



Spring 2020 Course Catalog January - May
Enrich Your Life,
Enrich OLLI at CSUDH



Osher Lifelong
Learning Institute

CSUDH

CALIFORNIA STATE UNIVERSITY
DOMINGUEZ HILLS



OLLI Open House & Orientation

Join us at an OLLI Open House to learn more about lifelong learning for retired and semi-retired adults. For more information on OLLI at CSUDH visit www.csudh.edu/olli or call **(310) 243-3208**.

OLLI Members are welcome to invite friends to the **2020 Spring Open House**. This is a great opportunity to learn about membership in the Osher Lifelong Learning Institute and to find out how to register for classes.

Light refreshments will be served.

- **Friday, January 24, 2020**, 10:30am – 12:30pm, CSUDH Campus, Extended Education Building, EE-1213 (Auditorium)

RSVP to (310) 243-3208 or by email to olli@csudh.edu by January 21, 2020

- **Registration Drop-off**

Drop off your registration forms at the Registration Office by Friday, January 31, 2020.

Save the Date!

- **OLLI Volunteer Orientation**

Friday, **January 31**

12:30pm - 1:30pm, following the OLLI Open House

RSVP to (310) 243-3208 or by email to olli@csudh.edu

We're looking for help to make every OLLI event special and would greatly appreciate your assistance. **Volunteer today!**



OLLI's Peer-Led Program (Omnilore) Orientations



- **Friday, February 21** at 1:30 pm in L9 or **Wednesday, March 18** at 10:00 am in L8.

Beach Cities Health Center

514 N Prospect Ave,
Lower Level Suite L8,
Redondo Beach, CA 90277

RSVP to (310) 215-1848 or membership@omnilore.org

Directions and parking information will be provided.

Additional fees apply. (See page 75)

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OLLI is on Facebook!

Osher Lifelong Learning Institute at Cal State University Dominguez Hills
www.facebook.com/csudholli

Osher Lecture Series – South Bay
www.facebook.com/OsherLecture

Social Tennis for Seniors
www.facebook.com/groups/OLLI SocialTennis

OLLI Online Calendar
www.csudh.edu/olli/calendar

OSHER LIFELONG LEARNING INSTITUTE (OLLI)

Contact Information

Osher Lifelong Learning Institute (OLLI)

California State University,
Dominguez Hills
College of Extended &
International Education, EE-1300
1000 East Victoria Street
Carson, CA 90747

OLLI Office: (310) 243-3208

OLLI Registration: (310) 243-3741

Extended Education Building, EE-1100

Website: www.csudh.edu/olli

Email: olli@csudh.edu

Registration Office Hours:

Monday-Thursday 8:00am – 8:00pm

Friday 8:00am – 5:00pm

Saturday 8:00am – 1:30pm

Sunday Closed



Bernard and Barbro Osher

Bernard Osher Foundation

The CSUDH Osher Lifelong Learning Institute is funded in part by a generous grant from the Bernard Osher Foundation. The Bernard Osher Foundation funds a national network of OLLIs located at 123 colleges and universities throughout the United States.

www.osher.net

A Message from Dean McNutt

College of Extended and International Education, CSUDH



"We make money the old-fashioned way, we earn it."

-Smith Barney Financial Services TV ad

Many OLLI members may not be aware that the College of Extended and International Education is entirely self-supporting. CEIE does not receive any funds from the state, the CSU Chancellor's Office or CSUDH administration. That means that operational costs (custodial, lights, landscaping, to name just a few), faculty, staff and student assistant salaries, and investments in new academic and professional development programs, are all earned by student fees paid to attend CEIE courses. OLLI at CSUDH operates on interest from the OSHER Foundation, membership dues and modest course fees. CEIE operates under CO Executive Order 1099, which stipulates the college cannot offer any programs that lose money. OLLI is a mission-driven program, and while making a "profit" is not the highest priority, breaking even is. I bring this to your attention because I am often asked what CEIE does with funds generated by memberships, course fees and donations. I consider transparency and accountability to be of the utmost importance. It shapes perceptions of credibility and trust not only for the college, but for me, as the Dean.

I have discussed this issue with CEIE Senior Business Officer Ed Cleek, and we have agreed that this Spring, the college will host an **OLLI Budget Open House** to clarify how the program is funded, our financial stewardship responsibilities, and the importance of members supporting OLLI through financial donations and volunteering. You are invited to listen, learn, ask questions, and contribute ideas for preparing for the next generation of OLLI members. None of us is smarter than ALL of us.

I do appreciate and thank all who have contributed to OLLI. However, giving toward K-100 education and lifelong learning is a continuum that must be nurtured regularly and with vigilance.

Finally, I'd like to thank all the donors who contributed to our membership campaign this year. OLLI cannot thrive without donors, dedicated volunteers, staff, Extended Education and CSUDH.

We look forward to another year of exciting programming.

See you around campus!



Lifelong Learning at CSUDH is a membership organization for those individuals age 50+ who are seeking intellectual and social activities. These activities include short courses on a variety of topics, peer-led courses, discussion groups, field trips, computer workshops, social gatherings and campus cultural events. Learning takes

place in a supportive environment without concern for grades, tests, or requirements.

OLLI@CSUDH Membership Benefits

OLLI Members enjoy many benefits inherent in student status.

- Attend the popular Osher Lecture Series (Fall and Spring Semesters only)
- Participate in discussion groups on a variety of topics each term
- Enroll in special interest, technology and other workshops designed for lifelong learners
- Attend short courses and participate in field trips
- Receive notifications by mail or email about campus events
- Receive CSUDH Student ID card for library privileges and bookstore discounts
- Meet in state-of-the-art classrooms
- Receive an OLLI catalog each semester
- Participate in University and other selected Extended Education programs for reduced rates
- Become involved in determining OLLI curriculum and events
- Meet like-minded adults in a supportive learning environment
- Email account at ToroMail
- Reduced annual parking pass fees

Become a Member!

You can become an OLLI Member by calling **(310) 243-3741** or completing the membership portion of the registration form in this catalog.

Fee: Annual OLLI membership is \$30.

This includes the Osher Lecture Series and other benefits. Some OLLI activities have additional nominal fees. These include OLLI courses, field trip fee, computer courses and the peer-led (Omnilore) program.

Meeting Times – Dates and times for courses are listed with course descriptions in this schedule.

Course Registration – In this catalog Members will find many courses, programs and special activities. Fees are listed with the courses. Registration for courses listed in this catalog is available to OLLI Members. To enroll in these courses complete the tear-out registration form (**gold pages**) in this catalog and mail with payment.

A Note About our Peer-led Program (Omnilore)

Registration in our Omnilore courses in Redondo Beach requires attendance at an orientation prior to registration. Visit **www.omnilore.org** or call **(310) 215-1848** for more information

Become a Member or Renew Your OLLI Membership

To participate in OLLI courses your membership must be current, which includes the Fall, Spring and Summer semesters. The cost is only \$30 for an annual membership. If your membership has lapsed, please sign up as soon as possible. If you aren't sure whether your membership is current, call the registration office at **(310) 243-3741**. Please make checks payable to **CSUDH**.

Osher Lifelong Learning Institute at CSUDH Spring 2020 Programs and Activities

In this catalog, programs and activities for OLLI Members at the CSUDH campus are listed in the following categories:

- **Lecture Series** – Series of presentations by CSUDH professors on a topic or theme suggested by OLLI Members. Fall and Spring semesters only!
- **Courses** – OLLI courses are a series of classroom meetings organized around a topic and led by an instructor. Additional fees and/or **waivers may apply.**
- **Discussion Groups** – Discussions are often conducted in conjunction with a video or film and facilitated by a discussion leader. Additional fees may apply.
- **Computer Workshops** – Computer workshops include presentations on various computer applications and their uses. Classes meet in two modern computer labs with ample opportunity for hands-on practice. Additional fees may apply.
- **Field Trips** – Members visit local museums, gardens, and historic sites. Additional fees and/or **waivers may apply.**
- **Peer-led (Omnilore)** – This program consists of study/discussion groups in which each member participates by presenting a topic related to the subject under study. **Additional fees apply.** OLLI Members must attend an Omnilore orientation prior to registering for a peer-led class. See Peer-led section on pages 31-40 for more information or visit www.omnilore.org or call **(310) 215-1848.**

Special Event Save the Date!

- **A Taste of OLLI Poetry Fair**
Thursday, **April 16,**
1:30pm - 3:30pm (See page 46)

Invite a friend to OLLI's seventh annual Poetry Month Celebration. OLLI Members are invited to participate by reading their own poetry or a favorite poem.





OLLI Lectures, Classes, Workshops and Activities

California State University Dominguez Hills

Many classes, workshops and discussion groups take place on the campus of California State University Dominguez Hills in Carson. In addition to modern classroom buildings and a rolling computer lab, the University has many resources which include a library, food court, restaurants, and bookstore. Involvement in University activities is one of the many benefits of OLLI.



Lecturer: **Chet Hanley**,
Lecturer for DHTV at CSUDH/LA 36

6 Thursdays

February 13, 20

March 12, 19, April 2, 9

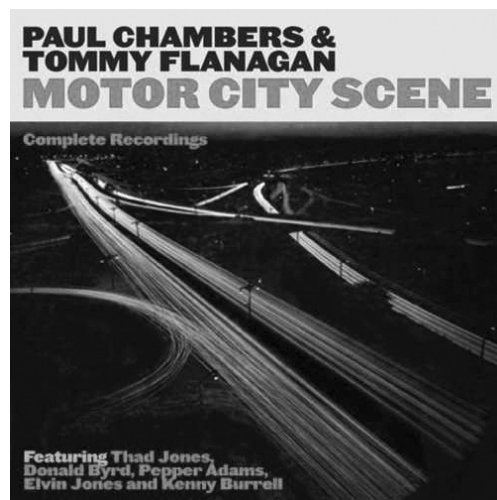
10:00am – 12:30pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

NLLL 152 Section 01

Course No. 23951



Classic Jazz 108: Beyond Category

This six-session series is a continuation of Classic Jazz 101 through 107 when we examined the world of jazz through the eyes and ears of an avid listener and enthusiast. Featured will be audio and video selections, discussions of the music (the content will take a thematic approach), the performers, and the literature. This course is geared to the casual listener as well as the confirmed jazz aficionado.



- Session #1: February 13**
Motor City Giants
- Session #2: February 20**
The Vocalists: An Update
- Session #3: March 12**
Philly & Steel Town Giants
- Session #4: March 19**
Jazz & Strings: A Re-Examination
- Session #5: April 2**
The Big Bands Still Swing!
- Session #6: April 9**
Voice Your Choice: You Select the Artist(s)
to be Profiled

Let's Read a Play!

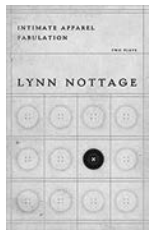
No stage or acting experience required. Join us for the opportunity to have some fun and to polish our dramatic skills. Our facilitator, **Maria Ruiz**, will introduce the authors and theater history of each play before readings begin. You are invited to become a part of this interesting and interactive approach to enjoying a play and to experience cold readings. Expect lively discussion about meaning and content. **Students usually obtain copies of the plays from libraries or purchase copies.**

Refreshments will be served. Bring your own drink.



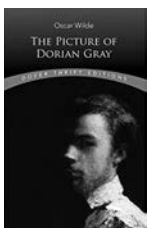
Lend Me a Tenor by Ken Ludwig
February 12, 19

Lend me a Tenor is about parents versus children: the tearing down by youth of the barriers set up by the older generation who seek to foil the natural urges of their children. At the same time, its about the encouragement of youth by their natural heroes, who are ironically, usually of their parents generations



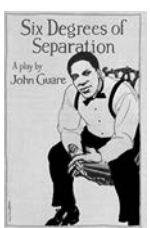
Intimate Apparel by Lynn Nottage
March 11, 18

A tender, humorous exploration of the overlapping complexities of race, gender, culture and history—and the startling simplicity of desire. *Intimate Apparel* is about the empowerment of Esther, a proud and shy seamstress in 1905 New York who creates exquisite lingerie for both Fifth Avenue boudoirs and Tenderloin bordellos.



The Picture of Dorian Gray by Oscar Wilde
April 8, 15

Fresh-faced and innocent, Dorian Gray moves into the London house he has inherited. He falls under the influence of Lord Henry Wotton, who leads him into a life of increasing debauchery and even violence. Gray remains young, while his portrait grows old and hideous. When true love finally enters his life, he must guard his secret.



Six Degrees of Separation by John Guare
May 6, 13

The play explores the existential premise that everyone in the world is connected to everyone else by a chain of no more than six acquaintances, told through the life of a young black con artist.

Instructor and Facilitator: **Maria Ruiz**, a 10-Year OLLI and Omnilore Member, District Toastmasters Qualified Speaker and winner of two Distinguished Toastmasters Awards, and the 2013 Roy D. Graham Lifetime Achievement Award. She is the “drama guru” at the Joslyn Center and regularly conducts play readings there. She also directs and produces the Dramatic Readers Theater in Manhattan Beach and Palos Verdes.

8 Wednesdays
February 12, 19
March 11, 18
April 8, 15
May 6, 13

1:30pm – 3:30pm

Extended Education Building,
EE-1206

Fee: \$10

NLLL 154 Section 01
Course No. 23952

Important Announcement: Renew Your OLLI Membership

To participate in OLLI courses your membership must be current. The cost is only \$30 for an annual membership. If your membership has lapsed, please sign up as soon as possible. If you aren't sure whether your membership is current, call the OLLI Office at **(310) 243-3741**. Please make checks payable to **CSUDH**.

ART, CULTURE & LANGUAGE

Instructor: **Rick Irons**, a 5-year OLLI Member, a creative graphic artist

6 Mondays

March 2, 9, 16, 23, 30

April 6

1:00pm - 3:30pm

Extended Education Building,
EE-1201

Free to OLLI Members
(Course materials not included)

Class is limited to 15 students.

NLLL 151 Section 02

Course No. 23948

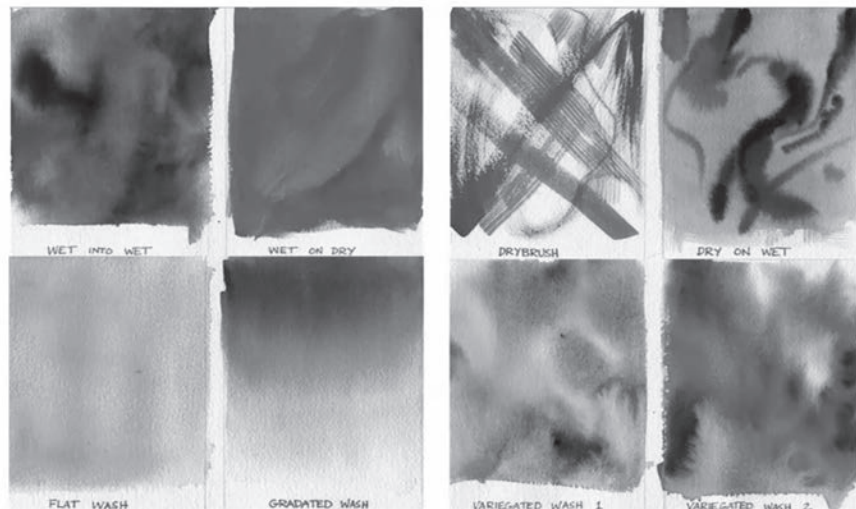
Let's Paint a Picture...

It's easier than you think.

This art class begins with the basics as Rick shares his experience and methods. Step-by-step lessons show you how to create your own painting renditions using your own water-based pigments.

Beginners are welcome! You will start painting on the first day of class. Each project begins with a demonstration and samples to get you started. So, bring your own watercolor art supplies.

You will need a watercolor paint set (at least 12 colors), brushes (1" flat brush and a #8 brush) and a watercolor textured paper pad. Estimated cost of supplies is \$30.00.



Save The Dates!

- **Eating Healthy with Diabetes Grocery Store Tour**
Friday **March 13** and
Tuesday **March 31**
11:30am – 1:30pm
(See page 40)



Mexico's Rich Culture— A Real World Heritage

NEW!

We invite you to attend our Mexican culture presentation. Topics to be discussed: food, art, literature, roots, identity, and the influences of other countries on Mexican culture. Learn about the rich history and traditions Mexico's culture expresses through folk music, art, stories and films. The presentation will offer a variety of subtopics including Frida Kahlo and Dia de los Muertos (Day of the Dead) and the difference between the terms Hispanic and Latino.

Maria Enriquez is a dedicated author, poetry writer, and artist with a unique Mexican-American background. She earned her diploma in Folk Dances of Mexico and graduated from one of Mexico's prestige colleges Bellas Artes. Her first poetry book *Mi Sombra, My Shadow*, took five years to complete and was published in 2007. The book is written in Spanish but available in English.

Presenter: **Maria Enriquez**, Artist, Professor and Author of *Mi Sombra, My Shadow*

Wednesday, **March 4**
10:00am – 11:30am

Extended Education Building,
EE-1222

Fee: \$5 (Course Materials)

NLLL 155 Section 01
Course No. 23969



Presenter: **Rose Vardanian**,
Speaker for LA Opera Talks

Monday, **February 3**

10:00am – 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

www.laopera.org

For current OLLI Members, there is no
charge, but registration is required.

NLLL 154 Section 04

Course No. 23984

LA Opera Talks in the Community



LA Opera Talks is an engaging lecture of one of the most popular variety opera productions. Unlike more traditional opera companies, LA Opera Talks are for the community to expand the opera experience by presenting several productions. Their purpose is to share the rich, emotional, and intellectual culture of

opera to the public. Experience glamour and romance from the upcoming production of *Roberto Devereux*. During this lecture you will participate in an open discussion about *Roberto Devereux* and other exciting popular productions. Don't miss out!!!

Instructor: **Yolanda Fielder**, 2-Year
OLLI Member, CSUDH Alumni, and
City of Carson Women's Issues
Commissioner

2 Tuesdays

February 11, 18

12:00pm - 3:00pm

Extended Education Building,
EE-1201

Fee: \$20 (Course Materials)

Registration is limited to 10
participants.

NLLL 151 Section 01

Course No. 23947

Silk Handbag Scarf Painting



NEW!

Adorn your favorite handbag with vibrant colors and abstract designs painted on silk. You will use special silk paints on a 6"x24" piece of hand rolled hemmed silk. Gold resist can be applied to write your name, create

geometric patterns, and to keep your colors from bleeding. Most class materials will be provided. Additional materials needed for the following classes will be announced at first meeting.

**OLLI ESL Conversation Partners –
Another OLLI English Corner Event**



The American Language & Culture Program (ALCP) at CSUDH is recruiting conversation partners for casual conversation in English with CSUDH International, English as a Second Language students. Twice monthly OLLI Members will join the class and engage in conversation with students based on the day's discussion topic.



These classes offer individual CSUDH students extensive practice in speaking and listening to English. Students

learn to use authentic language in situations related to work, school, leisure and social life. They are encouraged to express their thoughts and ideas in classroom situations which make extensive use of pair work, small group discussions, and information-sharing activities. These face-to-face discussions simulate real-life social interactions, encouraging the use of eye contact, exclamations, questions, accurate intonation and emotional tone.

This is a chance to share your life experiences with international students from around the world who are eager to learn.

*First meeting date OLLI Members will receive orientation and session lesson plans.

Facilitators: **Joyce Renge**, OLLI Member, **Melvin Spears**, OLLI Member, **Fawn Supernaw**, American Language & Culture Program (ALCP) at CSUDH, Academic Coordinator

8 Mondays

March 2, 9, 16, 23, 30

April 6, 13, 20

9:00am – 11:00am

Extended Education Building,
EE-1222

NLLL 154 Section 03

Course No. 23954

Save the Dates!

**Theatre and Dance
Preview Performances**



■ Thursday, **February 20**
Seven Guitars

■ Thursday, **March 19**
**The Last Days of
Judas Iscariot**

■ Thursday, **April 30**
Translucent

8pm, University Theatre
(See page 45)



**Special Event
Save the Date!**

■ **South Pacific by the
Cup of Water Players**
Thursday, **April 23**
(See page 47)

Instructor: **Norma Bates**, a 10-year OLLI Member, Crafts Raffle Prize Contributor for OLLI and Juneteenth Celebrations

4 Tuesdays

April 7, 14, 21, 28

11:30am – 1:30pm

Extended Education Building,
EE-1201

Fee: \$10

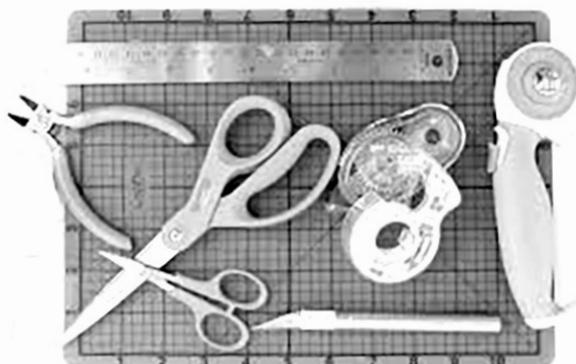
Registration is limited to 12 participants.

NLLL 151 Section 03
Course No. 23949

Crafts with Norma Bates

Join this fun and productive class with crafter-extraordinaire, Norma Bates, OLLI Member, volunteer and Ambassador. Norma brings a lifetime of crafting experience to this class. We have all seen examples of her crafting with prizes and table decor at OLLI Open Houses and other special events.

You will be surprised at the ingenious projects she has in store for us: gift boxes, small purses, cards and envelopes. Projects are completed in each class.



Please bring your crafting tools to class i.e. scoreboard, cutter, scissors, double sided tape, liquid glue (Tombow) and any 12 x 12 cardstock of your choice.

Instructor: **Yolanda Fielder**, 2-Year OLLI Member, CSUDH Alumni, and City of Carson Women's Issues Commissioner

2 Mondays

April 20, 27

12:00pm - 3:00pm

Extended Education Building,
EE-1201

Fee: \$20 (Course Materials)

Registration is limited to 10 participants.

NLLL 151 Section 04
Course No. 23950

Knitting a Sterling Silver Bracelet

NEW!



Sterling silver wire will be knitted to make a partial bracelet and the finished length will consist of wire bending, looping and adorning with gemstones. Take your creation home in a black velvet jewelry bag with a polishing cloth.

Sterling silver wire and beads will be provided.

Additional materials needed for the first meeting (choose one):

- **Jewelry 5 piece Beading Mini Pliers Set**
(item # 7694680) - \$12.99 at Joann's

or • **Jewelry Pliers Tool Set by Bead Landing**
(item# 10334538) - \$9.99 at Michaels

Note: Student must be present at first class meeting to knit silver wire.

T'ai Chi Chuan for Beginners

T'ai Chi Chaun is a slow martial art comprised of a series of postures which flow together in a holistic and unified manner. T'ai Chi is essentially a moving meditation accessible to everyone, regardless of age or physical ability.

Join me in exploring this ancient art, which is still practiced worldwide today, known to bring about calmness, strength, optimum health, body awareness, improved balance, community and lasting friendships.

Please wear comfortable clothes.

Note: OLLI Members are required to sign a waiver at first class session.



Instructor: **Linda Kahn**,
a 3-year OLLI Member

6 Fridays

January 31

February 7, 14, 21, 28

March 6

1:30pm - 2:30pm

Extended Education Building,
EE-1222

Fee: \$15

Class is limited to 15 students

NLLL 355 Section 03

Course No. 23957

Fun and Games

"No experience necessary."

This class is all about having fun, friendship, and "exercising" our brains. An assortment of games are provided; members are encouraged to bring their favorites. Some popular games we have been playing are: Mexican Train Dominoes, Bid Whist, Spades, Scrabble, Tripoley, Rummy Tiles and Jenga. We break into groups, play familiar games and learn some new ones.

Come join the fun!

**Class members
volunteer to bring
refreshments.**

**Please bring
your own
beverage.**



Facilitator: **Valerie Dingwall**,
a 10-year OLLI Member and
OLLI Historian

8 Fridays

February 7, 21

March 6, 20

April 3, 17

May 1, 15

11:30am – 1:30pm

Extended Education
Building, EE-1221

Free to OLLI
Members

NLLL 355 Section 04
Course No. 23958

HEALTH AND WELLNESS

NOTE: OLLI is pleased to offer **Social Tennis for Seniors, Crocheting for Health, Urban Hiking, T'ai Chi Chuan for Beginners,** and **Fun and Games** to focus on learning experiences that optimize brain fitness and promote physical fitness through exercise and coordination. Have fun!

Instructor: **Donald Means,**
a 10-Year OLLI Member

Donald's Vision: **"We will be the fittest Seniors we know"**

13 Tuesdays

January 28

February 4, 11, 18, 25

March 3, 10, 17, 24, 31

April 7, 14, 21, 28

May 5, 12

9:00am – 11:00am

16 Fridays

January 31

February 7, 14, 21, 28

March 6,* 13, 20, 27

April 3, 10, 17, 24

May 1, 8, 15

9:00am – 11:00am

Practice only:

2 Tuesdays

May 19, 26

9:00am – 11:00am

2 Fridays

May 22, 29

9:00am – 11:00am

CSUDH Tennis Courts

Fee: \$20

NLLL 355 Section 02

Course No. 23956

Social Tennis for Seniors

The game of tennis is a lifetime sport. Now is the opportune time to join our class. We are a group with many different attributes who enjoy a moderate level of physical activity. The tennis class has wonderful health benefits; just to name a couple; fun and social interaction. 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 tennis, beginning with the classic grip, forehand, backhand, serve, volley, topspin, drop shot and doubles play.

To get started bring a tennis racket, wear tennis shoes and bring sunglasses, hat, small towel, and water. Class meets for 32 sessions and will remain available with four additional weeks for practice.



Join the Social Tennis for Seniors class for their annual field trip to the **Indian Wells BNP Paribas Open Tennis 2020's WTA and ATP qualifying rounds** for this 2-week

tournament, one of the most-attended tennis events in the world.

***No class on Friday, March 6 (Indian Wells)**

Note: OLLI Members are required to sign a **waiver** at first class session.



Living Well For Older Adults

This Spring we will continue our DVD series on Garden-to-Table. Our speaker will be gardening expert Melinda Myers with a Master’s Degree in Horticulture. Topics will include: *How to Grow Anything, Container Gardening Tips and Techniques* and *Cooking Basics* with Chef Instructor Sean Kahlenberg of the Culinary Institute of America, which includes how to prep and cook vegetables, tips and tricks for creating roux, gravies and stews, understanding the importance of mise en places and timing your dishes. Take control of your kitchen by knowing how to organize your tools for a variety of tasks.

Please join us on our Garden-to-Table Adventure.

- March 5** 1) Designers in Pots – Thrillers, Spoiler, Fillers
 2) Risotto, and What to Do with Leftovers
- March 12** 3) Create New Space – Edibles and Ornaments
 4) Choosing the Best Method to Cook Vegetables
- March 19** 5) Unusual Pots, Vertical Spaces, Shade Design
 6) An Elegant Corn Soup with Lobster
- March 26** 7) Grasses to Trees – Big Plants in Containers
 8) How to Break Down and Roast a Chicken
- April 2** 9) Outdoor Living Areas and Special Features
 10) Braising Short Ribs and Making Polenta
- April 9** 11) Cool Season Changes and Indoor Gardens
 12) Grilled Salmon: Breaking Down a Round Fish

Facilitator: **Eula Slater**, a 10-year OLLI Member and Registered Dietitian

6 Thursdays

March 5, 12, 19, 26

April 2, 9

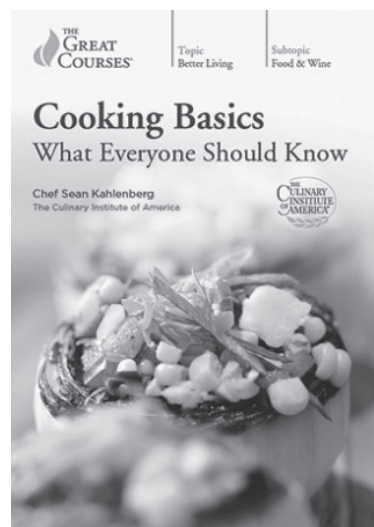
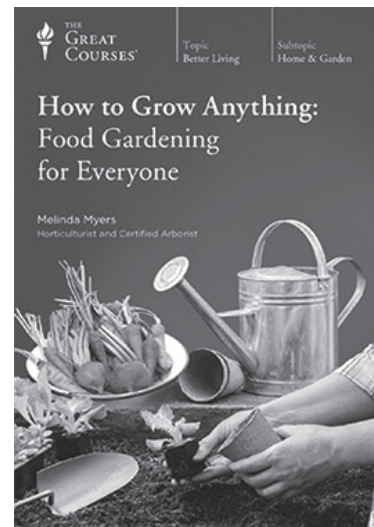
1:30pm – 3:30pm

Extended Education Building, EE-1201

Fee: \$20

NLLL 355 Section 07

Course No. 24014



Save the Date!

■ **Chen Art Gallery and Dim Sum at Sea Empress Chinese Seafood Restaurant**



Wednesday
May 27
10:00am

Register for either one or both.
(See page 38)

Facilitators: **Dr. Maria Capaldo**, is a gynecologist, recently retired, in practice for 35 years and **Brooke McIntyre Tuley**, is a reproductive health educator with over 40 years of health education in the community.

Friday, **April 10**
1:30pm - 3:30pm

Beach Cities Health Center,
Lower Level Suites L8
514 N Prospect Ave
Redondo Beach, CA 90277

Free to OLLI Members

NLLL 355 Section 09
Course No. 24016

Instructor: **Joy Jurena, RN, MHA**
a 9-Year OLLI and Omnilore Member

Wednesday, **April 29**
1:30pm – 3:30pm

Extended Education Building,
EE-1218

Free to OLLI Members

NLLL 355 Section 11
Course No. 24018

You Sexy Thing After 50 – Sexuality in the Golden Years



Explore your sensual side in the second half of life. Whether you are in a relationship now or exploring new paths, Dr. Maria Capaldo and Brooke McIntyre Tuley will offer insights to

those sensitive concerns you may have about sex.

This discussion will touch on how to overcome the obstacles our bodies experience due to physiological changes that occur with age as well as an overview of safe sex practices and communicating with your partner. They will touch on health concerns that may interfere with sex and offer strategies to increase intimacy and approaches to a healthier sex life.

Whether you are in a new or longstanding relationship this class will offer you some new insights on being a sexier you.

Inflammaging Revisited

Recent findings affirm that “chronic diseases are not only the result of aging and inflammation; they also accelerate the aging process.”

The Inflammaging discussion centers on cellular processes, including the function of macrophages (MACs), which are the large white blood cells produced in our bone marrow that support our immune systems. A macrophage has the ability to locate and ‘eat’ particles, such as bacteria, viruses, fungi, and parasites. Without a healthy diet MACs suffer and we develop chronic diseases.

Much of chronic disease, complications of chronic disease and related costs are preventable. This class will focus on what constitutes an anti-inflammatory, optimal nutrient diet (A.I.O.N.). All other lifestyle factors matter, but diet is key to slowing inflammaging, to prevent new damage, and may decrease pain.

We will also take a look at the negative impact of high-sugar foods, processed carbohydrates, and the pervasive addiction to these substances. Other topics will include red meat vs. vegan, the Keto diet and fasting.

Crocheting for Health

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

Past projects have been donated as prizes at OLLI Celebrations, Juneteenth and to Knots of Love.

Please bring yarn and hook (size I or J) to first meeting.



Instructor: **Eula Slater**, an 11-year OLLI Member

8 Tuesdays
April 7, 14, 21, 28
May 5, 12, 19, 26
 1:30pm – 3:30pm

Extended Education Building,
 EE-1202

Fee: \$10

NLLL 355 Section 08
 Course No. 24015

Aging Gracefully and Gratefully

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.”

Facilitator: **Frankie Stewart**, M.A., a 9-year OLLI Member and CSUDH Alumna

3 Thursdays
May 7, 14, 21
 1:30pm - 3:30pm

Extended Education Building,
 EE-1201

Fee: \$10

NLLL 355 Section 10
 Course No. 24017

**May 7
 Session 1:
 My Health**

- Mental, Physical, Emotional Health
- Losses – Senses (See, Hear, Taste, Feel, Smell)
- Loved Ones – Bereavement
- Dementia (Alzheimer’s, Pre-senility, etc.)
- Elder Abuse (Hotline: 877/477-3646)

**May 14
 Session 2:
 Personal Care – Concerns**

- Diet (Weight Gain/Loss)
- Exercise
- Sleep Habits
- Relationships
- Spirituality/Religion
- Living Arrangements

**May 21
 Session 3:
 Business Affairs**

- Trusts/Wills
- Finances (Will you outlive your money?)
- Fraud
- Legacy: What will we pass on?

*Attitude
 Appreciation
 Adaptation*

Lecturer: **Mario Congreve**,
Staff Member, Award-winning
Documentarian, CSUDH Alumnus

Monday, **January 27**

10:00am – 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members
and Open to the Public

NLLL 280 Section 02

Course No. 24012

Save the Date!

■ LAX Airfield Tour

Monday, **February 10**

10:00am – 12:00pm

(See page 37)



American Rebels in Cuba

NEW!

Neill Macaulay and his wife Nancy met and married just as Neill was heading off to fight in the Cuban Revolution. Little did they know what happened next would be the most influential events in both their lives. A wonderful history of a man and the Revolution in 49 minutes, containing vivid personal details and a chronicle of the Revolution. It also contains a bit of US history and raises questions about our state department and why a source like this was ignored as Vietnam loomed on the horizon is a vivid account of the months Macaulay spent in the hills of Pinar del Rio with the tough, earthy and often brutal Cuban rebels of the 26th of July Movement.

Neill Macaulay is a native of South Carolina who has spent a lot of time in Latin America and East Asia. He served in the U.S. Army in Korea in 1957-58 and in Fidel Castro's army in Cuba in 1958-59. Returning to the U.S. in 1960, he attended graduate school at the University of Texas, where he received a Ph.D. in History in 1965. He spent most of the next two years in Brazil on a postdoctoral fellowship researching the 1924-26 revolutionary movement led by Luis Carlos Prestes. For twenty years, beginning in 1966, Macaulay taught Latin American history at the University of Florida. He has published five books in that field and has not held a regular job since 1986.



Ruby Ridge, WACO, and Oklahoma City

NEW!

During the span of three years, August 1992 to April 1995, the citizens of our nation—indeed people around the globe—witnessed the assault of U.S. federal forces against U.S. civilians at three locations: Ruby Ridge, Waco, and Oklahoma City. These separate events have been linked by media reports and publications on the basis of several themes: freedom, religion, and guns. From the distance of 25 years, you have the opportunity to explore the individuals and the decision making that led to so much death and destruction in the heartland of America. Through lecture, discussion, and historic videos, you will pierce the headlines of history and discover what actually occurred. What you discover will shock you and may change your view of life in the “land of the free.”

Topics:

- Week One: Ruby Ridge (Aug 1992)
- Week Two: Waco (Feb 1993)
- Week Three: Waco (Apr 1993)
- Week Four: Oklahoma City (pre-Apr 1995)
- Week Five: Oklahoma City (Apr 1995) I
- Week Six: Oklahoma City (post-Apr 1995)

The instructor will provide videos, links, and handouts for the course.



Lecturers: **John Powers**, Emeritus Professor of History, CSU Dominguez Hills, OLLI Member & OLLI Volunteer, **Eileen R. Yoshimura**, Director of Financial Management (Retired), Port of Los Angeles, OLLI Member & OLLI Volunteer

Wednesday, **April 21**,
 Tuesday, **April 27**
 Monday, **May 5, 12, 26**
 Tuesday, **June 9**
 10:00am – 1:00pm

Extended Education Building,
 EE-1213 (Auditorium)

Fee: \$10

OLLI NLLL 256 Section 01
 Course No. 31006

Non Members
 NLLL 256 Section 02
 Course No. 31007



Save The Dates!

- **Earth Day at Mission San Juan Capistrano**
 Wednesday, **April 22**
 1:30pm – 3:30pm
 (See page 42)

Lecturers: **Dr. Donald. T. Hata**, Emeritus Professor of History, CSU Dominguez Hills, OLLI Member & OLLI Volunteer, **Eileen R. Yoshimura**, Director of Financial Management (Retired), Port of Los Angeles, OLLI Member & OLLI Volunteer

Wednesday

February 19

10:00am – 1:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members
and Open to the Public

OLLI Members Only
NLLL 251 Section 02
Course No. 23986

Non-OLLI Members Only
NLLL 251 Section 02
Course No. 23987

Osher Lecture Series Save the Date!

■ Ancient African Civilization of Nubia

Tuesday, **February 4**

10:00am – 12:00pm

(See page 23)

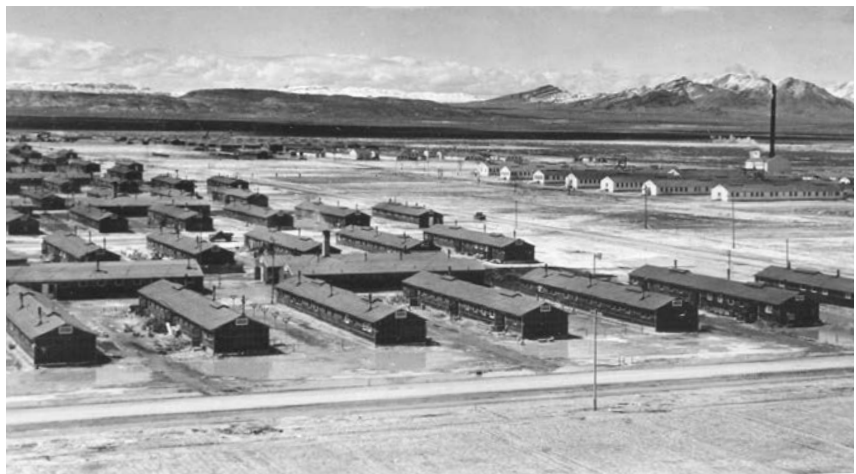
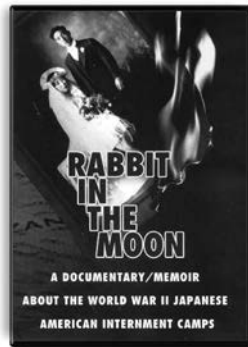


Have We Learned Our Lesson? WWII Incarceration of Nikkei

NEW!

During WWII, about 120,000 Japanese Americans (Nikkei) along the West Coast were incarcerated due to “military necessity.” More than 40 years later, the US government admitted that these actions were based instead on “race prejudice, war hysteria, and a failure of political leadership.”

This session will discuss the issues, circumstances and impact of the Nikkei incarceration and how they are still happening today. It will include the showing of “Rabbit in the Moon,” an award-winning documentary depicting the Nikkei incarceration, followed by discussion of the film’s highlights. Presenters will also share personal experiences relating to this travesty.



Iran by Rail

In 2017 global adventurer Rich Abele took an opportunity to travel all over Iran with a companion who worked in Tehran back in the 1970s. Traveling via a luxury train from Russia, and during the day by bus they visited numerous ancient cities, town and historic sites while immersing themselves into the Iranian culture along the way. Highlights of this incredible adventure included tours of various museums and the Shah’s palace in Tehran, the vast mosque complex in Mashhad, crossing the Shahdad Desert and exploring “quanats” – the ancient underground water canals. In Yazd they climbed to the top of the Zoroastrian Towers of Silence, visited the Necropolis – the burial site of four Aechemenid kings, and toured the ruins of Persepolis – the ceremonial capital of the Aechemenid Empire. In Esfahan they toured its vast Naqsh Jahan Square surrounded by historic palaces and mosques. The country tour ended with a train ride through the Alborz Mountains, crossing the famous Veresk Bridge and eventual return to Tehran.

Please join us and find out what life is really like in Iran, the attitude of the people, their cuisine, culture, and impressions of visitors from America.

Presenter: **Rich Abele**, a 2-Year OLLI Member and a veteran of five Antarctica expeditions and tour guide aboard the museum battleship USS IOWA (BB-61).

Wednesday, **April 22**
10:00am - 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

NLLL 180 Section 01
Course No. 23997



Instructors: **Vickie Intriago**, Certified Financial Planner and CSUDH Alumna, and **Laura L. Thatcher**, Attorney at Law

Tuesday, **March 10**
10:00am – 12:00pm

Extended Education Building,
EE-1218

Fee: Free to OLLI Members

NLLL 255 Section 02
Course No. 24025



The Treasure Map Seminar



Do you have everything in place to ensure your legacy and that you are taken care of in your time of need?

It is not just about the documents. Our family and decision makers often do not have the information needed to help us when we need it the most.

Covered topics include location of assets and trusted advisors. We will also discuss Powers of Attorney, Advance Health Care Directives and other legal documents.

Life and death decisions are difficult to make. *The Treasure Map Seminar* is a springboard to begin conversation.

Instructor: **Elias Bonaducci, Ph.D.** in Philosophy, Master's in Forensic Sciences, Licensed Director of Life and Health, Mortician and Funeral Director

Monday, **February 10**
10:00am – 12:00pm

Extended Education Building,
EE-1222

Fee: Free to OLLI Members

NLLL 255 Section 01
Course No. 24024

Benefits of Preparing



When the time comes how well are you prepared for the funeral and burial of a loved one? Dr. Elias Bonaducci from



Coast Funeral Services at Green Hills in Rancho Palos Verdes will be supplying information to this perplexing question and how to plan for the inevitable. Pre-planning can eliminate confusion and challenges of what to do. It can also help with quick judgement plans that may be regretted later on.

Information booklets and planning guides will be available after the class.

**OSHER LECTURE SERIES****From Southern California to The Louvre:
An Intellectual Expedition into the
Ancient African Civilization of Nubia**

Dr. Salim Faraji Professor of Africana Studies at California State University, Dominguez Hills is one of a handful of Nubian Studies specialists in the United States. The ancient African civilization of Nubia is the Mother of Egypt and actually lasted longer than Egypt—and of course while Egypt was being ruled by foreign powers such as the Persians, Greeks, Romans, Arabs and the Ottoman Empire. Nubia remained an independent power during the rise of its Napatan and Meroitic Kingdoms.

Dr. Faraji will highlight some of the most recent scholarship on ancient Nubia and Nubian archaeology by providing an overview of his research presented at the International Society for Nubian Studies Conference held in September 2018 in Paris at the Louvre and Sorbonne and the more recent The Origins and Afterlives of Kush Conference held this past summer at University of California, Santa Barbara.

Special attention will also be given to the common heritage of both Nubian and West African earthen pyramids (mounds).



February is Black History Month!
2020 marks the 150th anniversary of the 15th Amendment, which gave black men the right to vote, and the centennial of the 19th Amendment validating women's right to vote. This year's theme recognizes the continuing struggle for equality and representation at local and national levels, the importance of equal rights legislation, and the need for voter participation across all party lines.

Lecturer: **Salim Faraji, Ph.D.**
Professor of Africana Studies, CSUDH

Tuesday, **February 4**
10:00am - 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

NLLL 420 Section 01
Course No. 24026

**Special Event
Save the Date!**

■ **Juneteenth Celebration:
The Stories We Tell,
The Games We Play**
Friday, **June 19**
1:00pm – 4:00pm
(See page 48)

BLACK HISTORY MONTH

Field Trip Coordinator: **Eula Slater**,
an 11-year OLLI Member

Wednesday, **January 29**
11: 00am - 1:00pm

Participants will meet at the
**California African-American
Museum** at 10:45am
600 State Drive
Los Angeles, CA 90037

www.CAAMuseum.org

For directions call (213) 744-7432
(Museum)

\$6 Entry Fee

Must register by
January 22

Parking is \$12

NLLL 171 Section 01
Course No. 23974

California African-American Museum (CAAM)

In conjunction with Black History Month, OLLI takes its annual field trip to the California African-American Museum. We will have a docent-led tour of current exhibits. The tour will take 45 minutes to one hour, and will cover the following three exhibits: *Dust My Broom: Southern Vernacular*; *Making Mammy: A Caricature of Black Womanhood*; *Cross Colours: Black Fashion in the 20th Century* and time permitting, *Timothy Washington: Citizen/Ship*, and *LA Blacksmith*.

The Museum will treat the group to a workshop having to do with the current exhibits. We hope you will join us as this field trip is always a treat.



Presenter: **Askia Muwwakkil**,
Holistic Practitioner, Motivational
Speaker and Herbalist.

Tuesday, **February 18**
10:00am – 12:00pm

Extended Education Building,
EE-1213

Free to OLLI Members

**Please bring a 'short' list of the
herbal supplements you take.**

NLLL 355 Section 05
Course No. 24009

Live Long and Prosper "Are all herbs equal?"

Mr. Muwwakkil, a fifth-generation herbalist in line with his great uncle, Dr. Alonzo Kinnebrew, physician and herbalist to Dr. Booker T. Washington of Tuskegee University, will discuss ways to improve and maintain better health from a holistic perspective. Topics include stress management, weight loss, diabetes, menopause, libido, high blood pressure and cholesterol management.

Obtaining and maintaining high levels of health and vitality have become increasingly difficult in today's environment of pollutants, chemicals, and stress. *Live Long and Prosper* encourages people to develop better eating habits as well as incorporate plants and herbs into their diet to help contribute to maintaining good health.

The Thrill of Sugar Hill

NEW!

West Adams is one of the oldest neighborhoods in the city of Los Angeles, and was once the wealthiest. During the late 30s and 40s it gradually became home to dozens of prominent black families as owners relocated to upscale areas like Beverly Hills.

But there was one problem, a restrictive covenant against anyone of color purchasing property in that area. Actress and resident

Hattie McDaniel began holding meetings at her home and organizing neighbors to fight



in court against the restrictive covenant. The “Sugar Hill” case went to trial in Los Angeles Superior Court on December 5, 1945. Civil rights attorney Loren Miller immediately moved to bar any testimony by or on behalf of the white plaintiffs, arguing that the covenants violated both the 14th amendment, which mandated equal protection under the law, and the California State Constitution. Shocking the court, Judge Thurmond Clarke made the following ruling: “It is time that members of the Negro race are accorded, without reservations and evasions, the full rights guaranteed them under the 14th amendment of the Federal Constitution. Judges have been avoiding the real issue too long.”

**OSHER LECTURE SERIES
The Educational Activism
of Black Women in California**

This presentation examines the educational activist work of African American women as community organizers, teachers and attorneys who fought to protect affirmative action and educational access in California public education in the wake of a conservative backlash that was sweeping across the nation in the post-Civil Rights Era.

Presenter: **Peggy Barton**,
an 8-year OLLI Member

Friday, **February 7**
10:00am – 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

NLLL 270 Section 01
Course No. 23985



Lecturer: **Donna J. Nicol, Ph.D.** is
currently an Associate Professor and
Chair of Africana Studies at CSUDH

Wednesday, **February 12**
10:00am - 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

NLLL 420 Section 02
Course No. 24027

May is Asian American & Pacific Islander

Heritage Month, celebrating the achievements and contributions of Asian Americans and Pacific Islanders in the United States.

NEW!



Presenter: **Claire Li**, OLLI Member, former University Professor in China

Thursday, **May 7**
10:00am – 12:00pm

Extended Education Building,
EE-1217

Fee: \$5

NLLL 155 Section 02
Course No. 23970

Chinese Tea Tasting with Claire Li

Learn about ancient Chinese tea traditions and the many types of teas, including those made from herbs with certain healing properties and no side effects.

This year, Claire will arrange the classroom in a traditional Beijing teahouse layout. She will share information about different teas, make different types of tea for you, show you how Beijingers spent their time in a teahouse in the old days, and answer your questions. You will have the opportunity to enjoy teatime in the old Beijing way—try different types of tea and have some snacks, while watching Peking Opera!



Mah-jong: The amazing Chinese game, its cultural origins, how to play, and its effects on cognitive function



Mah-jong is a tile-based game developed in China during the Qing dynasty that has spread throughout the world since the early 20th century. Online, you can find Mah-jong clubs, classes, and tournaments all over America. There is even an American Mah-jong Association! Players are not just Asian Americans, but of all different races and ethnicities.

Wow! How come? Well, this game isn't just a simple card game that any other card game can compete with. It is super fun!



The game originated from social activities from the Qing dynasty in China, and the tile's designs tell stories from

the past. The more you play and learn about the game, the more you will learn about Asian culture and philosophy. You will also understand why this game has become so popular not only in China, but all over the world!

Another reason for Mah-jong's popularity is its impact on cognitive health. Researchers discovered that this game easily catches players' undivided attention for hours, and provides adequate mental exercises to activate their brains in a way that helps improve calculation, reasoning, and coordination skills. The skills required of the game are known to be a viable treatment option for those with dementia, and help reverse signs of neurodegenerative conditions. Now that for sure is a reason to learn how to play!

This presentation will be made by Claire Li, a former professor in China. Claire will present the cultural origins of the game, teach you how to play, answer your questions, and guide you through your first game.

Instructor: **Claire Li**, OLLI Member, former University Professor in China

Thursday, **May 21**
10:00am – 12:00pm

Extended Education Building,
EE-1209

Free to OLLI Members

NLLL 155 Section 04
Course No. 23972

Save the Date!

■ **Bixby Marshlands Walking Tour**

Wednesday, **April 1**
10:00am – 12:00pm
(See page 41)



Instructors: **Sovathana Sokhom**
and **Susan Needham**

Thursday, **May 13**
10:00am – 12:00pm

Extended Education Building,
EE-1213

Free to OLLI Members

NLLL 155 Section 04
Course No. 24033

OSHER LECTURE SERIES

Cambodian American Brahmanist Practice

NEW!

This talk explores the Cambodian *sompeah kruu* ceremony, a little known Brahmanist ritual practiced by Cambodian Americans. Through the *sompeah kruu* ceremony, individuals and occupational groups honor and show gratitude for the knowledge and protection imparted to them from their teachers, their guardian spirit, the Buddha, and Hindu and Khmer deities. The little research that has been done on these rituals has focused on their role in healing practices in modern Cambodia, making it appear the rituals are limited to this one domain. However, the practice is quite widespread and a variety of individuals in Cambodia and throughout the diaspora have altars in their homes where they regularly conduct less formal variations of the ceremony for local spirits as well as ancestor and guardian spirits.

Shifting Transnational Politics among Cambodian Refugees in Long Beach, California

Since 1979, when Vietnamese troops entered Cambodia and installed a new government composed in part by former members of the Communist Party of Kampuchea (aka, the Khmer Rouge), the dominant narrative among Cambodian refugees in Long Beach and elsewhere in the diaspora has been that the Vietnamese invaded Cambodia to set up a “puppet government” that serves the interests of the Vietnamese, not the Cambodian people; it is illegitimate and must be removed from office through a democratic process or force. Since 2015 however, a different narrative has emerged; one that supports the ruling party’s interpretation of history and credits the Vietnamese and Cambodia’s Prime Minister, Hun Sen, with liberating the Cambodian people from the Khmer Rouge. This talk explores the methods used by Cambodia’s ruling party to silence political opposition at home and among overseas Cambodians.



photo by Los Angeles Times



photo by Long Beach Post

**T'ai Chi Chuan presented by
The Tung Academy of T'ai Chi Chuan**

NEW!

Join Master Kai Ying Tung and coaches as they present and demonstrates a sample practice T'ai Chi Chuan. Everyone attending is invited to join the master in a sample practice Blueprint for Balance, to tap into your inherent reservoir of Healing Energy and Martial prowess.



T'ai Chi Chuan is an ancient Chinese internal martial art. It was founded in northern China during the Song Dynasty (960 - 1127) by Chang San Feng, an esteemed Taoist Philosopher who also practiced the

martial arts. He was inspired while observing a battle between a snake and a bird, noticing how the snake was able to avoid the bird's repeated attempts to attack by preserving its energy, simply dodging and recoiling as the bird wore itself out trying again and again to strike. Master Chang used his knowledge of the T'ai Chi principle of the firm and the yielding and combined it with the martial arts movements he was adept at, creating intricate sequences of moves, where soft power and vigorous tranquility are achieved through diligent practice of the forms.

Originally designed for self-defense, T'ai Chi Chuan has been refined into a slow, graceful, rhythmic exercise which has the effect of promoting good health in all, young and old, strong and weak.

In practicing T'ai Chi Chuan, the mind as well as the muscles must be relaxed and the limbs and the waist kept flexible. It is relaxing movement which improves the nervous system and blood circulation. After an initial period of a year or so, one who practices T'ai Chi Chuan will feel that during the relaxed continuous movements, a stream of heat is circulating up to every fingertip, showing the effect on the circulation.

After performing T'ai Chi Chuan, one feels a sense of wellbeing, not fatigue or exhaustion. By increasing the free flow of energy to one's whole being, T'ai Chi Chuan works to restore the balance between one's physical, mental and spiritual natures.

Wear comfortable clothing and flat shoes.

Instructor: **4th Generation T'ai Chi Chuan Master Chen Wei Tung** and coaches from the Tung Academy of T'ai Chi Chuan

Thursday, **May 14**
10:00am - 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

Presentation is limited to 50 students

NLLL 155 Section 02
Course No. 23971



Lecturer: **Grace Talusan**,
educator and award-winning author

Thursday, **May 14**
10:00am - 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

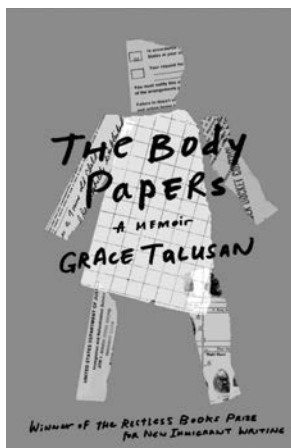
Free to OLLI Members

NLLL 155 Section 02
Course No. 23971

OSHER LECTURE SERIES

The Body Papers: A Stunningly Hopeful Memoir of Trauma and Survival as a Filipino Immigrant

NEW!



Grace Talusan's critically acclaimed autobiography-in-essays *The Body Papers* depicts her life from birth in the Philippines through her subsequent move with her family to a New England suburb in the 1970s. At school, she confronts racism as one of the few kids with a brown face. At home, the confusion is worse: her grandfather's nightly visits to her room leave her hurt and terrified, and she learns to build a protective wall of silence that maps onto the larger silence practiced by her Catholic Filipino family. Talusan learns as a teenager that her family's legal status in the country has always hung by a thread—for a time, they were "illegal." Family, she's told, must be put first.

A graduate of Tufts University and the MFA Program in Writing at UC Irvine, Grace Talusan is the recipient of a U.S. Fulbright Fellowship to the Philippines and an Artist Fellowship Award from the Massachusetts Cultural Council. Talusan teaches the Essay Incubator at GrubStreet and at the Jonathan M. Tisch College of Civic Life at Tufts. She is the Fannie Hurst Writer-in-Residence at Brandeis University for 2019–2021. *The Body Papers*, winner of the Restless Books Prize for New Immigrant Writing, is her first book.

Lecturers: **Donna Nicol** and
Mary Lacanale CSUDH Faculty

Wednesday, **May 27**
10:00am - 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

NLLL 420 Section 03
Course No. 24031

OSHER LECTURE SERIES

Filipinos and African Americans during U.S. colonization of the Philippines and WWII

Description unavailable at time of printing.

NASA Speakers Bureau: Climate Change

NEW!

Have you been noticing the wildfire season lasting longer in California? Climate change is an existential threat causing tragic events such as wildfires, intense storms, and flooding, and is affecting the health of millions of people. Even a half-degree Celsius makes our world warmer, changing conditions in agriculture, ecosystems, our atmosphere and our health. As of today, millions of Americans must adapt to this impact.

Is it too late to slow the pace of climate change? NASA's Jet Propulsion Laboratory will provide you with answers during their compelling presentation: *Climate Change*. We highly encourage you to attend this intriguing lecture by returning NASA Ambassador Jared Head, and hear the highlights of NASA's initiatives, involvement and recommendations.

Don't miss out on this important lecture on how climate change is being taken seriously, and how you can contribute.

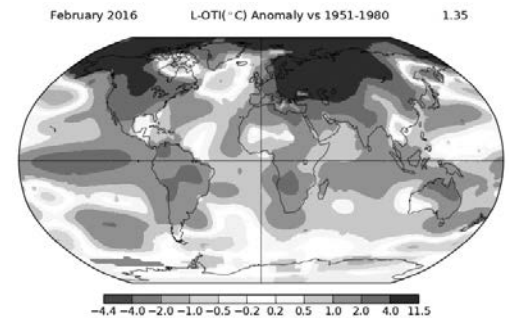
Presenter: **Jared Head**, NASA
Ambassador & Speaker

Monday, **February 24**
1:30pm – 3:30pm

Extended Education Building,
EE-1213

For current OLLI Members, there is no charge, but registration is required.

NLLL 352 Section 01
Course No. 24007



The Search for Life Beyond Earth

NEW!

For thousands of years, humans have looked up at the night sky and wondered if there was life on other planets. The question comes down to this: "Are we alone in the Universe?" Although we don't have an answer for certain, there is an on-going search for other planets that might – just might – have evolved life. This (non-technical) presentation will discuss the current scientific search for life on other planets. We will briefly explore the evolution of our universe from the very beginning, leading up to the creation of our Milky Way galaxy which gave birth to our solar system: which in turn gave rise to the planets, including our Earth – and consequently – US!

Astrobiologists are intensely involved in this search for life on other planets. We will look at the new theories, technologies, and procedures along with evidence that is no longer in the realm of "speculation." We will consider the definition of life, since whatever we define as "life" may or may not apply to anything found on other planets. And lastly, we will explore the consequences for us humans, if life – as we define it – is discovered on another planet.

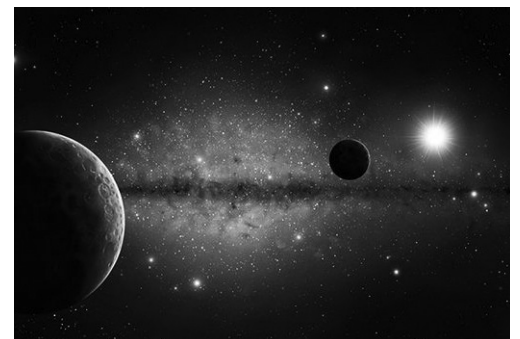
Facilitator: **Norman Morris**, a 10-year
OLLI Member, Omnilore Member and
OLLI Volunteer

Friday, **May 22**
1:30pm – 3:30pm

Extended Education Building,
EE-1218

Free to OLLI Members

NLLL 352 Section 02
Course No. 24008



SCIENCE AND TECHNOLOGY

Facilitator: **Eula Slater**,
an 11-year OLLI Member

18 Mondays

January 27

February 3, 10, 17, 24

March 2, 9, 16, 23, 30

April 6, 13, 20, 27

May 4, 11, 18, 25

1:00 pm – 2:00 pm

18 Fridays

January 31

February 7, 14, 21, 28

March 6, 13, 20, 27

April 3, 10, 17, 24

May 1, 8, 15, 22, 29

2:30pm – 4:00pm

Free to OLLI Members

The Urban Farm is located in the southeast corner of campus at S. Central & Glenn Curtiss St. next to Facilities Services (See Campus Map on page 76)

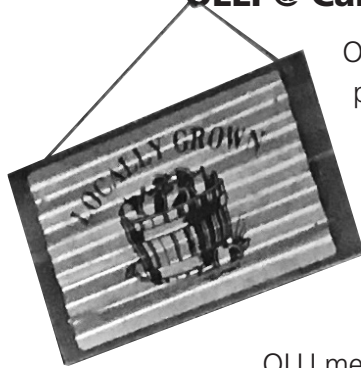
Parking for the CSUDH Campus Urban Farm is in Lot 7. We recommend you park at the south end and take the short 5 -10 minute walk south on Birchknoll Drive, turn left onto Pacific View Drive. The Urban Farm will be a short distance ahead to your right.

Limited handicap parking is available in the Facilities Services lot just outside the campus farm. Carpooling is advised.

NLLL 352 Section 01

Course No. 24006

OLLI @ Campus Urban Farm



OLLI members who have a love for gardening can now participate in the CSUDH Campus Urban Farm.

Founded in early 2018, the CSUDH Campus Urban Farm is an outdoor classroom, living laboratory, and garden that uses a multidisciplinary approach to address urban agriculture, sustainability and student food insecurity.

OLLI members get ready to get your hands dirty in a communal garden environment, share the fruits of your labor and gain knowledge of organic soil preparation, organic planting, seasonal planting, companion planting, succession planting, water maintenance, pruning, natural pest control application and harvesting.

The farm produce will be available upon request and is regularly donated to the Toro Food Pantry and other locations.



OLLI Members must register and complete a half-hour orientation.

New OLLI members shall receive orientation provided by the OLLI facilitators. Please coordinate with your OLLI @ Urban Farm facilitators.



The Thursday Morning Book Club

We'll read and discuss these books selected by the club members. Some questions to consider might be: How well has the author made their point? What surprised you about a character or the ending? How does the story relate to today's ideas and lifestyles?

Bring your own beverage; members provide snacks.

February 27

Where the Crawdads Sing by Delia Owens

The story takes place in the lush setting of the North Carolina marshes, following Kya Clark from the age of 7 until her death. It is a heart-wrenching story about her abandonment and how she survived. First her mother leaves, then her brother and then her father.

March 26

The Moment of Lift by Melinda Gates

Melinda Gates makes a bold claim: when we lift up women, we lift up humanity. After years of travel, humanitarian work and extensive research, she introduces us to the women she's met along the way.

April 23

Go Set a Watchman by Harper Lee

The long-awaited sequel to *To Kill a Mockingbird*, 26-year-old Scout (Jean Louise French) returns from New York to her hometown, Maycomb, Alabama, for her annual visit with her father and brother. She is met at the train by her childhood sweetheart, Henry Clinton, who now works for her father's law firm. Her brother Jem died of a heart attack; her father is suffering from arthritis and his sister, Alexandra, has moved in to run the house since Calpurnia retired.

May 28

The Library Book by Susan Orlean

This is the story of the 1986 Los Angeles Central Library fire, in which nearly a million books were damaged or destroyed. The cause of the fire remains a mystery even today. Investigators suspect arson, however, no suspect has ever been charged with the fire. Today the library is a favorite OLLI field trip destination.

Facilitators: **OLLI Members**

4 Thursdays

February 27, March 26

April 23, May 28

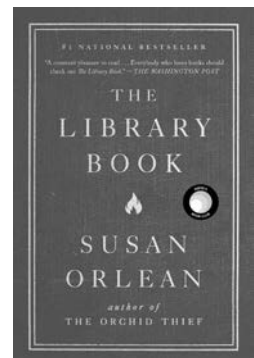
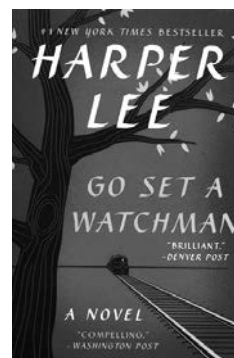
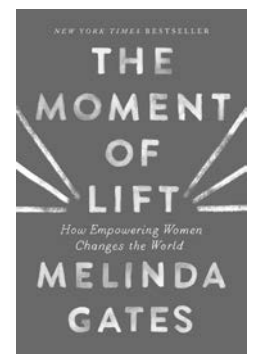
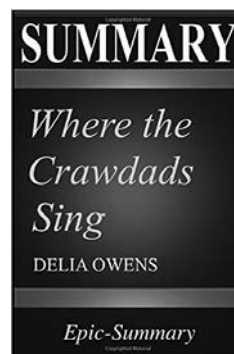
10:00am – 12:00pm

Extended Education Building,
EE-1206

Free to OLLI Members

NLLL 154 Section 02

Course No. 23953



DISCUSSION GROUPS

Facilitator: **Denise Jefferson**,
a 4-year OLLI Member

8 Mondays

March 30

April 6, 13, 20, 27

May 4, 11, 18

12:00pm - 12:50pm

Extended Education Building,
EE-1202

Free to OLLI Members

NLLL 258 Section 01
Course No. 23973

TED Talks at Lunch

OLLI Members are invited to bring their lunch and watch short videos (18 minutes or less), and then discuss the topic. The speakers on the videos will present well-formed ideas in the most innovative and engaging ways they can, often through story telling. This is called TED Talks.

TED (Technology, Entertainment, Design) is a nonprofit media organization that posts talks online for free distribution under the slogan "ideas worth spreading." Watched worldwide, they believe passionately in the power of ideas to change attitudes, lives and ultimately the world. TED is committed to seeking out the most interesting people on earth and enabling them to communicate their passion and spark conversation.

Save the Date!

■ Wells Fargo Museum

Tuesday, **March 17**

10:30am – 11:30am

(See page 39)



- | | |
|-----------------|---|
| March 30 | How to humor your stress
– <i>Lorretta LaRoche</i> |
| April 6 | How to speak so that people want to listen
– <i>Julian Treasure</i> |
| April 13 | From clutter to clarity – <i>Kerry Thomas</i> |
| April 20 | The case for optimism on climate change
– <i>Al Gore</i> |
| April 27 | How to manage compassion fatigue
in care giving – <i>Patricia Smith</i> |
| May 4 | 3 questions to ask yourself about everything
you do – <i>Stacey Abrams</i> |
| May 11 | Dare to say "No" – <i>William Clark</i> |
| May 18 | How to spot a liar – <i>Pamela Meyer</i> |

Ancient Civilizations of North America

DVD Lectures by Prof. Edwin Barnhart, Maya Exploration Center



Centuries before European contact, large parts of North America had cities of thousands of people living in finely built houses, palaces, temples, and wide public plazas. There were road systems connecting cities across hundreds of miles. There were kings and councils, architects and astronomers, great artists and musicians – virtually every yardstick the Western world uses to define civilization. Unfortunately, much of that history has been difficult to trace.

This course will start by looking at human migration into North America, then move into the Paleo-Indian times when large animals, such as mammoths and giant bison roamed the continent and then progress to the Archaic period, which persisted until Europeans arrived. Most of this course will be devoted to this later period. The Mississippian mound builders, Southwest city dwellers with their massive irrigation systems, the complex



hunter-gathers of the Pacific Coast, the bison hunters of the Great Plains and the woodland peoples of the Northeast will be covered.

Facilitator: **Jay Edie**, OLLI and Omniflore Member

6 Mondays

April 6, 13, 20, 27

May 4, 11

10:00am – 12:00pm

Extended Education Building, EE-1201

Fee: \$10

NLLL 251 Section 04

Course No. 23988

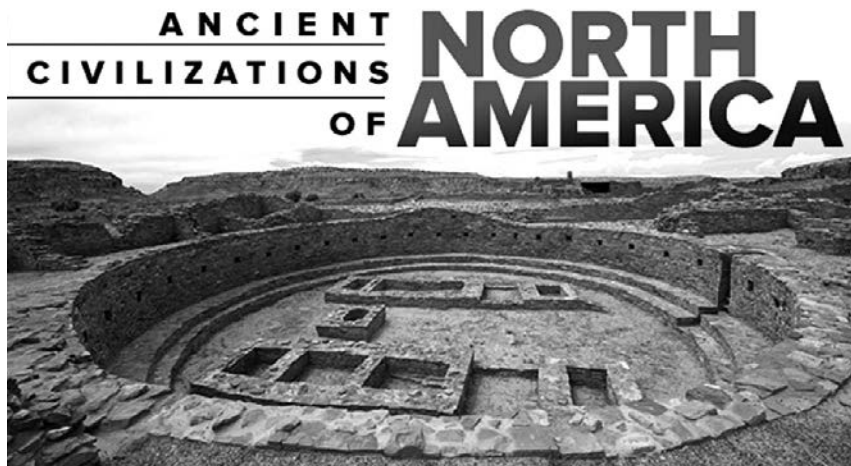
Save the Date!

■ **10th Annual University Library Tour**

Thursday, **April 2**

10:00am-12:00pm

(See page 43)



TRAVEL STUDY

Facilitator:

Tuesday; **March 3**

10:00 am – 11:30 am

EE-1206

Free to OLLI Members and their guests.

NLLL 280 Sec 01

Course No 23996

INFORMATION SESSION:

OLLI @ CUSDH Goes to Washington DC, Niagara Falls & New York City

Discover the quintessential sites of the East Coast!

Join us for this discussion of details and travel arrangements on a trip that will take you through Washington, D.C., Niagara Falls, and New York City.

Enjoy the convenience of group travel and a well-planned trip in the company of friends. Its a wonderful way to have fun and to meet other OLLI members who share your interests.

Feel free to bring your travel buddies!



NOTE: OLLI Members are required to **sign a waiver** prior to participating in field trip activities. Check the field trip description for any additional expenses that may be incurred on-site.

**Los Angeles International Airport
Airfield Tour**



Join the OLLI group to learn about airfield perspective and update of the various ongoing construction projects at LAX. During the tour you will see the projects, various aircraft taking off and landing (A380, 777, etc) corporate jet operations and behind-the-scenes aircraft operations at LAX terminals.

Don't miss out on this learning fun opportunity with your OLLI friends!

Facilitator: Gema Reyes-Chaqueco – Student Assistant

Monday, **February 10**
10:00am – 12:00pm

Participants will meet at the **Flight Path Learning Center & Museum** at 9:00am
6661 West Imperial Highway
Los Angeles, CA 90045

(424) 646-7284
www.lawa.org

Free to OLLI Members

Parking is Free

NLLL 170 Section 01
Course No. 23993



Save the Dates!

- **Urban Hiking in the South Bay**
4 Mondays:
April 27,
May 4, 11, 18
9:00am-11:00am
(See page 42)



FIELD TRIPS

NOTE: OLLI Members are required to **sign a waiver** prior to participating in field trip activities. Check the field trip description for any additional expenses that may be incurred on-site.

Claire Li, Field Trip Coordinator

Wednesday, **May 27**

10:00am - 12:00pm

12:30pm – 2:30pm

Participants will meet at the
Chen Art Gallery at 10:00am

1625 Abalone Ave
Torrance, CA 90501

Participants will meet at the
Sea Empress Seafood Restaurant
at 12:30pm

Pacific Square Shopping Center
1636 W Redondo Beach Blvd
Gardena, CA 90247

Free to OLLI Members

Parking is Free

Museum Tour

NLLL 171 Section 02

Course No. 24000

Luncheon

NLLL 171 Section 03

Course No. 24001

Chen Art Gallery

Asian and Pacific Islanders month comes to an end today. Let's celebrate it with a tour of the Chen Art Gallery and a typical Chinese Dim Sum meal!

The Chen Art Gallery is a non-profit museum that houses one of the most important collections of Chinese art in the United States. Open to the public since 2001, the Chen Art Gallery displays an impressive array of over 1,000 artifacts spanning 5000 years of Chinese history from the earliest Neolithic Era pottery to early 20th Century creations.

Tour guides will lead the tour through the exhibitions, introduce each and every piece of their marvelous collection, and answer your questions. You will be amazed by the beauty, the rich history and the achievements of Chinese culture.

Dim Sum Lunch at Sea Empress Chinese Seafood Restaurant

NEW!

The word dim sum is Cantonese and refers to small bite sized dishes that are served in bamboo steamer baskets or on small plates. The Chinese meaning of dim sum is commonly translated to "touch the heart." OLLI Member and Volunteer Claire Li will assist with the group's dim sum selections and together everyone will share the bill (she estimates \$15 per person).

You are welcome to register for either one or both events!



NOTE: OLLI Members are required to **sign a waiver** prior to participating in field trip activities. Check the field trip description for any additional expenses that may be incurred on-site.

Wells Fargo Museum



Explore interactive exhibits about Wells Fargo’s role in California and American history at the Wells Fargo Center on Bunker Hill in downtown Los Angeles. You’ll see an original Concord Stagecoach, gold, including a 26-ounce gold nugget, currency from various centuries, a panoramic painting and historical maps of Los Angeles in 1852, and a recreated Agent’s office, where you can send a real-time telegraphic message.

Field Trip Coordinator: **Nicole Pacada**
 Tuesday, **March 17**
 10:30am – 11:30am

Participants will meet at the
Wells Fargo Museum at 10:15am
 333 S Grand Ave
 Los Angeles, CA 90071
 (213) 253-7166

Free to OLLI Members
 NLLL 270 Section 02
 Course No. 23994



Save The Dates!

■ Fun and Games

Fridays **February 7, 21**
March 6, 20, April 3, 17
May 1, 15

11:30am – 1:30pm
 (See page 13)



FIELD TRIPS

NOTE: OLLI Members are required to **sign a waiver** prior to participating in field trip activities. Check the field trip description for any additional expenses that may be incurred on-site.

Docent Tour Guide: **Vandan R. Sheth, RDN, CDE, FAND**, Registered Dietitian Nutritionist and Certified Diabetes Educator, author of *My Indian Table: Quick & Tasty Vegetarian Recipes*, Spokesperson for the Academy of Nutrition and Dietetics

Friday, **March 13**
or Tuesday, **March 31**
10:00am – 11:30am

Participants will meet at the front of **Von's at Torrance Crossroads**

at 9:45am
24325 Crenshaw Blvd
(at Lomita Blvd), Torrance CA

Free to OLLI Members

Classes are limited to 7-10 attendees

Parking is Free

Thursday, **March 13**
NLLL 370 Section 01
Course No. 24019

Tuesday, **March 31**
NLLL 370 Section 01
Course No. 24020

Eating Healthy with Diabetes Grocery Store Tour

In an information-packed 90-minute tour of your neighborhood grocery store, you'll get key information to inspire healthful food choices, feel better and achieve better blood sugar.



The Dietitian kicks off the tour by focusing on:

- 3 steps to carb-counting success
- How to create your diabetes-friendly plate
- Free shopping list
- Best options in meat/seafood and other important aisles of the store
- Portion size tips along with a mindful eating and tasting exercise, and so much more!

The store's Pharmacist wraps up the tour with information about glucose meters, testing tips, recommended vaccinations, A1c testing and other health screenings, group classes and other services available for individuals with diabetes and prediabetes.



Save the Date!

■ **California African-American Museum (CAAM)**
Wednesday, **February 17**
11:00am – 1:00pm
(See page 24)

NOTE: OLLI Members are required to **sign a waiver** prior to participating in field trip activities. Check the field trip description for any additional expenses that may be incurred on-site.

Bixby Marshland – City of Carson

NEW!

Did you know that, in addition to operating wastewater and solid waste facilities, the Sanitation Districts own and maintain a marshland? Yes, it's true! The Bixby Marshland, a 17-acre marsh, located to the northwest of the Joint Water Pollution Control Plant (JWPCP) near the intersection of Figueroa Street and Sepulveda Boulevard in the City of Carson, has recently been restored by the Sanitation Districts.

What is a marshland? A marsh is a wetland environment. It is a tract of soft, wet land usually containing grass or rushes. The Sanitation Districts' marshland consists of various habitats that receive water from the Wilmington Drain. Wetlands are unique because of their role as an "ecotone," or transition area, between terrestrial (land) and aquatic (water) environments.

Why are wetlands important? Wetland habitats are home to 43 percent of the federally-listed endangered and threatened species. They provide habitat for birds, animals, amphibians, invertebrates, fish, and a diverse group of plants.

Besides providing habitat, wetlands are sometimes called "the kidneys of the landscape" because they receive water that rushes off the land during storms. In the wetland, water is cleansed of sediments and pollutants before it slowly enters the ocean or underground aquifers.

Facilitator: _____

Wednesday, **April 1**

10:00am – 12:00pm

Participants will meet at the **Bixby Marshland-Carson** at 9:00 am
24501 S Figueroa St,
Carson, CA 90745

(562) 908-4288 ext.2300

Free to OLLI Members

Parking is Free

NLLL 370 Section 03
Course No. 24021

Wear comfortable shoes.



FIELD TRIPS

NOTE: OLLI Members are required to **sign a waiver** prior to participating in field trip activities. Check the field trip description for any additional expenses that may be incurred on-site.

Wednesday, **April 22**

1:30pm – 3:30pm

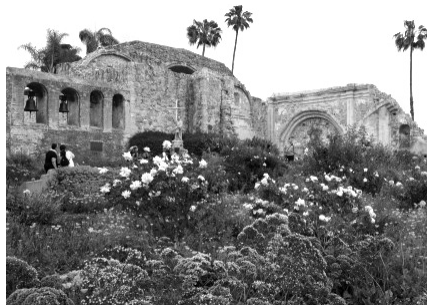
Mission San Juan Capistrano
26801 Ortega Hwy,
San Juan Capistrano, CA 92675
(949) 234-1300
www.missionsjc.com

Orange County Line and Metrolink
depart 60 minutes from Union Station

NLLL 270, Section 03
Course No. 23995

Earth Day @ Mission San Juan Capistrano

Mission San Juan Capistrano's 240 years of history consists of memories and stories of its past inhabitants and present visitors. It is a place of historical, cultural, and religious significance, as well as a place of inspiration and education.



Join OLLI in celebrating the 2nd Annual Earth Day Celebration at Mission San Juan Capistrano. Take a walk on our garden tours, learn about local bees and butterflies, watch basket weaving demonstrations by Native American basket

weavers, and so much more! Bring lunch and enjoy picnicking in the Central Courtyard (non-alcoholic beverages only). Bring a friend as all ages will enjoy this special celebration at the Mission.

Hiking Guides: **Janice Champion** and **Lori Davidson-Fox**, OLLI Members

4 Mondays

April 27

May 4, 11, 18

9:00am – 11:00am

Extended Education Building,
EE-1205 (First Meeting Only)

Fee: \$10

NLLL 370 Section 04
Course No. 24022

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.



Ballroom and Social Dance

University Courses for OLLI Members (OLLI Benefit)

Dance Faculty Jeff Hendrix (M.F.A. Dance) has invited OLLI Members to join the CSUDH Open University Course "Dance of World Cultures: Ballroom and Social Dance." Participants will learn a variety of Ballroom dances that may include: Waltz, Fox Trot, Tango, Hustle, Cha Cha, Rumba, Samba, Swing, Zouk and Merengue.

This is a fantastic opportunity for OLLI Members to receive months of quality instruction in a beautiful dance studio right here on campus for an incredibly affordable price. **Partner not required.**

Instructor permission is required so please contact the Registration Office. CSUDH Open University Registration Form & Approval for Audit Form is required for this CSUDH course.

Instructor: **Jeff Hendrix, M.F.A.**
CSUDH Dance Faculty

19 Saturdays

January 25

February 1, 8, 15, 22, 29

March 7, 14, 21, 28

April 4, 11, 18, 25

May 2, 9, 16, 23, 30

1:30pm – 3:10pm

CSUDH Gym A-102 (Dance Studio)

Audit Fee: \$35

NLLL 355 Section 01
Course No. 23955

Tenth Annual University Library Tour

The CSUDH south wing library addition is a stunning state-of-the-art, five-story facility serving the educational and cultural needs of a growing university and the surrounding community. The addition features many energy efficient design innovations, such as a technologically advanced study area and a wall of glass providing wonderful natural light and panoramic views of downtown Los Angeles to Catalina.



The Library carries on a tradition of showcasing multicultural art exhibits on floors 2 through 5. A guided tour is provided during the first hour. The second hour is scheduled, on the fifth floor with Archivist Greg Williams, who will present an exhibit designed to display a portion of the extensive and interesting archive holdings at CSUDH relative to the campus and South Bay Area.

Tour Guides: **Yvette Mack**,
Library Administration, CSUDH Library
and **Greg Williams**, Director,
Gerth Archives & Special Collections,
CSUDH Library

Thursday, **April 2**

10:00am – 12:00pm

Participants will meet
in the lobby of the library.

Free to OLLI Members

Please register by March 26.

We suggest parking in Lot 6 near
LaCorte Hall. (See map, page 56)

Wear comfortable shoes.

NLLL 001 Section 01
Course No. 23942

SPECIAL EVENTS

Facilitator: **Nicole Pacada**,
OLLI Program Assistant

Monday, **April 20**
10:00am – 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

**Please register early, and no later
than Thursday, March 26**

NLLL 001 Section 04
Course No. 23945

OLLI Members Meeting— Volunteer Appreciation

In recognition of **National Volunteer Week** (April 19-25, 2020) special programs and events will show our gratitude and honor the generous time and expertise given by our wonderful volunteers.

All OLLI Members are encouraged to attend this Annual OLLI Members Meeting to celebrate our volunteers and their contributions. Learn about the current state of OLLI @ CSUDH and our exciting plans for the future.

Light refreshments will be provided to OLLI Members who register by **Thursday, March 26**.



All New Preview Performances "By Invitation Only"

NEW!

OLLI Members are invited to attend the following Preview Performances of the **CSUDH Department of Theatre and Dance 2020 Season** for the **special price of \$5**. Our own **OLLI Will Call** avoids waiting in line at the box office and provides a chance to socialize and discuss the presentation with theatre-loving OLLI Members and friends before the performance and during intermission. Experience quality theatre and dance right here at our beautiful CSUDH campus, close to home and easy parking.

Registration closes one week before the Preview Performance date.

Seven Guitars

by August Wilson

Pittsburgh, 1948. Following the untimely death of Floyd "Schoolboy" Barton, a local blues guitarist on the edge of stardom, friends gather to mourn and grapple with his legacy. The fifth chapter in August Wilson's epic Pulitzer Prize and Tony Award-winning American Century Cycle, *Seven Guitars* strikes moving chords of the African American experience in the 20th century: faith, artistry, humor, oppression, brutality, and love.

The Last Days of Judas Iscariot

by Stephen Adly Guirgis

Set in a time-bending, darkly comic world between heaven and hell, the play reexamines the plight and fate of the New Testament's most infamous and unexplained sinner.

Directed by **Kelly Herman**, an adjunct faculty at California State University Dominguez Hills. Prior to her time at Dominguez, she worked for 17 years at Laguna Playhouse while doing professional theatre, television, and film work.

Translucent Spring Student Dance Concert

CSUDH Department of Theatre and Dance presents its annual Spring Dance Concert, *Translucent*, an eclectic evening of choreography featuring works that are both artistic and entertaining. See what happens when students turn their inspiration into choreography and create a thought-provoking dance experience.



University Theatre Box Office:
(310) 243-4125

Directed by **Jozben Barrett**, actor, director, producer, and CSUDH Lecturer, Speech, Theatre Arts

Thursday, **February 20**
8:00pm – 10:00pm

University Theatre

Fee: \$5 at the Theatre

NLLL 001 Section 06
Course No. 24001

Directed by **Kelly Herman**, actress, director and adjunct faculty at CSUDH

Thursday, **March 19**
8:00pm – 10:00pm

University Theatre

Fee: \$5 at the Theatre

NLLL 001 Section 07
Course No. 23963

Artistic Director: **Amy Michele Allen**
CSUDH Assistant Professor, Dance

Thursday, **April 30**
8:00pm – 10:00pm

University Theatre

Fee: \$5 at the Theatre

NLLL 001 Section 08
Course No. 23964

SPECIAL EVENTS

Facilitators: **Patricia Cherin, Ph.D.**, Emeritus Faculty, Interdisciplinary Studies, President of the Emeritus Faculty Association, CSUDH and guest **Robyn McGee**, a Los Angeles-based author and adjunct professor of Women's Studies, Ethnic Studies and Humanities at Compton College

Thursday, **April 16**
1:30pm - 3:30pm

Extended Education Building,
EE-1213 (Auditorium)

Free to OLLI Members

Seating is limited; **please register early and no later than April 1**

Audience members
register with the section below:

NLLL 001 Section 02
Course No. 23943

Reading or reciting, please
register with the section below:

NLLL 001 Section 03
Course No. 23944

Lifelong
Learning
is a shared
adventure

A Taste of OLLI Poetry Fair

April is Poetry Month! Come join Dr. Patricia Cherin, CSUDH Professor Emeritus, and her special guest, Robyn McGee, a Los Angeles-based author and adjunct professor of Women's Studies, Ethnic Studies and Humanities at Compton College, for OLLI's seventh annual Poetry Month Celebration. OLLI Members are invited to participate by reading their own poetry or a favorite poem.

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

Music, light refreshments and enjoyment for all.



Friends don't let Friends miss out on OLLI!

Interested in experiencing a taste of OLLI before enrolling as a member? The **Taste of OLLI Poetry Fair** is a great way to get to "try before you buy."

By now your friends know how much you are enjoying your membership in OLLI@CSUDH and all the lifelong learning opportunities it has to offer. Why not invite a friend to join you, as your guest, when attending the Taste of OLLI Poetry Fair this year? Our belief is once your friend gets a Taste of OLLI; they will want to become a member and continue learning with us as we continue to create our shared adventures!

**“South Pacific”
Presented by Cup of Waters Players**

NEW!



The Cup of Water Players presents South Pacific—a one-hour version of the musical with such songs as ‘Bali Hai,’ ‘Some Enchanted Evening,’ ‘Honey Bun,’ ‘Happy Talk,’ ‘This Nearly Was Mine,’ and many more. There will be a cast of 6 performers, with OLLI Member

and Volunteer Deborah Strayhand as Bloody Mary.

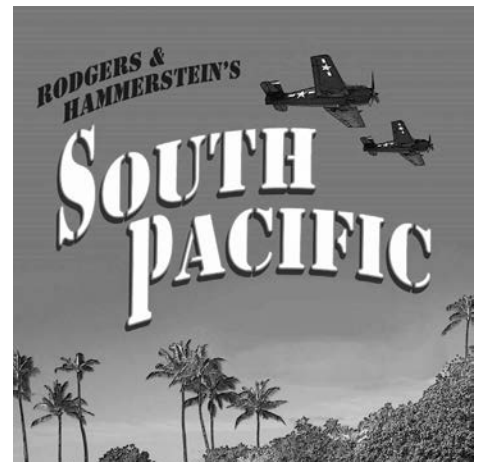
Cup of Waters Players is a group of theatrical players who perform on the stage of life. “We take the gift of musical theatre and drama to those who can’t come to us, and we do it for love: the love of theatre, the love of music, and the love of those in need.”

Thursday, **April 23**
10:00am – 12:00pm

Extended Education Building,
EE-1213 (Auditorium)

Fee: \$5 (Donation for the
Cup of Water Players)

NLLL 001 Section 05
Course No. 23946



**Important Announcement:
Renew Your OLLI Membership**

To participate in OLLI courses, your membership must be current. The cost is only \$30 for an annual membership. If your membership has lapsed, please sign up as soon as possible. If you aren’t sure whether your membership is current, call the Registration office at **(310) 243-3741**.

**OSHER LECTURE SERIES
Save the Date!**

■ **The Educational Activism of
Black Women in California**

Wednesday, **February 12**
10:00am – 12:00pm
(See page 25)



Alicia Garza, photo: Kristin Little Photography

SPECIAL EVENTS

Friday, **June 19**

1:00pm – 4:00pm

Extended Education Building,
EE-1213 (Auditorium)

**Participants must register
by June 12**

Fees:

OLLI members: \$15

Non-OLLI members: \$20

Registration is required.

OLLI Members Only:

NLLL 180 Section 01

Course No. 31008

Non-OLLI Members:

NLLL 251 Section 02

Course No. 31009



Juneteenth Celebration: The Stories We Tell, The Games We Play



On **June 19, 1865** African-American slaves in the state of Texas finally received official notice that they were emancipated. Ever since that day, annual celebrations began in Texas and spread across the country. Join us on June 19 for the 9th Annual OLLI Juneteenth Celebration. The afternoon will be fun-filled with entertainment, food, exploration of cultural practices and contributions of African-Americans to American society.

Juneteenth is a day of celebration! Please accept this invitation since it acknowledges the culture and history of African-Americans in the United States.





OLLI's Peer-led Program— Omnilore

Recently celebrating its 29th anniversary, Omnilore is OLLI's peer-led group, a learning-in-retirement community of approximately 300 seniors who organize study/discussion groups on dozens of diverse topics that are conceived, planned and directed by the Members. Omnilore is open to active OLLI Members who seek intellectual stimulation and the challenge of shared inquiry.



PEER-LED CLASSES (Omnilore)

Before registering in the peer-led program, an orientation session is required. Please **RSVP** to **(310) 215-1848** at least 3 days prior. Directions and parking information will be provided.



Beach Cities Health Center

Lower Level Suites L8 & L9
514 N Prospect Ave
Redondo Beach, CA 90277

www.omnilore.org

OLLI's Peer-led (Omnilore) Orientation

The peer-led program of OLLI at CSUDH is known as Omnilore. The study/discussion group is the core of the peer-led program. Within the group, each member participates by choosing a topic related to the subject under study, doing research on it and then presenting the information to the group. Some study/discussion groups are structured around a book, which all members read and discuss as part of the meetings. Groups meet for two hours twice each month, 8 meetings for a total of 16 hours. The exact time of each class is set by the participants.

Please note that the books listed for each course are only possible candidates. Do not buy any until the pre-meeting and a decision on the common reading is made.

Holiday periods are adapted to by individual class voting.

Although the Spring orientation dates have passed, you can prepare for the following trimester by attending orientation meetings on Friday, **February 21** at 1:30 pm in L9 or Wednesday, **March 18** at 10:00 am in L8.

Call **(310) 215-1848** for more details and payment information, or visit the Omnilore website at www.omnilore.org

Spring classes start in May and end in August.
Fall classes start in September and end in December.

The Forum (Speaker Luncheon)

The Forum is a special luncheon held by Omnilore (OLLI's peer-led learning group) every quarter which features a speaker on a variety of topics. It is a social as well as an educational event. Open to members and non-members, reservations must be received 10 days prior to the event. Cost is \$27. Speakers have included best-selling authors, public affairs experts, college professors, magazine and newspaper columnists, music, art and food experts, librarians as well as many other specialists.

For further information or to make a reservation for attendance, please e-mail Forum@Omnilore.org.

Questions? Contact **Linda Jenson (310) 375-7693**.

Omnilore Topics Offered For Spring 2020

Please note that the books listed for each course are only possible candidates. Do not buy any until the pre-meeting and a decision on the common reading is made.

(AIM) Artificial Intelligence in Medicine

Artificial Intelligence can clearly assist in providing better and less costly medical treatment. This will relieve physicians of complex data analysis functions and free them to provide more attention to psychological and “human” aspects of medical care. Now, a patient may be subjected to many-dimensional data collection in the course of routine examinations. Properly programmed computers can analyze the results of such tests and suggest possible diagnoses and even treatments better than even the smartest of humans. Some doctors are beginning to accept this, including the author of our common reading.

Presentations might include: the data complexity of modern medicine; how “deep learning” can process diagnostic test results better than humans; examples of test interpretations performed by machine, e.g., DNA, chest X-ray images, etc.

(AMR) The Soul of America

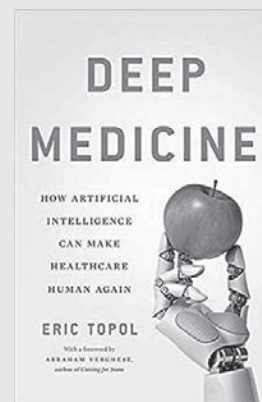
In an effort to understand the present moment in American politics and life, this S/DG will look back at critical times in our history when hope overcame division and fear. What were those times when presidents and citizens came together to defeat the forces of anger, intolerance and extremism? What can we learn from our past and give direction and optimism for our future?

In our common reading, Pulitzer Prize-winning author Jon Meacham shows us how what Abraham Lincoln called “the better angels of our nature” have repeatedly won the day. Seven lengthy chapters describe some of America’s dark moments, with a heavy emphasis of what the President did (and didn’t do) in these moments of crisis. Each of these dramatic hours in our national life has been shaped by the contest to lead the country to look forward rather than back, to assert hope over fear.

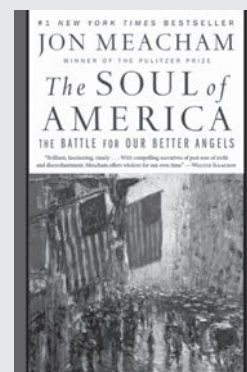
Classes start **January 2, 2020**
and end **April 30, 2020**

Holiday periods are adapted to by individual class voting.

Common Reading:
Deep Medicine: How Artificial Intelligence Can Make Healthcare Human Again, by Eric Topol
(Basic, March 2019)

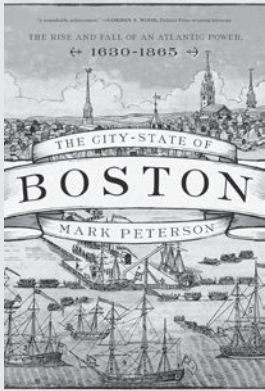


Common Reading:
The Soul of America: The Battle for Our Better Angels
by Jon Meacham (May 2018)



Common Reading:

The City-State of Boston: The Rise and Fall of an Atlantic Power, 1630-1865, by Mark Peterson (2019)

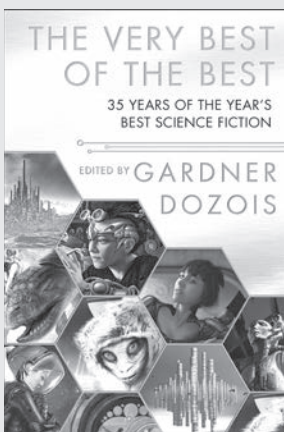


(BOS) Rise and Fall of Boston

Boston was founded by the English Puritans, who set the cultural tone of the northern tier of the United States through much of our history. Boston became a major economic and cultural hub and politically led the way to independence, the “Cradle of Liberty.” The Puritans were religiously intolerant, exiling, torturing, and even killing people of other religious positions. They dealt in slaves and processed the cotton from the South, and they “stole” the technology of the textile mills from England in order to do so. Bostonians were an important part of the abolition movement and the Reconstruction after the Civil War; but that also marked the beginning of their decline in national importance. As a result of their Puritan background, Bostonians did not respond well to the influx of immigrants in the 1800s. Boston became dominated by the Roman Catholic Church. This S/DG will examine this important aspect of U.S. history with an eye to why our country is in the condition it is now.

Common Reading:

The Very Best of the Best: 35 Years of The Year's Best Science Fiction, by Gardner Dozois (February 2019)



(BSF) The Very Best of The Best Science Fiction – Short Stories

For the first time in a decade, a compilation of the very best in science fiction, from a world authority on the genre.

For decades, the Year's Best Science Fiction has been the most widely read short science fiction anthology of its kind. Now, after thirty-five annual collections comes the ultimate in science fiction anthologies. In “The Very Best of the Best,” legendary editor Gardner Dozois selects the finest short stories of 2002-2017 for this landmark collection.

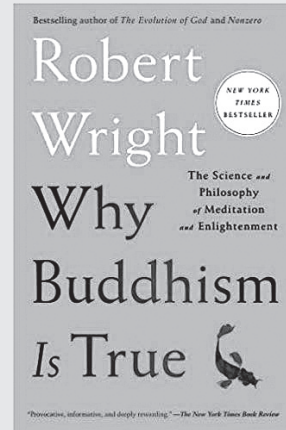
(BUD) Buddhism

Mindfulness...Being Present...Meditation. These are common terms used to encourage participants to see the world, including ourselves, more clearly and to gain a deep sense of belonging, contentment, and happiness at a time when technological distraction and social division separate us further from one another.

This S/DG will use the book *Why Buddhism Is True* as the basis for exploring this topic of “western Buddhism” or “secular Buddhism.” In it, the author shows how taking the idea of meditation and its practice seriously can improve your life by loosening the grip of anxiety, regret, and hatred, and deepening your appreciation of beauty and nature.

Common Reading:

Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment, by Robert Wright (August 2017)



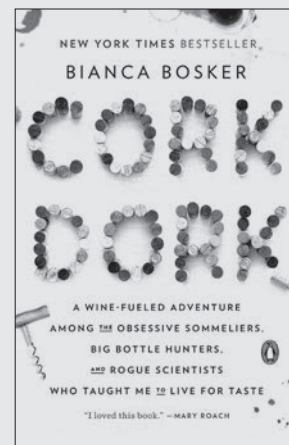
(CRK) Cork Dork

Professional journalist and amateur drinker Bianca Bosker didn't know much about wine—until she discovered an alternate universe where taste reigns supreme, a world of elite sommeliers who dedicate their lives to the pursuit of flavor. Astounded by their fervor and seemingly superhuman sensory powers, she set out to uncover what drove their obsession, and whether she, too, could become a “cork dork.”

With boundless curiosity, humor, and a healthy dose of skepticism, our author takes the reader inside underground tasting groups, exclusive New York City restaurants, California mass-market wine factories, and even a neuroscientist's fMRI machine as she attempts to answer the most nagging question of all: What's the big deal about wine? What she learns will change the way you drink wine—and, perhaps, the way you live—forever.

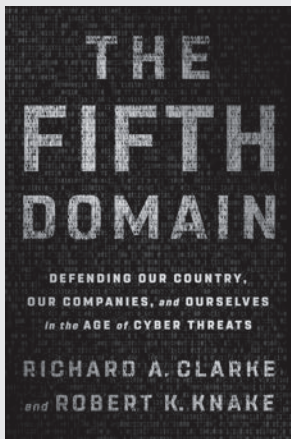
Common Reading:

Cork Dork: A Wine-Fueled Adventure Among the Obsessive Sommeliers, Big Bottle Hunters, and Rogue Scientists Who Taught Me to Live for Taste, by Bianca Bosker (March 2017)



Common Reading:

The Fifth Domain: Defending Our Country, Our Companies and Ourselves in the Age of Cyber Threats, by Richard Clarke (July 2019)



(CYB) Defending Our Country, Our Companies and Ourselves in the Age of Cyber Threats

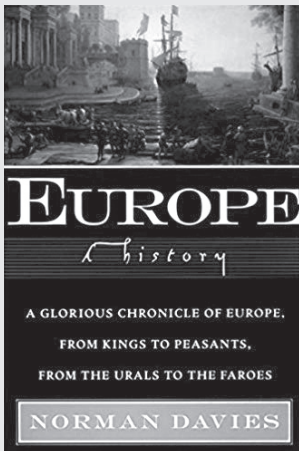
We hear stories about cyber-attacks taking down banks and hospitals, demands for ransom in untraceable cryptocurrency, and the vulnerability of our power grid. Hearing stories like this, most Americans think the news is bleak, defense is futile and major cyber-attacks from Russia, China or North Korea are inevitable. But there is reason for optimism.

Not so long ago, the technology did not exist for companies to robustly defend themselves from cyber-criminals and attacks from hostile countries. Over the past 10 years, there has been encouraging news from the cyber realm. Many U.S. corporations have found ways to defend themselves within our own country or abroad. There are dozens of tools that companies can use to minimize their digital risks and defend themselves in cyberspace.

Government agencies, on the other hand, are poorly defended, and this is true at the city, county, state and national level. Many utilities, such as power and gas companies, are also vulnerable targets for hackers. Even more troubling is the inadequate protection of our military systems, including jet fighters, warships and missiles. Increasingly, we are gaining the defensive technologies we need, but we are not taking cyber security seriously enough to commit the manpower and dollars to its implementation.

Common Reading:

Europe: A History, by Norman Davies (January 1998)



(EUR) Europe: A History, Part 2

How did Europe evolve from the last Ice Age to the European Union? British historian Norman Davies' scholarly, insightful and witty paperback outlines the process while untangling the complexities of European history. Not just a history of states, the book takes into account all the in-betweens, minority peoples, and the nations without statehood. The book is a holistic history for those who wish to have a good grounding in European history or want to refresh their memories about common culture and political heritage. The first half of the book, from Pre-history to about 1450 A.D., is being covered during the Fall 2019 term.

During the Spring 2020 trimester, we will cover the Renaissance and the Reformation (1450-1670) up to the modern period (1945-1991). It is not necessary to have attended the fall sessions to be a member in the spring. Warning: common reading is quite demanding; we will be reading and discussing over 500 pages of material.

(ELD) Elderhood

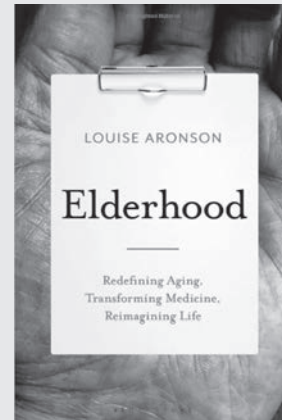
For years “old” has been defined as beginning between the ages of sixty and seventy. That means most people alive today will spend more years in elderhood than in childhood and many will be elders for forty years or more. One hindrance to society’s fuller understanding of aging is that people rarely understand the process of aging until they reach old age themselves. Therefore, myths and assumptions about the elderly and aging are common.

The current growth of the population ages 65 and older, driven in large by the baby boom generation, is unprecedented in U.S. history and gives rise to an anti-ageing market growing rapidly in today’s world.

Louise Aronson, geriatrician, educator and professor of medicine writes: “People look at geriatrics and old age as the thing that happens before you die. No. It lasts decades and has all these stages and substages and most of them are quite wonderful for most people.”

This S/DG will examine the facts and the myths about aging. This in-depth exploration can result in gaining more scientific insight, philosophical wisdom and wise counsel for a journey and destination we all share.

Common Reading:
Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life,
 by Dr. Louise Aronson (June 2019)



(GEN) 21st Century Genetics

After billions of years of random DNA copying errors, a single-cell organism evolved into homo sapiens. Now, however, the principles of Darwinian evolution are themselves changing. From this point on, the changes no longer rely on randomness and natural selection.

Genetics is already being used to determine if a couple’s genes may cause a genetic disease found in their ethnic group. While eliminating catastrophic genetic diseases should pose minimal objections, there are still many more questions about gene therapy.

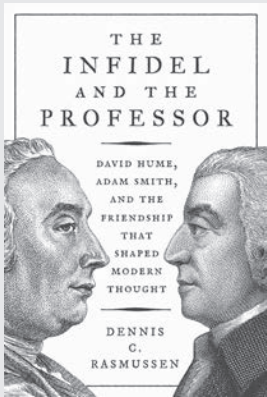
Our common reading discusses in layman terms our current genetic knowledge, engineering abilities, ethical questions and the effect that engineering may have on medicine, sex, love and death. It fluctuates between exuberance in what can be done and concerns in what may unintentionally be done.

Common Reading:
Hacking Darwin: Genetic Engineering and the Future of Humanity by Jamie Metzl
 (April 2019)



Common Reading:

The Infidel and the Professor: David Hume, Adam Smith, and the Friendship That Shaped Modern Thought by Dennis C. Rasmussen
(Princeton; September 2017)

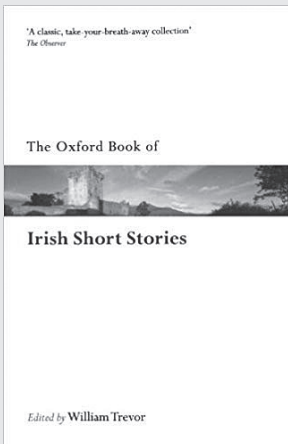


(INF) The Infidel and the Professor

This is the story of the greatest of all philosophical friendships and how it influenced modern thought. David Hume is widely regarded as the most important philosopher ever to write in English, but during his lifetime he was attacked as “the Great Infidel” for his skeptical religious views and deemed unfit to teach the young. In contrast, Adam Smith was a revered professor of moral philosophy, and is now often hailed as the founding father of capitalism. Remarkably, the two were best friends for most of their adult lives, sharing what Dennis Rasmussen calls the greatest of all philosophical friendships. *The Infidel and the Professor* is the first book to tell the fascinating story of the friendship of these towering Enlightenment thinkers and how it influenced their world-changing ideas.

Common Reading:

The Oxford Book of Irish Short Stories,
edited by William Trevor (1989)



(ISS) Irish Short Stories

Ireland has always been a nation of story-tellers. Tall stories, simple stories, stories of mystery, love, violence and wonder are all part of Irish conversation. What began as both entertainment and communication through the spoken word, grew into a literary form no other country can match. The stories give great insight to Irish history and culture, and show how the people adapted to hard times and the repressive power of the church.

Stories in this collection were selected by William Trevor who some describe as the finest short-story writer in the English language. Included are stories written by Frank O'Connor, James Joyce, Oscar Wilde, Edna O'Brien and many more. They range from 17th century folk tales to modern short stories. We will not only read and discuss the stories, we will get to know Ireland, her culture and her people.

(LAA) LA Architecture

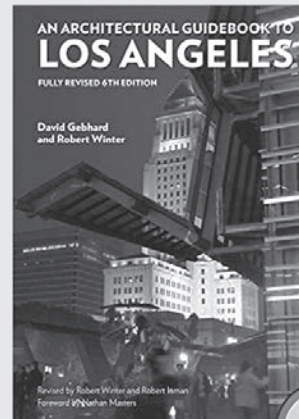
Architecture has generally been a succession of distinct styles. This changed in the nineteenth and early twentieth centuries when revivals became the style. Near the middle of the twentieth century a growing distaste for this condition resulted in a dramatic shift in theory and slowly in practice, and we will be examining this as seen in Los Angeles.

This is a survey of the built environment and building styles preserved in the Los Angeles area. The group can decide on trips to specific sites or schedule some LA Conservancy walking tours of key architectural sites.

The possibilities are endless: the steel and glass architects; the Wright tradition of organic architecture in LA; twenty Historic Preservation Overlay Zones; architecture of LA museums, LA bridges and freeways, religious structures; libraries; performing arts spaces in LA, the movie palaces, the Music Center, Disney Hall, and the other 30+ designated theater historic-cultural monuments.

Common Reading:

An Architectural Guidebook to Los Angeles, by Robert Winter, David Gebhard, et al. (Fully Revised 6th Edition; December 2018; paperback)



(LSD) How to Change Your Mind

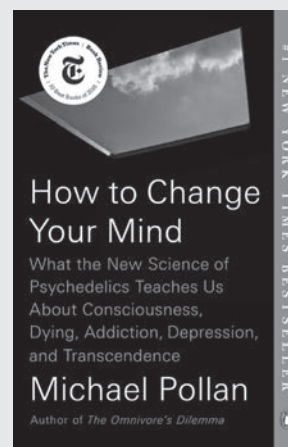
In the 1960s, as a handful of scientific evangelists such as Timothy Leary were researching how psychedelics might be used in the treatment of illness, they inadvertently catalyzed a powerful backlash against their cause.

This S/DG will research how psychedelic drugs are now being used to provide relief to people who suffer from challenging conditions such as depression, addiction, and anxiety; it will also delve into how these drugs can be used by healthy people to deal with the challenges of everyday life.

We will explore various altered states of consciousness, dive deeply into the latest brain science and the thriving underground community of psychedelic therapists, and attempt to separate the truth about these mysterious drugs from the myths that have surrounded them for the last 50 years.

Common Reading:

How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence, by Michael Pollan (May 2018)



Common Reading:
Selected Plays

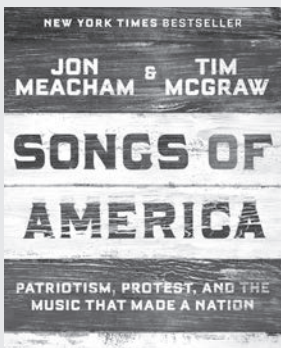


(SHK) Shakespeare: All The World's a Stage...

The Omnilorean New Globe Players plan a fun January-April 2020 season! With players standing and with a few props, we will do reading walk-throughs of three of Shakespeare's plays. Usually we read one History play, one Comedy, and one Tragedy, but sometimes we read two or three Comedies depending on preferences expressed at the pre-meeting in December.

Class members will learn how to research all perspectives of Shakespeare's works — sources upon which the Bard builds rich characters and enhances the plots, how to play each character "in character," themes, symbols, images, motifs, and commentary on issues of the day. Members will leave this class with a fuller understanding of the masterful story construction, realistic characters with depth and humanity, and the rich, evocative language which have earned William Shakespeare the title of greatest writer in the English language.

Common Reading:
Songs of America: Patriotism, Protest, and the Music that Made a Nation, by Jon Meacham and Tim McGraw (June 2019)



(SOA) Songs of America

Through all the years of strife and triumph, America has been shaped not just by our elected leaders and our formal politics but also by our music—by the lyrics, performers, and instrumentals that have helped to carry us through the dark days and to celebrate the bright ones. From "The Star-Spangled Banner" to "Born in the U.S.A.," Pulitzer-Prize winning historian Jon Meacham and country music legend Tim McGraw team up to take readers on a moving and insightful journey through eras in American history and the songs and performers that inspired us. Meacham chronicles our history, exploring the stories behind the songs, and McGraw reflects on them as an artist and performer. Their perspectives combine to create a unique view of the role music has played in uniting and shaping a nation. Meacham and McGraw explore the songs that defined generations, and the cultural and political climates that produced them.

A program for OLLI Members who want to participate in University courses

Eligibility to enroll in regular campus courses through the OLLI University program for a significantly reduced fee is one of the membership benefits of OLLI at CSUDH.

The OLLI University program allows individuals to enroll in regular campus classes without being admitted to the University. Transcripts, application and other documentation are not required. However, instructor permission is required to participate in a course, and OLLI University students are accepted on a space available basis.

The regular Open University fee is \$311 per unit for undergraduate courses, and \$369 per unit for graduate courses, but OLLI Members may audit courses for only **\$30 per unit**.

The process is easy.

1. Pick up an Open University class schedule from the Extended Education Registration office.
2. Find the course you would like to enroll in.
3. Fill out the registration forms in the Open University class schedule.
4. Bring the completed registration form to the first class meeting and ask the instructor to sign the form.
5. Then return the signed and completed form to the Extended Education Registration office and pay fees.
6. You will be enrolled in the course on an audit basis and receive an "AU" on your transcript for the course.



Note: Enrollment as an auditor means the student does not take tests or complete graded assignments. At the discretion of the instructor, an auditor may be required to participate in classroom activities.

You are invited to view the **Open University Class Schedule** online by visiting the Extended Education website at www.csudh.edu/ceie

Save the Dates!

■ Ballroom and Social Dance

Saturdays, **January 25**

February 1, 8, 15, 22, 29

March 7, 14, 21, 28

April 4, 11, 18, 25

May 2, 9, 16, 23, 30

1:30pm – 3:10pm

(See page 43)



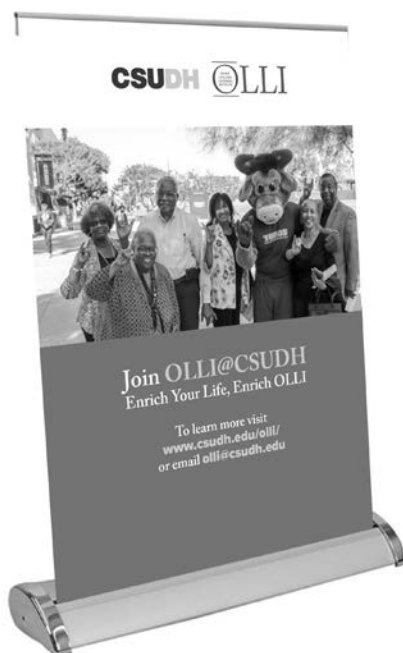
OLLI Sponsors & Contributors

OLLI at CSUDH Invites Sponsors and Contributors

CSUDH, through the Osher Lifelong Learning Institute, provides college-level experiences and activities to community residents 50+ years of age who become Members.

Individuals, businesses, and organizations who wish to support the goal of expanding OLLI programs to meet the intellectual and social needs of older learners, please contact the OLLI office at **(310) 243-3208** or **olli@csudh.edu** to discuss a tax-deductible donation or sponsorship.

Everyone brings valuable knowledge and experience to the organization. Look for calls for volunteers or call our OLLI office at **(310) 243-3208** to say that you are interested in becoming an OLLI volunteer.



OLLI at CSUDH Volunteer Opportunities

OLLI is a volunteer organization that depends on the involvement of its membership to function and grow. We are looking for individuals who would like to lend their skills to the day-to-day administration of classes and to planning courses, activities and publications.

Please see the **Volunteer Checklist** on the **Gold Fall Registration Form** for a complete list of opportunities, and to signify your interest in volunteering.

Here are some of the ways you can share your love for OLLI at CSUDH:

Activities—Coordinate field trips, special events, and ad hoc offsite activities.

Communications—Develop Membership publications.

Curriculum Committee—Develop ideas for courses, lectures, computer workshops, discussion groups and field trips; identify instructors from CSUDH faculty, community experts, and OLLI Members; organize class schedules, and publish the OLLI catalogs.

Fundraising Committee—Work with the program leadership to establish fun and learning events to invite members, prospective members and donors to. Tasks include assuring that every OLLI donor feels thanked and valued. Fundraising training will be provided.

Hospitality—Organize and coordinate the social aspects of OLLI at CSUDH events like Open House, the holiday party, Juneteenth Celebration and the annual meeting.

OLLI Speakers' Bureau—Help promote OLLI to seniors throughout the South Bay for the purpose of increasing OLLI membership. As part of a team, speakers will work in groups of two to meet, present, and share information about OLLI to others. All volunteers will be trained.

Membership—Conduct activities to welcome new members to OLLI at CSUDH and coordinate distribution of course catalogs.

Ambassador Committee—Assist with special events, reminder phone calls, special mailings, survey reviews, etc., supports OLLI instructors in class, and represents OLLI at designated South Bay events. Committee members are also responsible for greeting OLLI Members, instructors and visitors at meetings and events.

**Do What You Love
and Love What You Do at OLLI@CSUDH**



Osher Lifelong Learning at California State University, Dominguez Hills is a volunteer-member driven program

whose culture springs from a sense of belonging and a shared commitment. Whether it is telling a friend, facilitating a class, coordinating an event, raising funds, or serving on a committee to build a sustainable OLLI program we need members like you.

Active members are the creative lifeblood of OLLI@CSUDH program. Volunteer-Members are involved in many aspects of the OLLI@CSUDH program. Enthusiastic volunteers work with the OLLI staff members to bring OLLI classes, lectures, events, and programs and we are always looking for fresh ideas, new talents and skills.

There are several ways to get involved.

Want to help every once in a while, when you have an hour or two available? Become an event volunteer. Want to plan quarterly events with a minimum meeting-time commitment? Join a party planning committee. Looking for a way to connect with members on an ongoing basis, using your talent and expertise to work in a variety of areas from making phone calls to developing curriculum to arranging field-trip transportation. OLLI@CSUDH has the need and committee to match your area of interest to do what you love and love what you do.

***"Volunteerism —
the Greatest Gift you can
give someone is your TIME,
because when you give your
TIME, you are giving a
portion of your LIFE that you
will never get back."***



Facilitators: **OLLI Volunteers and Staff**, OLLI Members and OLLI Office Staff

Friday, **January 31**
12:30pm - 1:30pm

Extended Education Building, EE-1209

Free to OLLI Members and Guests
(Non-OLLI Members)

Please RSVP

**Become a
friend of OLLI!
Donate your time
and expertise.**



OLLI@CSUDH Codes of Conduct



Osher Lifelong Learning Institute at California State University, Dominguez Hills (OLLI@CSUDH) is a community of active mature lifelong learners. The College of Extended and International

Education (CEIE) 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.

CEIE leadership is 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 CEIE Leadership.

OLLI More.
Live More.



Amy Michele Allen, CSUDH Assistant Professor, Dance

Brian Deal, Business Development Manager, Southern California



Jozben Barrett, actor, director, producer, and CSUDH Lecturer, Speech, Theatre Arts



Valerie Dingwall, a 9-Year OLLI Member and Historian, OLLI Curriculum Committee Member



Rich Abele, a 1-Year OLLI Member and a veteran of five Antarctica expeditions and tour guide aboard the museum battleship USS IOWA (BB-61).



Jay Edie, OLLI and Omnilore Member



Peggy Barton, a 5-Year OLLI Member, is a retired educator and CAAM docent member.



Maria Enriquez, Artist, Professor and Author of *Mi Sombra, My Shadow*



Norma Bates, a 10-Year OLLI Member, OLLI Arts and Crafts Instructor.



Sherry Erickson, Director, Cup of Water Players



Elias Bonaducci, Ph.D. Philosophy, Master's in Forensic Sciences, Licensed Director of Life and Health, Mortician and Funeral Director.



Salim Faraji, Ph.D. Professor of Africana Studies, CSUDH



Dr. Maria Capaldo, is a Gynecologist, recently retired, in practice for 35 years.



Yolanda Fielder, a 2-Year OLLI Member and Millinery/Hat Instructor, CSUDH Alumni, and City of Carson Women's Issues Commissioner



Janice Champion, a 9-Year OLLI and Omnilore Member, Urban Hiking Guide and Travel Buddy for the On the Move Riders Club



Lori Davidson-Fox, OLLI Member and Urban Hiking Guide



Patricia Cherin, Ph.D., Emeritus Faculty, Interdisciplinary Studies, President of the Emeritus Faculty Association, CSUDH



Chet Hanley, Lecturer for DHTV at CSUDH/LA 36, Broadcast on channel LA 36. Retired teacher, program coordinator and administrator for LAUSD



Mario Congreve Staff Member, Award-winning Documentarian, CSUDH Alumnus



Donald Teruo Hata, Ph.D., Emeritus Professor of History, CSUDH

SPRING 2020 OLLI@CSUDH INSTRUCTORS



Jared Head, NASA Ambassador & Speaker



Jeff Hendrix, CSUDH Dance Faculty, M.F.A., Ballroom and Social Dance Instructor



Kelly Herman, is adjunct faculty at CSUDH, and an actress in professional theatre, television, and film.



Vickie Intriago is a Registered Representative and Securities are offered through Centaurus Financial, Member FINRA/SIPC.



Rick Irons, a 5-Year OLLI Member, a creative Graphic Artist and Toy Designer



Denise Jefferson, a 4-Year OLLI Member, co-Chair of OLLI Speakers' Bureau



Joy Jurena, OLLI Member, RN, MHA, Wellness Advocate



Linda Kahn, a 3-Year OLLI Member and T'ai Chi Chuan for Beginners Instructor



Claire Li, OLLI Member, former university professor in China



Yvette Mack, Library Administration, CSUDH Library



Brooke McIntyre Tuley, is a reproductive health educator with over 40 years of health education in the community



Donald Means, a 10-Year OLLI Member, Social Tennis for Seniors' Coach



Norman Morris, OLLI Member, OLLI@CSUDH Official Photographer and Videographer



Askia Muwwakkil, Holistic Practitioner, Motivational Speaker and Herbalist.



Susan Needham, CSUDH Faculty, Anthropology



Donna Nicol, Professor of Africana Studies, CSUDH



Nicole Pacada OLLI Program Assistant



John Powers cultural programs producer, City of Torrance and El Camino College, and creator of "Works in Progress," at Nakano Theater.

Joyce Renge, OLLI Member



Maria Ruiz, a 9-Year OLLI and Omnilore Member, District Toastmasters Qualified Speaker, director, drama guru, and Dramatic Readers Theater producer.



Vandan R. Sheth, RDN, CDE, FAND, Registered Dietitian Nutritionist, Certified Diabetes Educator, author and Spokesperson for the Academy of Nutrition and Dietetics



Grace Talusan, author of New York Times Editors' Choice bestseller *The Body Papers*



Eula Slater, a 10-Year OLLI Member, OLLI Ambassador Committee, OLLI Curriculum Committee, Registered Dietician



Laura L. Thatcher, Attorney at Law



Sovathana Sokhom, Adjunct Professor, CSUDH, Political Science



Chen Wei Tung, 4th Generation T'ai Chi Chuan Master, Tung Academy



Melvin Spears, an 8-year OLLI Member

Rose Vardanian, Speaker and Community Liaison for LA Opera Talks



Frankie Stewart, M.A., an 8-Year OLLI Member and CSUDH Alumna



Greg Wilson, Director, Gerth Archives & Special Collections, CSUDH Library



Fawn Supernaw, Academic Coordinator, American Language & Culture Program, CSUDH



Eileen R. Yoshimura, Director of Financial Management (Retired), Port of Los Angeles, OLLI Member

CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
NOTE: Classes in Bold indicate first meeting					
24-Jan	Fri	10:00am-12:00pm	EE-1213	OLLI Open House & Orientation	1
24-Jan	Fri	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
27-Jan	Mon	10:00am-12:00pm	EE-1213	American Rebels in Cuba	18
27-Jan	Mon	1:00am-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	32
28-Jan	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
29-Jan	Wed	11:00am-1:00pm	Off-campus	CAAM Museum	24
30-Jan	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
31-Jan	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
31-Jan	Fri	1:30pm-2:30pm	EE-1222	T'ai Chi Chuan for Beginners	29
31-Jan	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
1-Feb	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
3-Feb	Mon	10:00am-12:00pm	EE-1213	LA Opera Talks to the Community	10
3-Feb	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
4-Feb	Tue	10:00am-12:00pm	EE-1213	Ancient African Civilization of Nubia	23
4-Feb	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
7-Feb	Fri	10:00am-12:00pm	EE-1213	The Thrill of Sugar Hill	25
7-Feb	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
7-Feb	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
7-Feb	Fri	1:30pm-2:30pm	EE-1222	T'ai Chi Chuan for Beginners	29
7-Feb	Fri	3:00pm-4:30pm	Urban Farm	OLLI @ Campus Urban Farm	42
8-Feb	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
10-Feb	Mon	10:00am-12:00pm	Off-campus	LAX Airfield Tour	37
10-Feb	Mon	10:00am-12:00pm	EE-1222	Benefits of Preparing	22
10-Feb	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
11-Feb	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
11-Feb	Tue	12:00pm-3:00pm	EE-1201	Silk Handbag Scarf Painting	10
11-Feb	Tue	3:30pm-5:30pm	Levy Adult Center	Osher Lecture Series TBA	
12-Feb	Wed	10:00am-12:00pm	EE-1213	Educational Activism	IFC

EE = Extended Education Building, CSUDH

BCHC = Beach Cities Health Center, Suite L8

Campus Urban Farm = See map on page 76

GYM A-102 = Campus Gymnasium (Bldg 60 on the campus map)

Levy Adult Center = Room #2, Torrance

LVCC = Los Verdes Country Club

Tennis Courts = CSUDH Tennis Courts

CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
NOTE: Classes in Bold indicate first meeting					
12-Feb	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
13-Feb	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
14-Feb	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
14-Feb	Fri	1:30pm-2:30pm	EE-1222	T'ai Chi Chuan for Beginners	29
15-Feb	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
14-Feb	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
17-Mon	Fri	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
18-Feb	Tue	10:00am-12:00pm	EE-1213	Live Long and Prosper	24
18-Feb	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
18-Feb	Tue	12:00pm-3:00pm	EE-1201	Silk Handbag Scarf Painting	10
19-Feb	Wed	10:00am-1:00pm	EE-1213	Have We Learned Our Lesson? WWII Incarceration of Nikkei/ Dr. Hata	20
19-Feb	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
20-Feb	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
20-Feb	Thur	8:00pm-10:00pm	University Theatre	Seven Guitars by August Wilson	45
21-Feb	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
21-Feb	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
21-Feb	Fri	1:30pm-2:30pm	EE-1222	T'ai Chi Chuan for Beginners	29
21-Feb	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
22-Feb	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
24-Feb	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
24-Feb	Mon	1:30am-3:30pm	EE-1213	NASA on Climate Change	31
25-Feb	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
27-Feb	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
27-Feb	Thur	10:00am-12:00pm	EE-1206	Thursday Morning Book Club	33
28-Feb	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
28-Feb	Fri	1:30pm-2:30pm	EE-1222	T'ai Chi Chuan for Beginners	29
28-Feb	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
29-Feb	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
2-Mar	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
2-Mar	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
2-Mar	Mon	1:00pm-3:30pm	EE-1201	Let's Paint a Picture	8
2-Mar	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14

CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
NOTE: Classes in Bold indicate first meeting					
3-Mar	Tues	10:00am-12:30pm	EE-1213	Info Session: OLLI @ CSUDH Goes to Washington DC	36
4-Mar	Wed	10:00am-11:30am	EE-1222	Mexico's Rich Culture	9
5-Mar	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
5-Mar	Thur	1:30pm-3:30pm	EE-1201	Living Well for Older Adults	15
6-Mar	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
6-Mar	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
6-Mar	Fri	1:30pm-2:30pm	EE-1222	T'ai Chi Chuan for Beginners	29
6-Mar	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
7-Mar	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
9-Mar	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
9-Mar	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
9-Mar	Mon	1:00pm-3:30pm	EE-1201	Let's Paint a Picture	8
10-Mar	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
10-Mar	Tue	10:00am-12:00pm	EE-1218	The Treasure Map Seminar	22
10-Mar	Tue	3:30pm-5:30pm	Levy Adult Center	Osher Lecture Series TBA	
11-Mar	Wed	10:00am-12:00pm	EE-1213	Osher Lecture Series	IFC
11-Mar	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
12-Mar	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
12-Mar	Thur	1:30pm-3:30pm	EE-1201	Living Well for Older Adults	15
13-Mar	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
13-Mar	Fri	10:00am-11:30am	Off-campus	Eating Healthy with Diabetes	40
13-Mar	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
14-Mar	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
16-Mar	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
16-Mar	Fri	1:00pm-2:30pm	Urban Farm	OLLI @ Campus Urban Farm	42
16-Mar	Fri	1:00pm-3:30pm	EE-1201	Let's Paint a Picture	8
17-Mar	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
17-Mar	Tue	10:30am-11:30am	Off-campus	Wells Fargo Muesum	39

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BCHC = Beach Cities Health Center, Suite L8

Campus Urban Farm = See map on page 76

GYM A-102 = Campus Gymnasium (Bldg 60 on the campus map)

Levy Adult Center = Room #2, Torrance

LIB = University Library See map on page 76

LVCC = Los Verdes Country Club

Tennis Courts = CSUDH Tennis Courts

CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
NOTE: Classes in Bold indicate first meeting					
18-Mar	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
19-Mar	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
19-Mar	Thur	1:30pm-3:30pm	EE-1201	Living Well for Older Adults	15
19-Mar	Thur	8:00pm-10:00pm	University Theatre	The Last Days of Judas Iscariot	45
20-Mar	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
20-Mar	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
20-Mar	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
21-Mar	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
23-Mar	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
23-Mar	Fri	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
23-Mar	Mon	1:00pm-3:30pm	EE-1201	Let's Paint a Picture	8
24-Mar	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
24-Mar	Tue	3:30pm-5:30pm	Levy Adult Center	Osher Lecture Series TBA	
25-Mar	Wed	10:00am-12:00pm	EE-1213	Osher Lecture Series	IFC
26-Mar	Thur	10:00am-12:00pm	EE-1206	Thursday Morning Book Club	33
26-Mar	Thur	1:30pm-3:30pm	EE-1201	Living Well for Older Adults	15
27-Mar	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
27-Mar	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
28-Mar	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
30-Mar	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
30-Mar	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
30-Mar	Mon	1:00am-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
30-Mar	Mon	1:00pm-3:30pm	EE-1201	Let's Paint a Picture	8
31-Mar	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
31-Mar	Tue	10:00am-11:30am	Off-campus	Eating Healthy with Diabetes	40
1-Apr	Wed	10:00am-12:00pm	Off-campus	Bixby Marshland - City of Carson	41
2-Apr	Thur	10:00am-12:00pm	LIB	10th Annual University Library Tour	43
2-Apr	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
2-Apr	Thur	1:30pm-3:30pm	EE-1201	Living Well for Older Adults	15
3-Apr	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
3-Apr	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
3-Apr	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42

CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
NOTE: Classes in Bold indicate first meeting					
4-Apr	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
6-Apr	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
6-Apr	Mon	10:00am-12:00pm	EE-1201	Ancient Civilizations of North America	35
6-Apr	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
6-Apr	Mon	1:00am-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
6-Apr	Mon	1:00pm-3:30pm	EE-1201	Let's Paint a Picture	8
7-Apr	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
7-Apr	Tue	11:30am-1:30pm	EE-1201	Crafts with Norma Bates	12
7-Apr	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
8-Apr	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
9-Apr	Thur	1:30pm-3:30pm	EE-1201	Living Well for Older Adults	15
9-Apr	Thur	10:00am-12:30pm	EE-1213	Classic Jazz 108: Beyond Category	6
10-Apr	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
10-Apr	Tue	10:00am-12:00pm	EE-1222	Benefits of Preparing	22
10-Apr	Fri	1:30pm-3:30pm	BCHC	Sexuality in the Golden Years	16
10-Apr	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
11-Apr	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
13-Apr	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
13-Apr	Mon	10:00am-12:00pm	EE-1201	Ancient Civilizations of North America	35
13-Apr	Mon	11:00am-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
13-Apr	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
14-Apr	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
14-Apr	Tue	11:30am-1:30pm	EE-1201	Crafts with Norma Bates	12
14-Apr	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
15-Apr	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
16-Apr	Thur	1:30pm-3:30pm	EE-1213	A Taste of OLLI Poetry	46
17-Apr	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
17-Apr	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
17-Apr	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42

EE = Extended Education Building, CSUDH
 BCHC = Beach Cities Health Center, Suite L8
 Campus Urban Farm = See map on page 76

Levy Adult Center = Room #2, Torrance
 LVCC = Los Verdes Country Club
 Tennis Courts = CSUDH Tennis Courts

CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
NOTE: Classes in Bold indicate first meeting					
18-Apr	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
20-Apr	Mon	9:00am-11:00am	EE-1222	ESL Conversation	11
20-Apr	Mon	10:00am-12:00pm	EE-1213	OLLI Members Meeting – Volunteer Appreciation	44
20-Apr	Mon	10:00am-12:00pm	EE-1201	Ancient Civilizations of North America	35
20-Apr	Mon	1:00am-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
20-Apr	Mon	12:00pm-3:00pm	EE-1201	Knitting a Sterling Silver Bracelet	12
20-Apr	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
21-Apr	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
21-Apr	Tue	10:00am -12:00pm	EE-1213	Ruby Ridge, WACO, and Oklahoma City	19
21-Apr	Tue	11:30am-1:30pm	EE-1201	Crafts with Norma Bates	12
21-Apr	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
22-Apr	Wed	10:00am-12:00pm	EE-1213	Iran by Rail	21
22-Apr	Wed	1:30am-3:30pm	Off-campus	Earth Day @ Mission San Juan Capistrano	36
23-Apr	Thur	10:00am-12:00pm	EE-1213	South Pacific by Cup of Water Players	47
23-Apr	Thur	10:00am-12:00pm	EE-1206	Thursday Morning Book Club	33
24-Apr	Thur	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
24-Apr	Thur	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
25-Apr	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
27-Apr	Mon	9:00am-11:00am	EE-1205	Urban Hiking	28
27-Apr	Mon	10:00am-12:00pm	EE-1201	Ancient Civilizations of North America	35
27-Apr	Mon	10:00am -12:00pm	EE-1213	Ruby Ridge, WACO, and Oklahoma City	19
27-Apr	Mon	12:00pm-3:00pm	EE-1201	Knitting a Sterling Silver Bracelet	12
27-Apr	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
27-Apr	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
28-Apr	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
28-Apr	Tue	11:30am-1:30pm	EE-1201	Crafts with Norma Bates	12
28-Apr	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
29-Apr	Wed	1:30pm-3:30pm	EE-1218	Inflammaging Revisted	16
30-Apr	Thur	8:00pm-10:00pm	University Theatre	Translucent	45
1-May	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
1-May	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
1-May	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42

CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
NOTE: Classes in Bold indicate first meeting					
2-May	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
4-May	Mon	9:00am-11:00am	Off-campus	Urban Hiking	28
4-May	Mon	10:00am-12:00pm	EE-1201	Ancient Civilizations of North America	35
4-May	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
4-May	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
5-May	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
5-May	Mon	10:00am -12:00pm	EE-1213	Ruby Ridge, WACO, and Oklahoma City	19
5-May	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
6-May	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
7-May	Thur	10:00am-12:00pm	EE-1217	Chinese Tea Tasting with Claire Li	26
7-May	Thur	1:30pm-3:30pm	EE-1201	Aging Gracefully and Gratefully	17
8-May	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
8-May	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
9-May	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
11-May	Mon	9:00am-11:00am	Off-campus	Urban Hiking	28
11-May	Mon	10:00am-12:00pm	EE-1201	Ancient Civilizations of North America	35
11-May	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
11-May	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
12-May	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
12-May	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
13-May	Wed	1:30pm-3:30pm	EE-1206	Let's Read a Play	7
13-May	Wed	10:00am-12:00pm	EE-1213	Cambodian Cultural Studies	28
13-May	Wed	10:00am-12:00pm	EE-1213	T'ai chi / Chen Wei Tung	29
14-May	Thur	10:00am-12:00pm	EE-1213	The Body Papers / Grace Talusan	30
14-May	Thur	1:30pm-3:30pm	EE-1201	Aging Gracefully and Gratefully	17
15-May	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
15-May	Fri	11:30am-1:30pm	EE-1221	Fun and Games	13
15-May	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
16-May	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43

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BCHC = Beach Cities Health Center, Suite L8

Campus Urban Farm = See map on page 76

GYM A-102 = Campus Gymnasium (Bldg 60 on the campus map)

Levy Adult Center = Room #2, Torrance

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Tennis Courts = CSUDH Tennis Courts

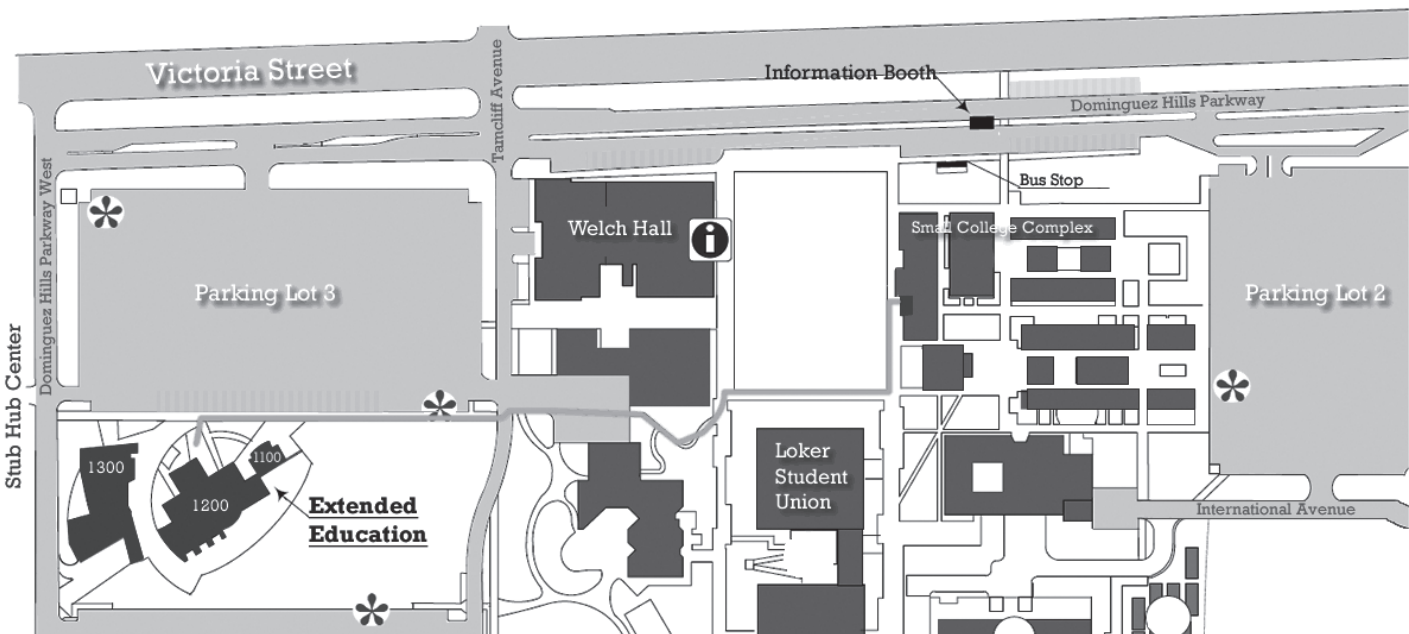
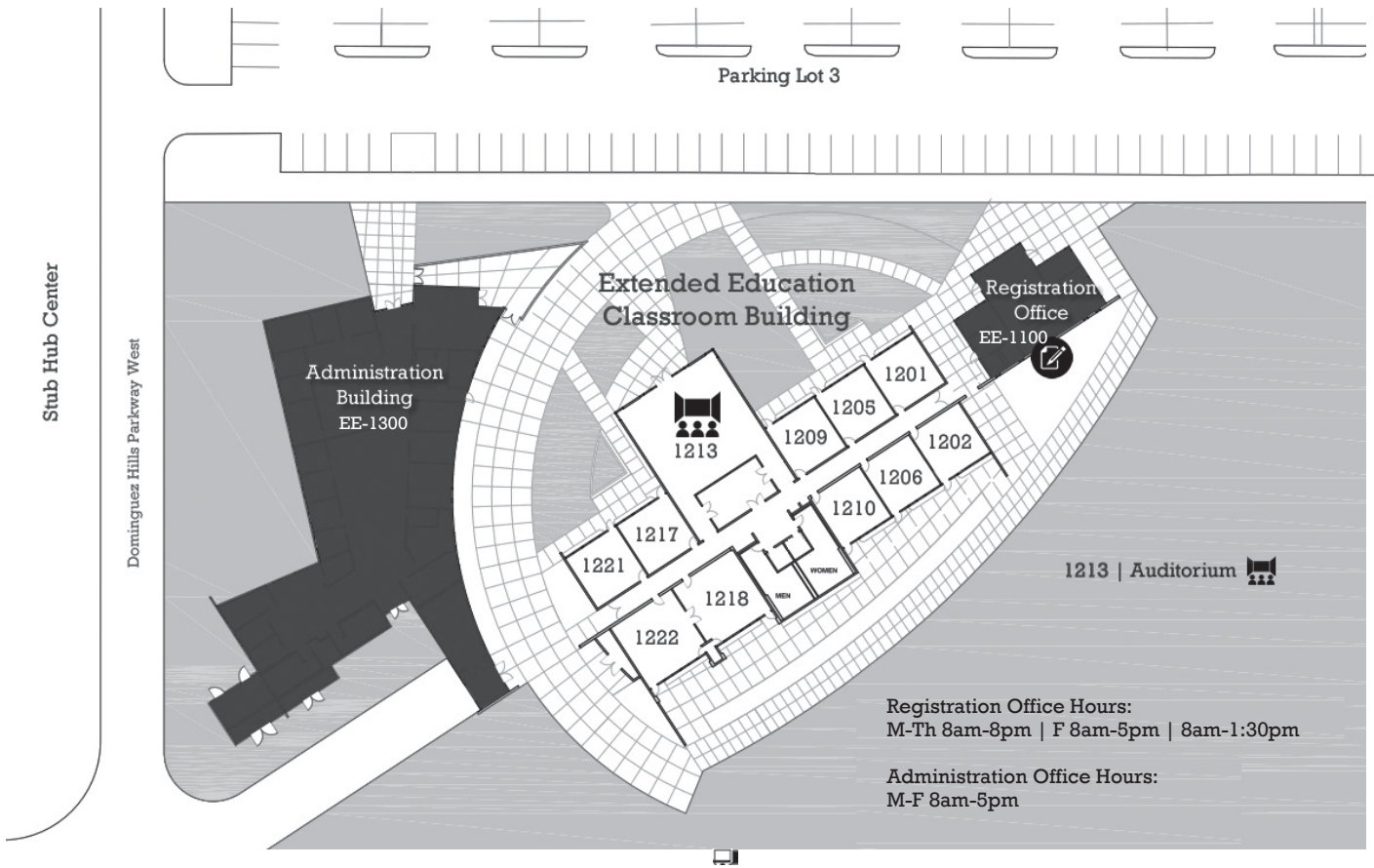
CHRONOLOGICAL LIST OF COURSES

Date	Day	Time	Location	Class Title	Pg #
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NOTE: Classes in **Bold** indicate first meeting

18-May	Mon	9:00am-11:00am	Off-campus	Urban Hiking	28
18-May	Mon	12:00pm-12:50pm	EE-1202	TED Talks at Lunch	34
18-May	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
19-May	Tue	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
19-May	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
21-May	Thur	10:00am-12:00pm	EE-1209	Mah-Jong: Chinese Game	27
21-May	Thur	1:30pm-3:30pm	EE-1201	Aging Gracefully and Gratefully	17
22-May	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
22-May	Fri	1:30pm-3:30pm	EE-1218	Search for Life Beyond Earth	31
22-May	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
23-May	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
25-May	Mon	1:00pm-2:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
26-May	Tue	10:00am -12:00pm	EE-1213	Ruby Ridge, WACO, and Oklahoma City	19
26-May	Tue	1:30pm-3:30pm	EE-1202	Crocheting for Health	17
27-May	Wed	10:00am-12:00pm & 12:30pm-2:30pm	off campus	Chen Art Gallery Chinese Dim Sum Luncheon	38
27-May	Wed	10:00am-12:00pm	EE-1213	Filipino and African Americans	30
28-May	Thur	10:00am-12:00pm	EE-1206	Thursday Morning Book Club	33
29-May	Fri	9:00am-11:00am	Tennis Courts	Social Tennis for Seniors	14
29-May	Fri	10:00am -12:00pm	EE-1213	Ruby Ridge, WACO, and Oklahoma City	19
29-May	Fri	2:30pm-4:00pm	Urban Farm	OLLI @ Campus Urban Farm	42
30-May	Sat	1:30pm-3:10pm	Gym A-102	Ballroom & Social Dance	43
9-Jun	Tue	10:00am - 12:00pm	EE-1213	Ruby Ridge, WACO, and Oklahoma City	19
19-Jun	Fr	1:00pm - 4:00pm	EE-1213	Junteenth Celebration	48

EXTENDED ED CLASSROOMS MAP



Extended Education | EE

- 1300 - Administration Building
- 1200 - Classroom Building
- 1100 - Registration Office

- 30-Minute Temporary Parking
- Parking Permit Kiosks
- Walking Route to Passport Center

California State University, Dominguez Hills is located at:

1000 East Victoria Street
Carson, CA 90747

Main Campus Phone Number: **(310) 243-3696**

Extended Education Office Phone Number: **(310) 243-3737**

Directions for reaching our campus by car:

Our campus is located within five minutes of the 91, 110 and 405 freeways, which makes travel to campus convenient no matter where you are coming from.

From the Los Angeles Civic Center:

110 South to Artesia Freeway (91) east to Avalon Blvd.
Take Avalon Blvd. south to Victoria Street, turn left.
The entrance to campus is a right turn at Tamcliff Avenue.

From Santa Monica:

10 East to San Diego Freeway (405) south toward Long Beach.
Exit at Vermont Avenue off-ramp. Turn left (east) at the end of the off-ramp onto 190th Street. Follow 190th east approximately two miles to the campus (190th becomes Victoria Street). The campus entrance is a right turn at Tamcliff Avenue, the second traffic signal past Avalon Blvd.

From San Bernardino:

10 West to San Gabriel Freeway (605) south. Take Artesia Freeway (91) west toward Redondo Beach. Take the Central Avenue exit and turn left; turn right onto Victoria Street. The campus entrance is a left turn at Tamcliff Avenue, a traffic signal.

From San Fernando Valley:

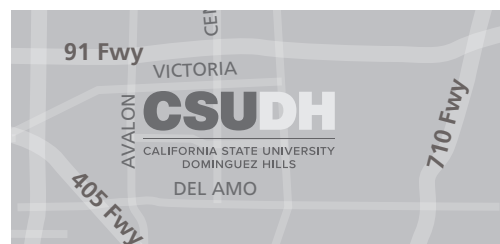
405 South/101 East – Follow the San Diego Freeway (405) south toward Long Beach. Exit at Vermont Avenue off-ramp. Turn left (east) at the end of the off-ramp onto 190th Street. Follow 190th east pproximately two miles to the campus (190th becomes Victoria Street) The campus entrance is a right turn at Tamcliff Avenue, the second traffic signal past Avalon Blvd.

From Anaheim:

5 North to Artesia Freeway (91) west toward Redondo Beach. Take the Central Avenue exit and turn left; turn right onto Victoria Street. The campus entrance is a left turn at Tamcliff Avenue, a traffic signal.

GATE D is the preferred entrance for OLLI Members.

PARKING LOT 3 is the preferred parking lot for OLLI Members.



Parking at CSUDH



Annual Parking

Passes are available to OLLI Members for only **\$20.00**.

Stop by the OLLI office to complete the form, or call **(310) 243-3208** for details.

Please be aware that there is a daily charge of **\$9** to park on campus. Daily parking permits can be purchased at one of the many yellow boxes near the parking lots using cash, debit or credit card. Permits must be displayed face-up on your dashboard.

Visit the OLLI website at www.csudh.edu/olli to find out about carpooling or taking public transportation to the campus.

OLLI More. Live More.

Campus Map

Legend

- Streets and Roads
- Pedestrian Access/Sidewalks
- Building I.D. Symbol
- Parking Ticket Dispenser
- \$6 - All Day Pass
- Information Center

Building I.D. Number & Name

1. (SCC-1) SMALL COLLEGE COMPLEX 1
2. (SCC-2) SMALL COLLEGE COMPLEX 2
3. (SCC-3) SMALL COLLEGE COMPLEX 3
4. (SCC-4) SMALL COLLEGE COMPLEX 4
5. (SCC-5) SMALL COLLEGE COMPLEX 5
6. (SCC-6) SMALL COLLEGE COMPLEX 6
7. (SCC-7) SMALL COLLEGE COMPLEX 7
8. (SCC-8) SMALL COLLEGE COMPLEX 8
9. (SCC-9) SMALL COLLEGE COMPLEX 9
10. (SCC-10) SMALL COLLEGE COMPLEX 10
11. (SCC-11) SMALL COLLEGE COMPLEX 11
13. (SCC-13) SMALL COLLEGE COMPLEX 13
14. (COE) COLLEGE OF EDUCATION

20. (LIB) LEO F. CAIN LIBRARY

- 23. (WH) JAMES L. WELCH HALL
- 25. (SHC) STUDENT HEALTH CENTER
- 26. (LSU) LOKER STUDENT UNION
- 30. (SBS) SOCIAL AND BEHAVIORAL SCIENCES
- 40. (LCH) LACORTE HALL

45. (UT) UNIVERSITY THEATRE

- 50. (NSM) NATURAL SCIENCES AND MATHEMATICS

TENNIS COURTS

- 60. (GYM) GYMNASIUM
- 61. (FH) FIELD HOUSE
- 63. (SP) SWIMMING POOL
- 70. (BLDG A) PUEBLO DOMINGUEZ SH-1
- 71. (BLDG X) PUEBLO DOMINGUEZ SH-2
- 80. (FS) FACILITIES SERVICES

URBAN FARM

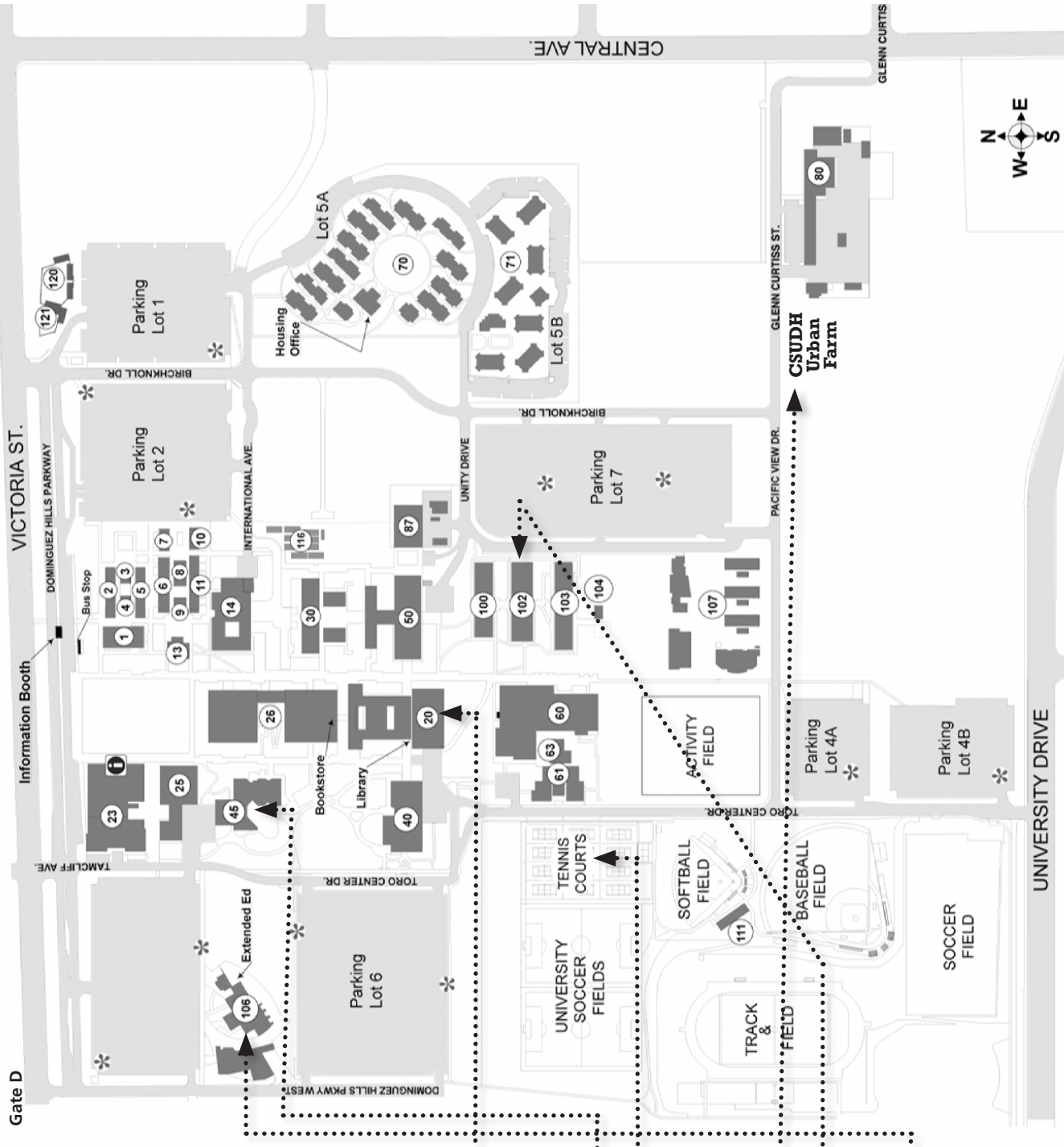
- 100. (SAC-1) SOUTH ACADEMIC COMPLEX 1

102. (SAC-2) CSUDH PASSPORT HUB

- 103. (SAC-3) SOUTH ACADEMIC COMPLEX 3
- 104. (SAC-4) CALIFORNIA ACADEMY OF MATHEMATICS AND SCIENCE LABS

106. (EE) EXTENDED EDUCATION CENTER

- 107. (CAMS) CALIFORNIA ACADEMY OF MATHEMATICS AND SCIENCE
- 111. BASEBALL/SOFTBALL STORAGE
- 116. (EAC) EAST ACADEMIC COMPLEX
- 120. (CDC) CHILD DEVELOPMENT CENTER
- 121. (ITC) INFANT TODDLER CENTER



2258 **Osher Lifelong Learning Institute (OLLI)**
College of Extended & International Education
California State University, Dominguez Hills
1000 E. Victoria St, EE-1300
Carson CA 90747



Osher Lifelong Learning Institute

Spring 2020
Course Catalog
January - May



OLLI Open House

Please join us and bring a guest to our OLLI open house to learn more about lifelong learning for retired and semi-retired adults. For more information visit us online at www.csudh.edu/olli or call **(310) 243-3208**. You can also email us at olli@csudh.edu.

Friday, **January 24, 2020**
10:30am – 12:30pm, CSUDH
Campus, Extended Education
Building, EE-1213 (Auditorium)

“Lifelong learning
is a shared adventure”

Please RSVP to (310) 243-3208, or by email to olli@csudh.edu by January 21, 2020. Directions and parking information will be provided.

- **Registration Drop-off**
*Drop off your registration forms at the Registration Office by **Friday, January 31, 2020.***



Thank you for your time, energy and dedication
to making OLLI@CSUDH a success!

Your contributions have helped to broaden and elevate OLLI offerings,
and make classes, outings and events run smoothly and seamlessly.

CSUDH | Osher Lecture Series

BLACK HISTORY MONTH

Tuesday, **February 4**
10:00am - 12:00pm



Lecturer:
Salim Faraji, Ph.D.
**From Southern
California to
The Louvre:
An Intellectual
Expedition into the
Ancient African Civilization
of Nubia**

See page 23

Wednesday, **February 12**
10:00am - 12:00pm



Lecturer:
Donna J. Nicol, Ph.D.
**The Educational
Activism of
Black Women
in California**

See page 25

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

Thursday, **May 13**
10:00am - 12:00pm

Lecturers: **Sovathana Sokhom**
and **Susan Needham**



**Cambodian American
Brahmanist Practice
Shifting Transnational
Politics among
Cambodian Refugees
in Long Beach,
California**

See page 28

Thursday, **May 14**
10:00am - 12:00pm



Lecturer:
Grace Talusan
***The Body
Papers: A
Stunningly
Hopeful
Memoir of Trauma
and Survival as a
Filipino Immigrant***
See page 30

Thursday, **May 27**
10:00am - 12:00pm

**Filipinos and African
Americans during
U.S. colonization of the
Philippines and WWII**

Lecturers: **Donna Nicol**
and **Mary Lacanlale**
See page 30

YOU'RE INVITED TO A SPECIAL

New Member Orientation & Welcome

Thursday January 30, at 10:00 am

CSUDH EE - (Optional Campus Tour to Follow)



Because of you, lifelong learning is a shared adventure! We are so glad you are a member of OLLI@CSUDH.

We invite you to attend OLLI's New Member Welcome & Orientation. Come meet some of the staff of CSUDH's College of Extended and International Education and learn about many of CSUDH's programs and services available to you because you are a member of OLLI. You will also meet other new OLLI members and make new acquaintances.

You will leave knowing everything you need to know about OLLI and CSUDH. You don't want to miss this!

We look forward to seeing you there!
Please RSVP to olli@csudh.edu

Light refreshments will be served.

**Come and
Bring a Friend!**



Enrich Your Life,
Enrich OLLI at CSUDH

The Osher Lifelong Learning Institute (OLLI) offers something for everyone. Whether you are interested in crochet, world history, wine tasting, or day outings, OLLI members consider lifelong learning a fun and vital part of retirement.

A donation in support of **OLLI@CSUDH** will be used to expand and enhance programs.

Enrich your life, enrich OLLI@CSUDH.
www.csudh.edu/development/give-now/