5250

Fee \$10 | NLLL 154 Section 01 | Course No. 25293



Thursday, February 22 **The Exchange: After The Firm**
by John Grisham

Wednesday, March 27 **Personal Librarian** by Maria Benedict

Thursday, April 25 **Rogue Justice** by Stacey Abrams

Thursday, May 23 **Symphony of Secrets**
by Brendan Slocumb

LANGUAGE & LITERATURE

LUNCH 'N LEARN

Beginning Spanish (Hybrid)

Learn Spanish for the first time or, brush up on partially learned beginning Spanish. Learning follows the Duolingo App sequence. Students will need to register to the Duolingo class link that the instructor provides to be an official student. Be prepared to repeat, speak, read, write and listen ideally at least 15 minutes a day on a regular basis in order to increase vocabulary, understanding and confidence.

Instructor: **Delyna Diop-Means**

Maximum: **30 students**

February 27; March 5, 12, 19, 26; April 2, 9, 16, 23, 30

10 Tuesdays | 11:00am - 12:00pm | Fee \$15

In Person Registration:

CCPE-1210 | NLLL 154 Section 02 | Course No.25294

Zoom Meeting Registration:

NLLL 154 Section 03 | Course No. 25295

Zoom ID: 846 3258 9870



CULTURE & 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

OLLI “Let’s Read a Play” Members

February 7, 14; March 5,* 13; April 3, 10; May 1, 8

7 Wednesdays | 1:15 - 3:15pm | Zoom ID: 863 9164 7067

*1 Tuesday

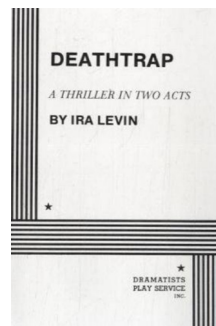
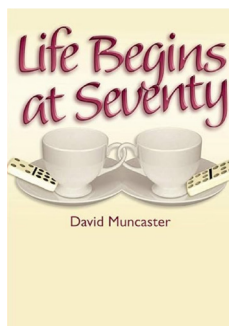
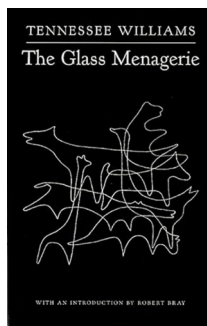
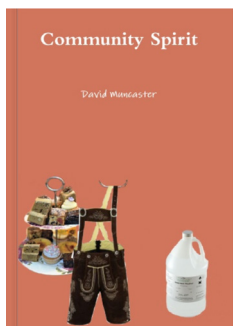
Fee \$15 | NLLL 154 Section 04 | Course No. 25296

February 7, 14 **Community Spirit** by David Muncaster

March 5,* 13 **The Glass Menagerie** by Tennessee Williams

April 3, 10 **Life Begins at 70** by David Muncaster

May 1, 8 **Deathtrap** by Ira Levin



SOCIOLOGY/DISCUSSION GROUP

NEW! Take Charge of Your Life

Over the course of three engaging sessions, you will master the nuances of ethical persuasion, learn the secrets to successful negotiation, and develop the resilience to navigate and thrive in times of change.

Instructor: **Margaret Manning**



Margaret Manning was an adjunct professor in the Negotiation, Conflict Resolution and Peacebuilding Program at CSUDH for 9 years. She is currently a Professional Development trainer for Los Angeles County Public Works.

February, 1, 8, 15

3 Thursdays | 10:00 – 11:50am | CCPE-1210

Fee \$10 | NLLL 253 Section 02 | Course No. 25330

Session 1 The Art of Ethical Persuasion

Session 2 How to Successfully Negotiate for What You Want

Session 3 How to Survive Change



DISCUSSION GROUP

LUNCH 'N LEARN

TED Talks

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

Instructor: **Denise Jefferson**

February 5, 19; March 4, 25; April 15, 29; May 6

7 Mondays | 12:00pm - 1:00pm | CCPE-1209

Zoom ID: 817 9450 3898

In-Person Registration:

Fee \$10 | NLLL 258 Section 01 | Course No. 25300

Zoom Registration Info:

Fee \$10 | NLLL 258 Section 02 | Course No. 25301

February 5 The Mission to Safeguard Black History in the U.S.

Julieanna L. Richardson

February 19 How Racial Bias Works—and How to Disrupt it

Jennifer L. Eberhard

March 4 Life's Third Act – Jane Fonda

March 25 Why you should stop setting goals (yes, really)

Emmanuel Acho

April 15 Why thinking about death helps you live a better life

Alua Arthur

April 29 The Real Cost of Clutter – Sandra Lane

May 6 The Power of Vulnerability – Brene Brown

TED Ideas worth spreading*

DISCUSSION GROUP

Exploring the Paranormal

Exploring the Paranormal is designed to bring the wonderful history of California to light, while explaining how paranormal investigations really work, and the importance of exploring the diverse knowledge which most don't connect with "Ghost Hunting."

Instructor: **Brian Clune**



Brian Clune has been an avid paranormal enthusiast for most of his life and began investigating when his son asked if they could go "ghost hunting." This led him to Planet Paranormal where his life would forever change. Investigating became a passion and the more he learned about what was involved, the more he realized that history was the key to effective paranormal discovery. His dedication to learning the past has led to him to becoming the Historian for Planet Paranormal.

February 14; March 13; April 10; May 15

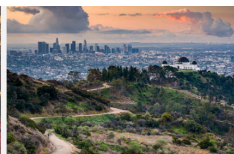
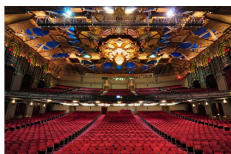
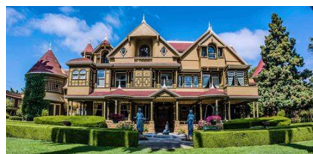
4 Wednesdays | 1:15 – 3:15pm | Zoom ID: 839 4466 9507
Fee \$10 | NLLL 253 Section 01 | Course No. 25324

February 14 Mysteries of the Winchester House

March 13 Pico House Poltergeists

April 10 Ghosts of the Pantages

May 15 Spirits of Griffith Park



SPECIAL INTEREST

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: **Valerie Dingwell**

February 2, 16; March 1, 15; April 5, 19; May 3, 17

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

Fee \$10 | NLLL 355 Section 02 | Course No. 25287



SPECIAL INTEREST

Crafting with the Cricut for Seniors



Come join OLLI members to create projects with Cricut Cutting Machines.

Please bring your Cricut Explore Air 2, Cricut Explore Air 3, Cricut Maker or Cricut

Maker 3 and your mobile device (i.e. iPhone, iPad, Android phone, Android tablet or laptop) to use with your machine. Also, please bring a mat for your machine and any other tools that came with your machine.



For your project bring the materials you want to learn to use: HTV (heat transfer vinyl), permanent vinyl, infusible ink, cardstock, fabric, or other materials of your choice along with something to put the materials on such as a cotton or polyester t-shirt, cotton or polyester tote bag, cap, or any item of your choice.

Maximum 7 Crafters

Please note: *You must bring your cricut machine to attend.*

Facilitator: **Norma Bates**

February 2, 9, 16, 23; March 1, 8, 15, 22

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

Fee \$15 | NLLL 151 Section 01 | Course No. 25307

PERFORMING ARTS



Classic Jazz 113: “Jazz provides many ‘BRIGHT MOMENTS’ ”

—Rahsaan Roland Kirk

This six-session series is a continuation of our Classic Jazz series, where we examine the world of Jazz through the eyes and ears of an avid enthusiast. Audio and video selections will be extensively utilized, along with discussions of the music, the performers, and the literature. The following subjects will be addressed:

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

March 14, 28; April 4, 11, 18,* 25

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

*8:30am - 10:30am (April 18 only)

Fee \$10 | NLLL 152 Section 01 | Course No. 25310



March 14 Unfinished Business: More of the best of the best

March 28 Jazz at the movies

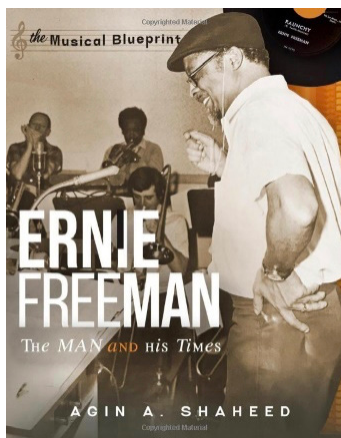
April 4 The flute in Jazz; a re-examination

April 11 Jazz in the late 19th and early 20th centuries

April 18 Giants of the organ; from Fats Waller to the present

April 25 Jazz masters younger than age 25

NEW! Ernie Freeman: The Hidden Musical Superstar



Who is Ernie Freeman, you might ask? Based on his body of work from the 1940s -1970s, Ernie Freeman is one of the greatest American musical arrangers and conductors of the 20th century. He was a two-time Grammy Award winner, with over 120 gold records, and helped break the color barrier in the Hollywood recording industry.

In this presentation Janis Freeman, the daughter of Ernie Freeman, will share the highlights of her father's illustrious career, with personal stories, as well as discuss the book, "Ernie Freeman, The Man and His Times," by Agin Shaheed.

Instructor: **Janis Freeman**



Janis was raised in Los Angeles, but resides now in Lewes, Delaware. She is a graduate of Howard University, and attended Pratt Institute School of Architecture in New York. Janis is currently retired from the General Services Administration as a designer and marketing manager.

February 13

Tuesday | 10:00 - 11:50am | Zoom ID: 859 9167 6341

Fee \$10 | NLLL 154 Section 05 | Course No. 25342

PERFORMING ARTS/FIELD TRIP

LA Opera's Turandot: A Preview and Live Performance!

Please join us for this exciting two-part adventure.



Puccini's blockbuster opera returns to LA Opera for the first time in two decades, in a fantastical production designed by David Hockney.

Captivated by a beauty who scorns love, a renegade

prince enters an all but impossible contest, where the price of failure is death. But beyond the legendary riddles, he'll find another challenge in melting Turandot's stubborn heart. Soprano Angela Meade takes on the thrilling title role, with tenor Russell Thomas as her impetuous suitor and soprano Guanqun Yu as the woman who shows everyone the true meaning of devotion.

In part one LA Opera Connects Community Circle Educator **Steve Moore** will introduce us to Turandot and familiarize us with her story and opera overall. Part two is a field trip to the live Turandot performance. Ticket and transportation to and from the Dorothy Chandler Pavillion is included in the fee.

Maximum Participants: 40

2 Meetings

May 22

Wednesday | 12:00 - 1:00pm | Zoom ID: 845 8802 1319

May 26

Sunday | 12:00pm - 5:00pm | Meet in **CSUDH Parking Lot 3**
Bus will leave at 12:00pm

Fee \$50 | NLLL 171 Section 01 | Course No. 25356

NEW! Russian Favorites: A Two-Part Classical Musical Adventure

This series begins with a one-hour lecture which will give you historical background information regarding three of Russia's most famous composers: Tchaikovsky, Rachmaninov, and Rimsky-Korsakov. You will hear excerpts of three famous works by them as well as receive musical insights and understanding as to meaning, practice and performance. This lecture is guaranteed to increase your appreciation of the upcoming concert.

Our second "session" takes us to the Peninsula Symphony's live performance of Russian Favorites in Redondo Beach where you can find our instructor, Sophia Momand, playing her cello on stage.

Instructor: **Sophia Momand**

Sophia currently performs with two community symphony orchestras and loves to share her musical insights about the compositions and composers as well as the behind-the-scenes challenges of practice and performance. Dr. Momand is a family physician serving 17,000 students in the CSUDH Student Health Center.

2 Meetings

April 4 | Thursday | 1:00 - 2:00pm | CCPE-1209

April 28 | Sunday | 4:00pm

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. Over flow parking at the church on Central Court which is a right turn from Vincent St.

Arrive 1 hour early for the pre-concert talk so we can sit together.

Fee \$20 | **NLLL 171 Section 02** | **Course No. 25357**

FIELD TRIP

NEW! Tour of the CSUDH Gerth Archives and the New Exhibition

This guided tour includes a curators' view of "Alternate Takes: Community, Underground and Alternative Newspapers, Zines & Comix at the CSUDH Gerth Archives and Special Collections" which includes many archival items relating to the history of underground news sources, and news in general in Los Angeles and the U.S.

The tour of the Gerth Archives Reading Room will include a backstage tour of the archive's storage areas, the rare books room and a discussion of how the Gerth Archives has expanded its collections relating to Japanese American incarceration during World War II as well as a wide variety of civil rights collections.

Instructor: **Greg Williams**, Director of the Gerth Archives

Greg Williams has been Director of the Gerth Archives since 2004 and an archivist for 40 years. He has been the principal investigator for the California State University Japanese American Digitization Project (CSUJAD) since 2014, and was awarded the Hamer/Keegan Award for archival advocacy by the Society of American Archivists in 2021. He has written funded grants from National Archives, National Endowment for the Humanities, the National Park Service, the Mellon Foundation, and the California State Library, curated several exhibitions, and published several collection guides. He is the author of "California State University Dominguez Hills," a photo history published in 2020.

April 10

**Wednesday | 10:00 - 11:50pm | Meet at the Exhibition Building,
20A on the University map**

Fee \$10 | NLLL 370 Section 02 | Course No. 25309

FIELD TRIP

Urban Hiking in the South Bay



Walkers, get your gear together! We will be taking four urban hikes. The first meeting will be at CSUDH. We meet in a classroom for an introduction, sign waivers, and receive information on the locations

of the other three urban hikes. Then we will take our first urban hike on the CSUDH campus.

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

Maximum 30 Urban Hikers

Instructor: **Janice Champion**

March 25; April 1, 8, 15

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

Fee \$10 | NLLL 370 Section 01 | Course No. 25308

Maximum 30 Urban Hikers

The OLLI Travel Group Club

The OLLI Travel Club has taken off! We have sign-ups for both 2024 Ireland & Portugal tours and it isn't too late to join them. We are also offering many exciting new locations. If you need a travel companion look no further. See you there!

Facilitator: **Paulette Bradley**, OLLI Member

February 5; March 25; May 6

3 Mondays | 10:00 - 11:50pm | CCPE-1209

Fee \$10 | NLLL 280 Section 01 | Course No. 25345



NEW! Virtual Globetrotting: Exploring the World through VR (Virtual Reality)

Join us for an educational journey designed to bring the world to your fingertips through immersive Virtual Reality (VR) experiences.



This program transcends traditional learning by transporting participants to diverse locations across the globe, offering unparalleled virtual travel adventures from the comfort of the presenter's classroom. You'll delve into the rich tapestry of geography, culture, and history, seamlessly woven together with the latest advancements in technology.

Join us for an educational journey designed to bring the world to your fingertips through immersive Virtual Reality (VR) experiences.

This multidimensional exploration goes beyond conventional boundaries, and becomes a gateway to understanding, fostering a deeper appreciation for the global tapestry that surrounds us.

Instructor: **Dr. Horace Crogman**

Dr. Horace Crogman is a professor of Physics at CSUDH. He received his Ph.D. from the University of Arkansas, with expertise in High-Resolution Spectroscopy, Biophysics and Education Research. Dr. Crogman has implemented innovative teaching practices with a pioneering VR modality and developed the second Biophysics program in CSU system; Dr. Crogman has mentored more than 20 undergraduate students in research.

February 19, 26; March 4, 11, 18, 25; April 8, 15

Monday | 1:15 - 3:15pm

Class will be held in room 242B in the Natural Sciences & Mathematics (NSM) building. It is building 50 on the university map.

Fee \$10 | NLLL 354 Section 03 | Course No. 25349

NEW! The History of The Book

Books and printing catapulted major events in world history and were tools used to promote ideas and narratives. The primary goal of this class is to encourage students to think of the book as more than a ubiquitous “thing,” but instead as an evolving technology and “artifact” that has had a profound impact on history and culture around the world. Utilizing the rare book collections of the CSUDH Gerth Archives, this course will provide students with insight about the history of the book in society and the study of the book as a material object. They will learn about the history of how books were manufactured and disseminated, about the context of their production and how that provides insight into the intellectual current of a given time period.

Instructors: **Amalia Medina Castañeda & Thomas Philo**

Amalia Medina Castañeda is the University Archivist at the CSUDH Gerth Archives and is passionate about teaching with primary sources. She holds a BA and an MLIS from UCLA, and a History MA from Cal State LA.

Thomas Philo is the Archivist/Cataloger at the CSUDH Gerth Archives. He joined the library as part of a grant to process papers related to the Rancho San Pedro and the Dominguez family archives, and in addition to teaching, he currently catalogs the Gerth Archives' rare books and distinct materials.

Maximum 15 students

April 17, 24

**2 Wednesdays | 1:15 - 3:15 pm | Gerth Archives Reading Room,
Library South Building,
Room 5039, Building 20A**

Fee \$10 | NLLL 251 Section 03 | Course No. 25336

CYBER WARRIOR ACADEMY

Cyber-Crime Case Studies and Security Techniques

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.

Instructors: **Dave Babcock & Chris Hodek**



Dave Babcock and Chris Hodek are members of the Los Angeles District Attorney Cyber Investigation Response Team (CIRT), are members of the United States Secret Services Cyber Task Force, as well as the Los Angeles Sheriff's Department Identity Theft Task Force. Dave is a founding member of CIRT

dating back to 2012, while Chris currently supervises the team. Both Dave and Chris routinely provide outreach training in areas of Cyber Security and Cyber Awareness to various community groups, including the OLLI membership.

February 13, 20, 27

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

Fee \$10 | NLLL 354 Section 01 | Course No. 25297

Artificial Intelligence: A Helping Hand or A Threat To Humanity?



This lecture will provide a brief review of Artificial Intelligence (AI) and its impact on the society from a scientific perspective. The following topics will be presented: popular definitions of AI, the

history of AI, the foundations of AI, major branches of AI, the state of art of AI, and theoretic limitations of AI. The lecture will conclude with discussion of the ethics of and the risks associated with development of AI, the role of legal regulation of AI, and the likely future impact of AI on human society. The lecture will be accessible for general audiences interested in Artificial Intelligence.

Instructor: **Dr. Marek A. Suchenek**

Dr. Marek A. Suchenek is a professor of Computer Science at CSUDH. He earned his Master of Science and Ph.D. degrees from Warsaw University of Technology (in Poland). The areas of his scientific expertise include: Logical Foundations of Artificial Intelligence, Deductive Data Bases, Knowledge Representation & Processing, Computability & Undecidability Theory, Analysis of Algorithms, Mathematical Logic, and Applied Mathematics. His professional web page is at: <https://csc.csudh.edu/suchenek/>

May 22

**Wednesdays | 1:15 - 3:15pm | Zoom ID: 812 8282 0894
Fee \$10 | NLLL 354 Section 01 | Course No. 25297**

UNDERSTANDING TERRORISM

NEW! Understanding Domestic Extremism in 2024—The International Context

This presentation will begin by identifying and discussing extremist trends found in the contemporary U.S. environment. It will then analyze the extent to which the domestic U.S. environment should be examined within an international context, analyzing whether similar trends are found in other societies, and whether international events and tendencies affect extremist behavior in the U.S. The recent rise in extremist tendencies motivated by racial, anti-LGBTQ, anti-Semitic, and ideological animus will be examined. The question of domestic and international reactions to the war in Gaza and Israel will also be discussed.

Instructor: **Clarence Augustus “Gus” Martin JD, Ph.D.**



Dr. Gus Martin is a Professor and founding Chair of the Department of Criminal Justice Administration at CSUDH, where he teaches courses on criminal law, terrorism and extremism, and the criminal justice system. His current research and professional interests are terrorism and extremism, homeland security, and the administration of justice. Dr. Martin received his A.B. degree from Harvard College, J.D. from Duquesne University Thomas R. Kline School of Law, and Ph.D. from the Graduate School of Public and International Affairs at the University of Pittsburgh.

March 8

Friday | 11:00 - 1:00pm | CCPE-1209

Fee \$10 | NLLL 354 Section 02 | Course No. 25348

NEW! Rethinking the Media

In this 2-part course we will cover the following:

Visual Truth in the Media:

From the news media to the advertising industry, society has been influenced by the use of fake and manipulated images, which impacts how we view the past, ourselves, each other, cultural norms, the world around us, and even politics. By recognizing how fake images can be used, and how much more prevalent they are than most of us realize, we can start to understand that seeing isn't always believing.

Effects of Social Media:

As more and more of our interaction and information comes through our smart phones and social media platforms like Facebook, Instagram, Twitter, and Tik Tok, it is important to consider what effects our digital consumption and practices are having on our socialization skills, attention spans, mental health, and relationships. This conversation will look at these effects through a critical lens to better understand the consequences of our liking, sharing, posting, and scrolling habits, and perhaps to prompt us to pay less attention to our phones and more to the real world around us.

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



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

March 6, 20

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

Fee \$10 | NLLL 256 Section 02 | Course No. 25341

NEW! How Idaho Blacks Quietly Found Economic Success

As the United States is witnessing elevated racial differences pertaining to economic disparities, we have found a unique example contrary to the traditional narrative. Idaho is the only US state where Blacks earn more than Whites and all other races.

In this talk we examine how Idaho Blacks might have achieved economic success and, more importantly, what factors might have led to this achievement in reducing racial and economic disparities. Preliminary research suggests that fewer barriers to land ownership, smaller populations, well-knit communities, men's involvement in the family, and a relatively less hostile environment have played a significant role. Further research by historians can help the nation uncover the underlying factors to determine if some might be transportable to other parts of the country.

Instructor: **Rama Mallādi, Ph.D., CFA, CAIA, FRM, PMP**



Dr. Rama Mallādi teaches corporate finance, investments, and financial modeling classes at the College of Business Administration and Public Policy of CSUDH. He has taught 26 finance and investment classes at the undergraduate, graduate, and MBA levels at ten universities in Southern California.

February 28

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

Fee \$10 | NLLL 256 Section 01 | Course No. 25340

NEW! How to Optimize Your Retirement Budget

There is no shortage of financial advice focusing on boosting personal savings rates and maximizing investment returns during your accumulation years. However, there should be an equal (or more!) amount of attention given to the decumulation process when people spend those savings during retirement.

In this class, we will re-visit and re-create your budget thinking outside-the-box: customizing your own personal inflation rate to meet or beat, incorporating your social security income as a part of your bond portfolio, performing ROTH conversions to reduce RMDs, and paying for long term care expenses using alternative methods. Optimizing your income ensures you have the money to maintain your desired lifestyle, but more importantly, the peace of mind that your money doesn't run out while you are alive.

Instructor: **John C. Park**



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

May 2

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

Fee \$10 | NLLL 255 Section 01 | Course No. 25338

NEW! Live Your Purpose: Consider Becoming a Life Coach

We all help others in many ways. In this two-part course, students will learn how to live their purpose while generating income as a Professional Life Coach. Students will learn what a life coach does, types of life coaches, training, and certification opportunities, as well as how to start and manage a successful and purpose-filled life coaching business. Students will participate in interactive coaching demos and business development activities and will be provided a printable handout of relevant life coaching information, tools, and resources.

This class will demonstrate how you, as a Life Coach, can live your best life while helping others live theirs.

Instructor: **Lori Minor**



An alumna of CSUDH with a master's degree in public administration, Ms. Lori is proprietor of Ms. Lori Life Coaching Services and Founder of non-profit, ALLOVEME. She is a Master Life Coach, Wellness Coach and Motivational Speaker. She coaches new and upcoming life coaches as an independent consultant for IAP Career College and has experience as an associate professor, academic scheduling specialist, Culturally Responsive Teaching trainer, and faculty advisor for student organizations at LAHC.

April 29, May 6

2 Mondays | 1:15 - 3:15pm | Zoom ID: 861 3991 8027

Fee \$10 | NLLL 255 Section 02 | Course No. 25339

NEW! Legacy in Leadership: African American Women in the Military During WWII

This is a historical account of America's entrance into World War II after the attack on Pearl Harbor in December of 1941. It was met with pride and patriotism across the country. American citizens surged to enlist in all branches of the US Military and women wanted to serve their country too. Their challenge began earlier that year, in May of 1941. Eleanor Roosevelt, Congresswoman Edith Nourse Rogers, and Mary McLeod Bethune drafted the Women's Army Auxiliary Corps (WAAC) resolution that was presented to Congress. With support from the General of the Army, George Marshall, the bill passed both the House of Representatives and then the Senate in



May of 1942. With the WAAC in place, the War Department announced that it would follow Army policy and admit black women with a 10% quota. This presentation will show the trials and victories these black women endured to serve in the military during WWII.

Instructor: **Peggy Barton**

Peggy Barton is a retired Social Studies educator; she has done research at the National Archives and the Smithsonian on minorities and women and their role in American history, which has been incorporated into the Montgomery County Public School System (Rockville, MD) Social Studies curriculum. She has been a volunteer docent for the California African American Museum for 12 years.

March 20

Wednesday | 10:00 - 11:50am | Zoom ID: 859 6783 3367

Fee \$10 | NLLL 251 Section 02 | Course No. 25335

NEW! The Quest for Recognition of a Father's Invention

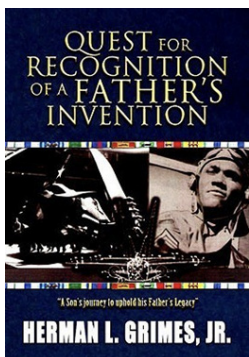
This class will bring to light the story of a son's journey to uphold his father's legacy. Herman L. Grimes, Sr. was one of the nation's best kept secrets, and an unsung African-American hero of military and naval aviation history. Mr. Grimes developed and patented



the Folding Wing Aircraft (U.S. Patent Office Number 2,137,486) used extensively in the Pacific theater during World War II.

The Japanese Navy demonstrated air superiority over the U.S. Navy when

they attacked Pearl Harbor on December 7, 1941. This handicap was quickly overcome by the implementation of folding wing aircraft on naval carriers. Grimes received a Purple Heart, yet he died with a broken heart without receiving recognition or compensation for his invention.



Instructor: **Herman L. Grimes Jr.**

Herman L. Grimes Jr. is a retiree of Boeing Aircraft. He is also an author and heir to the Herman L. Grimes legacy. His book "The Quest for Recognition of a Father's Invention" unveils a forgotten chapter of Black History.

February 21

Wednesday | 1:15 – 3:15pm | CCPE-1209

Fee \$10 | NLLL 251 Section 01 | Course No. 25334

SPECIAL EVENT

A Taste of OLLI Poetry Fair

April is Poetry Month! Come join Dr. Patricia Cherin, CSUDH Emeritus Faculty, and her special guests, Shannon Phillips, publisher of Picture Show Press and “A moon of one's own,” (an online poetry magazine); and Clint Margrave, author of several books of



acclaimed fiction and poetry, for OLLI's ninth annual Poetry Month Celebration. 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.



Instructor: **Patricia Cherin, Ph.D.**,
Past President of the Emeritus Faculty Association.

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

April 11

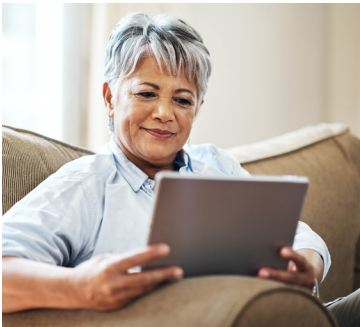
Thursday | 1:15 – 3:15pm | CCPE-1213

Fee \$ 10 | NLLL 001 Section 01 | Course No. 25325

Osher Online

in collaboration with Northwestern University
School of Professional Studies

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



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

Enjoy interacting with OLLI members at other universities. Capacity is limited, so be sure to enroll early.

You must register for any Osher

Online class by **4 pm February 1**. There is a **mandatory Orientation** via zoom, dates and times below. You will receive your course login information after or during the orientation.

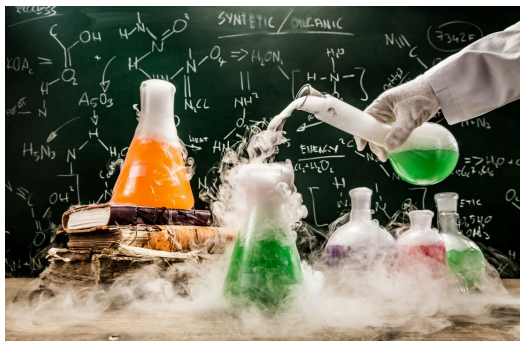
Osher Online Registration Deadline

February 1 | 4:00pm

Osher Online Orientation

February 14 | 11:00am

Chemistry in the Real World



Far from being “stuff that happens in a lab” or a science rooted in balancing equations and watching solutions bubble and change color, chemistry happens inside us and all around us all the time: the real world is absolutely

filled with chemistry, and it’s relevant and fascinating. In this course, we’ll look at the real-world chemistry of pharmaceuticals and poisons (and the fine line that divides them), the science of dietary supplements and how they’re regulated, and how alchemy gave way to modern chemistry, and then the dawn of the nuclear age changed everything.

Instructor: **Kjir Hendrickson, PhD**

Kjir Hendrickson is a Teaching Professor in the School of Molecular Sciences at Arizona State University; they hold a PhD in chemistry and are the author of the textbook “Chemistry in the World.” Their academic work focuses on science communication, the reciprocal relationship between science and society, and matters of workplace climate and DEI in STEM.

February 20, 27; March 5, 12, 19, 26

6 Tuesdays | 12pm - 1:30pm | Zoom ID:
(provided at orientation)

Fee \$60 | NLLL 130 Section 03 | Course No. 25351

Maximum Enrollment is 12

Native Ground: Indigenous Communities and Colonization Before 1900

“Native Ground” will introduce students to the depth of Native American history in what is now the United States, as well as its diversity. From this foundation, the course will move to consider the implications of the invasion from Europe, the founding of European colonies, and the eventual (not inevitable) establishment of the United States and its expansion across Native North America. The course will emphasize the resilience of Indigenous communities in the face of relentless colonial pressure. Along the way, students can expect to learn about several related topics, including the historiography of Native America and the image of the “Indian” in the American mind.

Instructor: **Matt Jennings, PhD**

*Matt Jennings joined the Macon State College faculty in 2007, after receiving his Ph.D. from the University of Illinois. His research interests include Native American history, early American history, and the history of violence. He is currently studying the relationship between Native American peoples and the mounds at Ocmulgee Mounds National Historical Park, and the intertwined history of tourism and archaeology at the site. Matt has also studied Thomas Paine’s interactions with Native Americans and the roots of John Brown’s ideas about violence. His current research includes a study of the Ocmulgee River region during the War of 1812. He is the author of **The Flower Hunter and the People**, and **Ocmulgee National Monument: A Concise History with Field Notes**.*

October 3, 10, 17, 24, 31; November 7

6 Tuesdays | 10am - 11:30am | Zoom ID: (provided at orientation)

Fee \$60 | NLLL 130 Section 04 | Course No. 25352

Maximum enrollment is 12



Fake News: Keys to Ethical and Impactful Journalism

While the polarization of politics in recent years has put fuel on the “fake news” fire, the concept of conflicting truths is not new. Dating back to the Renaissance and philosopher Francis Bacon understanding the psychological phenomenon later to be coined as “confirmation bias” our consumption of news continues to evolve. Therefore, so must our lens of reporting transparency. This course will examine what it takes for a broadcast journalist to understand and convey facts, and help you expand your vocabulary in politics, health news and to look at social media in a new light.

Instructor: **Annie Krall, MA**

Annie Krall is an adjunct faculty member at Northwestern University Medill School of Journalism, Media, Integrated Marketing Communications. She is also a former radio news anchor for WLS-Radio (890AM) in Chicago. Annie covered breaking news in Green Bay, the Ryder Cup international golf tournament, and the Green Bay Packers. She hosted her own weekly medical investigative series “Your Health Matters,” wrote and produced for ABC NEWS in New York City on the medical and business units for shows like Good Morning America, World News Tonight with David Muir, and 20/20. As a competitive golfer starting at the age of six, Annie was the first entertainment golf correspondent for the Ladies Professional Golf Association (LPGA).

February 24; March 2, 9, 16, 23, 30

6 Saturdays | 6am - 7:30am | Zoom ID: (provided at orientation)

Fee \$60 | NLLL 130 Section: 03 | Course No. 25353

Maximum enrollment is 15

Today's Technology: How does it work?

Technology's pace continues to accelerate, sometimes leaving us in the dust. The purpose of this course is to put you in a position of general understanding of several important aspects of advanced technology: The Internet and The Cloud; Cell Phones and Social Media; Robotics and 3-D Printing; Self Driving Cars and Trucks; Blockchain and CryptoCurrency; AI and ChatGPT. This is an introductory course on broad and complex subjects. We won't have time to get too deep nor to debate ethics. No prior technical knowledge is required, however, come with a curious, open mind. Together we will jump on the raging tech train, and see what we can learn.

Instructor: **Elizabeth Burnette, MS**

Elizabeth Burnette attended Cornell University for a BS in Engineering Physics, then worked at NASA's Jet Propulsion Laboratory with Space Shuttle experiments. She taught at a community college, raised 3 children, and taught science at a Montessori school. In December 2019, she was awarded a Master's Degree in Astrophysics from the University of Pittsburgh. Since 2020, Elizabeth has been teaching science related courses online for OLLI @ Pitt.

February 21, 28; March 6, 13, 20, 27

6 Thursdays | 8am- 9:30am | Zoom ID:
(provided at orientation)

Fee \$60 | NLLL 130 Section: 03 | Course No. 25354

Maximum enrollment is 15



Access for All is a transportation program powered by Butterfli and overseen by LA Metro. The program is focused on expanding assisted transportation options through the use of wheelchair-accessible vehicle (WAV) services throughout LA County.

How It Works

Butterfli is providing free rides to riders who need WAV transportation options. Butterfli is committed to bridging the gap by enhancing assisted transportation options with its WAV fleet.

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