Osher Lifelong Learning Institute

FALL 2021 COURSE CATALOG
September—December
International Scholar Seminar Series Presents:
Why Do They Hate Us?

September 21, October 19, November 16, December 7
Tuesdays • 10:00am PT

Registration Link: https://bit.ly/csudholli-scholarseminar-fall21
Meeting ID: 868 4165 2646

We are pleased to embark on another year of active learning and discussions of current topics, including:

• Extremism and Terrorism Post-9/11
• President Biden’s Middle East Foreign Policy
• Faith and Religious Extremism
• The History of Native Americans and Their Struggle for Social Justice

We look forward to seeing you at our lecture series and contributing to its success.

September 21 | Speaker: Dr. Clarence “Gus” Martin
October 19 | Speaker: Dr. Sheela Pawar
November 16 | Speaker: Ms. Cheryl McKnight
December 7 | Speaker: TBA

See page 33 for more details.
Osher Lifelong Learning Institute (OLLI)
California State University
Dominguez Hills
College of Extended & International Education
1000 East Victoria Street, EE-1300
Carson, CA 90747

www.csudh.edu/olli
olli@csudh.edu

OLLI Office (310) 243-3208
OLLI Registration (310) 243-3741
Extended Ed Building, EE-1100

Registration Office Hours
Monday-Friday 8 am-5 pm
Saturday 8 am-1:30 pm
Sunday Closed

OLLI is on Facebook!
www.facebook.com/csudholli

Osher Lecture Series
www.facebook.com/osherlecture

Social Tennis for Seniors
www.facebook.com/groups/ollisocialtennis

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

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The Osher Lifelong Learning Institute (OLLI@CSUDH) is a membership organization for individuals age 50+ who are seeking intellectual and social opportunities. OLLI activities include short courses on a wide variety of relevant topics, peer-led courses, interesting lectures and discussion groups, fun virtual docent-led tours and campus cultural events. Learning takes place in a supportive environment without concern for grades, tests, or requirements.

The CSUDH Osher Lifelong Learning Institute is supported in part by a generous endowment from the Bernard Osher Foundation, which funds a national network of OLLIs at 124 colleges and universities throughout the United States. Additional support is provided by California State University, Dominguez Hills, the College of Extended and International Education, yearly membership dues and modest course fees.

**Become a Member or Renew Your OLLI Membership**

You can become an OLLI member by calling (310) 243-3741 (Option 1) or completing the membership portion of the registration form in this catalog. The annual OLLI membership fee is $30, with additional nominal fees for OLLI courses and the peer-led Omnilore program. To participate in OLLI courses your membership must be current.

OLLI is providing safe learning environments to its members during coronavirus restrictions, with access to all classes online.

**Additional OLLI@CSUDH Membership Benefits**

- Meet like-minded adults in supportive learning and social environments
- Receive notifications by mail or email about campus events
- Receive CSUDH Student ID card for library privileges and bookstore discounts
- Email account at ToroMail
- Participate in University and other selected Extended Education programs for reduced rates
- Leadership and service opportunities are available in the operational aspects of successful OLLI curriculum and events
- Reduced annual parking pass fees

See page 54
Important Dates & Announcements

OLLI Fall 2021 Virtual Open House

September 8
Wednesday | 10 am PT

Meeting ID: 875 9428 1591

Join us online at OLLI’s Fall 2021 Virtual Open House to learn more about lifelong learning for retired and semi-retired adults. To register for this event call OLLI at CSUDH at (310) 243-3208 or email olli@csudh.edu.

OLLI Members are welcome to invite friends to the OLLI 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 Fall online/in-person classes.

New Members Orientation Meeting

September 14
Tuesday | 10 am PT
(Virtual Tour of CSUDH 11:10 am-12:30 pm)

Meeting ID: 825 8786 3684

See details on page 39

September is Ripple-Effect Month

A generous OLLI supporter has made this BIG HEART CHALLENGE:
If a minimum of 50 members make a gift of $50 or more during the month of September, our BIG HEART supporter will add $1,000 to the total amount raised.

See details on page 51
Butterflies and Fireflies: A Beautiful Adventure
A Message from OLLI Program Coordinator Nicole Pacada

It might sound trite to begin by stating, “a funny thing happened to me on my way to graduation,” but it is true. Before I get to my comedy of events, I must share a little background about my beautiful adventure as a student of the CSUDH Negotiation and Conflict Resolution Master’s Program (NCRP), and my work with the Osher Lifelong Learning Institute (OLLI) at CSUDH.

In January 2020, while serving as OLLI Student Assistant, an opportunity presented itself when the Dean and Associate Dean of Extended and International Education asked if I would act as the Interim Program Coordinator of OLLI. I said yes, and I remember the feeling of butterflies and fireflies playing in my stomach. The opportunity thrilled, excited, and scared me all at once.

The 2020 Spring semester began on an upswing; first, the robust curriculum included several planned lectures delivered by CSUDH Faculty; docent-led tours discovering Southern California—Mission San Juan Capistrano, the Chen Art Gallery, and the California African American Museum; a group 7-Day excursion to Washington DC scheduled in October, and a host of other workshops, courses, and social activities. In January, members and guests packed the 2020 Spring Open House with a record number of attendees, including the University’s mascot Teddy the Toro and my mother visiting from Atlanta. In addition to the vigorous programming planned, the partnership with a CSUDH Faculty’s Communication Video Production class to produce a Public Service Announcement (PSA) was in the early stages of development. With six months left to reach our membership and fundraising goals, optimism about the program’s future was in the atmosphere.

Remember my butterflies and fireflies? Little did I know, in March 2020, they would go skydiving! The global shutdown caused by the COVID-19 virus turned everything upside down. When calling OLLI members to cancel the Thursday Jazz 101 with Chet Hanley, I had no definite answers to their questions other than, “until further notice, all in-person University classes, courses, events, and activities are canceled.” A vital aspect of OLLI programs across the US is the in-person social connection, and now we had none.
Realizing that if I involved members together, we would push forward to find solutions and land soundly once the shutdown was lifted.

It was essential to keep the message positive. We asked members to share photos, antidotes, and upbeat memes in the digital OLLI weekly newsletter. To set the example, we published a snapshot of a pastel-colored world drawn in sidewalk chalk by the daughter of Provost Dr. Michael Spagna. The drawing displayed the words “WE’RE ALL IN THIS TOGETHER,” a sentiment that helped carry me through.

Introducing the Zoom video conference platform to the OLLI community presented some challenges, but imagine my delight to discover the Senior Tennis Group and the peer-led learning group had already started using the free platform. It was their leadership that gave other members the bravado to embrace a new style of learning. Despite concerns about cybersecurity, incompatible hardware and other issues, we persevered and enjoyed more than 300 virtual events, including committee meetings, Conversation with Ambassador Andrew Young, the 10th Annual Juneteenth Celebration, CSUDH Urban Farm Docent Training, Writing Workshop with Grace Taslum, Beginning French, OLLIday Celebration, and Laughing in Lockdown.

What a wild ride and an excellent point to fast-forward to the “funny thing” that happened on the way to commencement. After a morning of mishaps, my husband, mother and I were on our way to CSUDH. When out of the blue, I hear a rolling thud, the sound of a blown-out tire. Surprised and not quite panicking, I decided the most direct solution was to hitch a ride. With my regalia in one hand and cell phone in the other, I flagged down the attention of motorists until a guardian angel in a Chevy Impala made a U-turn and shouted, “What do you need?” “A ride to my graduation at CalState Dominguez—we have a flat.” Before he could even reply my mother grabbed her ancestral walking stick, hopped in his car, and we made it to the ceremony with time to spare.

During the last year and a half, the OLLI program—and me along with it—experienced a transformative evolution full of unexpected twists, turns, and delights. Beside us all the way was Gema Chaqueco, whose support and servant-leadership made the ride smoother and better. Thank you, Gema. I would also like to thank everyone whose hard work ensured OLLI’s success during the pandemic, and CEIE leadership and staff for exemplifying the university’s slogan: Transforming Lives that Transform America.
This Fall, all classes, workshops and discussion groups take place online using Zoom. What is Zoom? Zoom is a reliable, easy to use video conferencing application that can be used across mobile, desktop and other electronic devices. As a member of OLLI@CSUDH you will use Zoom to participate in live stream OLLI courses. You do not need a Zoom account to access your course.

If this is your first time using Zoom, please refer to page 6 for further instructions, and be sure to sign up for our OLLI Weekly Emails for updates and quick links to Zoom classes.
How to Register for Fall Courses and Tips for Using Zoom

**Step 1**

First, **register** for the class by visiting the *registration link* (listed in each class description in this catalog). Please include your first and last name, and your preferred email address. Once you’ve registered, you will receive a confirmation email with instructions on how to log in to the Zoom meeting. **Note:** *You may need to refer back to this email if you want to log in quickly using the Meeting ID.*

We recommend that you download and connect with all Zoom meetings using the Zoom app; it is available for all PC and Apple computers, as well as Android and iOS tablets and smart phones. If you do not have Zoom installed, you can still connect through your web browser (Google Chrome, Safari, Microsoft Edge, etc.).

**Step 2**

**Join the meeting.** Please allow plenty of time to log into Zoom. We suggest at least 5-7 minutes before the start of the event.

Open the confirmation email that you received, and click on the text **Click here to join.** Zoom will launch in your browser, and may prompt you for your **name** and to verify that you are not a robot. You may be asked to wait for the host to start the meeting. When the meeting interface appears, click **Join with Computer Audio**, and click **Start Video** and you will be connected to the meeting.

If you already have Zoom on your computer, you can use this shortcut to the meeting: Visit **zoom.us** in your web browser, and click **Join a Meeting**. Find the **Meeting ID** in the confirmation email or this catalog, and type (or copy and paste) it in the required box. Then click **Join**, and wait for the host to admit you to the meeting. No passcodes are needed unless provided.

If the class continues every week, you will use the same Meeting ID or link to join the class. If you lose your email, you can just re-register, and we will send another confirmation.

If you have difficulty or questions, please call **(310) 243-3208** or email **olli@csudh.edu**.
Learn to Speak French: Beginners

September 20 & 27, October 4, 11, 18 & 25, November 1, 8, 15, 22 & 29, December 6 & 13
Mondays | 3pm PT

Registration Link: https://bit.ly/csudhollifrenchbeginners-fall21
Meeting ID: 835 2967 6900  •  Password: french

Instructor: Delyna Diop-Means, OLLI Member

Learn French for the first time or brush up on partially learned French vocabulary and basic structures using verbal and written cues. Once a skill level is reached, Duolingo (the language app for this course) provides additional levels and practice. Duolingo allows learners to discover patterns on their own without needing to focus on language rules the same way you learned your first language as a child. This approach, called “implicit learning,” is ideal for developing a strong foundational knowledge of a language and its rules. The instructor will also provide monitoring resources, guidance, and helpful tips tailored to each student’s comfort level and needs.
**French: Advanced Beginners**

**September 22 & 29, October 6, 13, 20 & 27, November 3, 10, 17 & 24, December 1, 8 & 15**

Wednesdays | 10 am PT


Meeting ID: **820 3282 6259**  •  Password: **french**

Speaker: Delyna Diop-Means, OLLI Member

Expand and deepen your knowledge of French using verbal and written cues. We will use the *Duolingo language app* which reviews and offers various levels and practice for advanced beginners. Duolingo allows learners to discover patterns on their own without needing to focus on language rules the same way you learned your first language as a child. This approach, called “implicit learning” is ideal for developing a strong foundational knowledge of a language and its rules. The instructor will also provide monitoring resources, guidance, and helpful tips tailored to each student’s comfort level and needs.

**LA Opera Talks**

**September 27, October 25, November 22**

Mondays | 10:30 am PT


Meeting ID: **827 0496 8182**

Speaker: Jennie Olivia, Community Engagement Associate

**September 27 | Trovatore**
**October 25 | Tannhauser**
**November 22 | Cenerentola**

LA Opera presents a series of operatic music, performances, behind the scenes glimpses of the actors, costumes, make-up and history of opera. Each class will consists of videos and a lecture on the three featured opera performances.
Museum of Latin American Art (MOLAA)
Virtual Docent Tour

September 24
Friday | 12 pm PT

Registration Link: https://bit.ly/csudholli-molaajudybaca-fall21
Meeting ID: 826 4713 8159

Judy Baca: Memorias de Nuestra Tierra, a Retrospective is the first comprehensive retrospective of the work of the internationally renowned Chicana muralist, public intellectual and community activist, Judy Baca. Baca is a painter and muralist, community arts pioneer, and scholarly-educator who has been teaching in the UC system for more than 30 years. As founder of the first City of Los Angeles Mural Program in 1974—which evolved into the non-profit Social and Public Art Resource Center (SPARC)—Baca has been engaged in the creation of sites of public memory within historically disenfranchised communities since 1976. She continues to serve as SPARC’s artistic director while employing digital technology to co-create collaborative murals at the UCLA/SPARC Cesar Chavez Digital Mural Lab.

During the past decade, art as a vehicle for protest and social justice has gained incredible momentum and salience; it is now part of any comprehensive discussion about contemporary arts in the U.S. However, in mid-1970s Los Angeles, the art of “contestation” and place-making was already finding voice in Judy Baca’s work. During this tumultuous decade, Baca pioneered a collaborative model that enabled young people to weave “hidden” histories of their underrepresented communities into monumental public artworks. These murals celebrated their people’s contributions and articulated their stories and struggles. For the disenfranchised people living in the greater Los Angeles basin, in California, and in the larger U.S., Baca’s works became epic narratives, connecting youth with their diverse heritage and creating new “sites of public memory.”
Let’s Read a Play

September 1 & 8, October 6 & 13, November 3 & 10, December 1 & 8
Wednesdays | 1:30 pm–3:30 pm PT

Registration Link: https://bit.ly/csudholli-playfall21
Meeting ID: 930 5429 8565

No stage or acting experience required. Join our “virtual” class and have some fun and the chance to “polish” your dramatic skills. We are adapting our classroom format to the ZOOM format and should have a lot of fun. We hope you will enjoy the same interactive approach as the classroom experience of cold readings. Expect lively discussion regarding meaning and content.

September 1 & 8 | The Prisoner of Second Ave by Neil Simon
October 6 & 13 | The Importance of Being Earnest by Oscar Wilde
November 3 & 10 | The Piano Lesson by August Wilson
December 1 & 8 | The Talented Mr. Ripley by Patricia Highsmith and Phyllis Nagy
Classic Jazz 109: Jazz Is Not Dead

October 7, 14 & 21, November 4, 11 & 18
Thursdays | 10 am–12:30 pm PT
In-person class  EE-1213 (Auditorium)

Note: Please call (310) 243-3741 (Option 1) to register.
Class seating is limited!

Registration Link: https://bit.ly/csudholli-classicjazz-fall21
Meeting ID: 818 0470 1814

Instructor: Chet Hanley, Retired educator for the LAUSD and former DHTV lecturer at CSUDH.

This six-session series is a continuation of Classic Jazz 101 through 108 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.

What is Zoom Room? This integrated experience for audio conferencing, wireless screen sharing, and video conferencing. Zoom Rooms can be used for room-only attendees, or remote attendees joining from another room, from their desktop, or from their mobile device.

October 7 | Armstrong’s Disciples
October 14 | Composers Guide: The Performers
October 21 | Philly & Steel Town Giants
October 28 | Jazz & Strings: A Re-Examination
November 4 | The Vocalists: Storytellers

November 11 | Veterans Day (campus closed)
November 18 | Voice Your Choice: You select the Artist(s) to be profiled.
Internal Energy: Tai Chi, Chi and Qigong

September 26
Sunday | 10 am PT

Registration Link: https://bit.ly/csudholliinternalenergy-fall21
Meeting ID: 893 0342 9275

Speaker: Jerry Larson

Qigong (Chi Kung) and taijiquan (Tai Chi) are two different, although related, Chinese arts of meditation and physical exercise for the promotion of health, body awareness, and body mind integration. This audiovisual presentation will discuss the history and philosophy of these arts, and the nature of internal strength or qi.

NOTE: OLLI is pleased to offer Beginning & Intermediate T’ai Chi Chuan, Internal Energy, and Online Virtual Social Tennis for Seniors as learning experiences that optimize brain fitness and promote physical fitness through exercise and coordination. Enjoy!
Tai Chi Chuan for Beginners & Intermediate Students

October 12, 19 & 26, November 2, 9, 16 & 23
Tuesdays | 2 pm–3:30 pm PT
In-person class   EE-1222

Please call (310) 243-3741 (Option 1) to register.
Number of registrants are limited!

Speakers: Linda Kahn & Jerry Larson
Questions? Please email Linda at donlin@earthlink.net

This class explores the slow, continuous movements of Yang style Tai Chi.
Taijiquan (“Tai Chi”) is an ancient Chinese martial art, nowadays taught
mainly as a method of exercise and meditation. It develops relaxation,
coordination, body awareness, postural strength and balance; it also
promotes harmony of body, mind, and spirit, and some say it promotes the
flow of qi energy. It feels good and is accessible to everyone regardless
of age or physical ability.

Linda is a UCLA graduate and began studying Yang style Tai Chi in 1979
following back surgery. She quickly knew Tai Chi was “for her.” Linda has
been an OLLI member 7+ years and has been teaching the OLLI Tai Chi
class since 2018; most recently with Jerry Larson via Zoom.

Jerry has a graduate background in Linguistics and Communicative
Disorders, and is a veteran of the Human Potential Movement. He also
began studying taiji in 1978, and has always returned to it. He has
studied various styles, and is especially interested in the internal aspects
of taiji and qigong.

Please wear comfortable clothes and flat shoes.
Virtual (Online) Social Tennis
Donald Means’ Vision: “We will be the fittest seniors we know.”

All year round
Tuesdays | 10:30 am PT

Registration Link: https://bit.ly/csudholli-Tennis-fall21
Meeting ID: 966 8239 1267 · Password: tennis

Instructor: Donald Means, OLLI Member

The game of tennis is lifetime sport. Now is the opportune time to join our virtual class. We are a group with many different attributes who enjoy a moderate level of physical activity. The tennis class has wonderful benefits, just to name a couple: 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, top spin, drop shot and doubles play. To get started, have a tennis racket available, and wear comfortable clothing.

Living Well for Older Adults

September 9, 16, 23 & 30, October 7 & 14
Thursdays | 1:30 pm–3 pm PT

Registration Link: https://bit.ly/csudholliolderadults-fall21
Meeting ID: 831 1339 9001

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

This Fall we will continue our Great Courses streaming series on the science of gardening 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 missing places and timing your dishes. Take control of your kitchen by knowing how to organize your tools for a variety of tasks.
Health & Wellness

**Dental Health**

**September 15**  
Wednesday | 10 am PT

Meeting ID: **897 7901 7396**

Speaker: **Sokee Yan, RDHAP**

Preventive oral care is often overlooked. We go to the dentist when we are in pain, and when pain strikes, it may be the end of the tooth.

During the presentation, you will learn about the difference between seeing a dental hygienist versus a dentist, the importance of preventative care, and the link between your oral health and your overall health. No teeth? No problem! We will also go over good oral hygiene habits for dentures and partials!

**Sokee Yan** has more than 15 years of dental experience. As a mobile dental hygienist with a passion is to make a difference in the community, Sokee is able to provide education and oral hygiene dental care for the underserved population.

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**Mental Health & Happiness Series**

**September 28, October 19, November 9**  
Tuesdays | 11am PT

Meeting ID: **883 8934 1501**

Speaker: **Tiana Rideout-Rosales, Beach Cities Health District.**

Join Beach Cities Health District for the virtual Mental Health & Happiness Series. Learn how to boost your well-being through evidence-based practices to build resilience, feel more connected and be happier.
Presented by Beach Cities Health District in partnership with the Osher Lifelong Learning Institute at California State University, Dominguez Hills. Learn more at bchd.org/series.

**September 28 | Boost Empathy**
During this workshop, participants will learn the key components of empathy, experience accessible communication tools to help improve their relationships and establish boundaries to avoid burnout.

**October 19 | Reaffirm Purpose**
Navigate transitions and focus on meaning
During this workshop, participants will learn the value of purpose in navigating life transitions by identifying positive support systems and focusing on meaningful actions.

**November 9 | Maximize Gratitude**
Express appreciation and savor kindness
During this workshop, participants will understand how gratitude benefits well-being, create gratitude practice and learn how to savor kindness that they observe, receive and share with intention.

*Tiana Rideout-Rosales* designs community education experiences that inspire social connection, foster personal well-being and boost resilience. *Tiana has dedicated her career to inspiring and empowering people to discover their purpose and serve whole-heartedly.*

*Beach Cities Health District has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services, facilities and partnerships to promote physical health, mental well-being and prevent diseases across the lifespan – from pre-natal and children to families and older adults.*
Alzheimer’s LA Sessions

September 28, October 26, November 16
Tuesdays | 1:30 pm PT

Meeting ID: **892 5808 9710**

Organizer: **Angelica Yeh** and **Yanet Alvarez-Carrillo**

This presentation provides community education to raise awareness about Alzheimer’s disease and brain health.

**September 28 | Keeping Your Brain Healthy**
Did you know that your brain is an organ? Learn what research is showing we can do now to keep our memory strong as we age—including nutritional tips, how to keep active and ways to challenge your brain. This session includes several interactive brain games.

**October 26 | Communication & Dementia—Connecting with a person with memory loss**
Beginning with a basic understanding of Alzheimer’s disease and its effect, this program explores communication principles necessary to maintain meaningful connections. Using scenarios, this training offers tips and useful strategies to help with communication issues over the course of the disease.

**November 16 | Behaviors & Alzheimer’s Disease—Are they doing that to annoy us?**
A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.
Medicare 101

Thursday morning sessions | 10 am PT
September 2, October 7, November 4

Thursday evening sessions | 6 pm PT
September 30, October 28, November 18, December 2

Registration Link: https://bit.ly/csudhollimedicare101-fall21
Meeting ID: 876 0937 0402

Speaker: Edward Allen Independent Medicare Insurance Benefits Broker & Advocate

Are you turning 65 soon? Are you currently enrolled in or losing your employee health insurance benefits? Have you received 24 months of collecting Disability Payments? What are your questions or concerns about Medicare A & B–Part C or Prescription Drug Benefits?

Topics include: What is Medicare?, Medicare Parts A & Part B, 2020-2021 Part D Prescription Benefits Change, Enrollment Periods, Late Enrollment Penalties, Advantages vs. Disadvantages?

Edward Allen is annually trained and certified in Medicare Requirements, Medicare Advantage, Medicare Supplement and Prescription Drug Plan benefits available in the Northern and Southern California regions. Since 2005, as an independent Medicare insurance broker, he has specialized in identifying and providing; value-added guidance, sustainable solutions and above and beyond support for his eligible Medicare & Medi-Cal share of cost clients.

Edward uses efficient consultation along with an effective educational approach to help Medicare eligible members gain a better understanding of the numerous options that are available.
Virtual Baking Workshop

October 20, November 17
Wednesdays | 1:30 pm PT

Meeting ID: **817 2793 7054**

Speaker: **Heather Slater**, Pastry Chef and Small Business Owner of
Simply Sweets Desserts

Get Cooking! Join talented, accomplished Heather Slater in this exciting cooking class. This online class invites your participation to bake alongside Pastry Chef Heather Slater. Get personalized tips, share stories, and laughs as your chef observes you and cooks with you.

Heather’s mission is to provide an engaging, fun, easy cooking learning experience. How can you participate? It’s easy! All you need is a laptop or tablet with sound, a built-in camera, and high-speed internet. Don’t forget to check your email for the recipe.

Please register at least two weeks in advance to receive the recipe via email.
Preventing Heart Disease, Cancer, Diabetes & Alzheimer’s Disease

November 16, 23 & 30
Tuesdays | 11am PT

Meeting ID: 899 6684 4423

Speaker: **Wendell Covalt**, *Certified Food Over Medicine Instructor,* has never taken a prescription drug and has no known medical issues.

Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after they reach age fifty? The class *Preventing Heart Disease, Preventing Cancer & Diabetes, Preventing Alzheimer’s Disease and Eating for Excellent Health* may be your answer. These classes will show you why heart disease, stroke, and cancer are the major causes of death in the United States with poor diet and lifestyle as primary factors.

**November 16 | Prevent Heart Disease** *(90 minutes)*
Everyone in the USA would like to enjoy a long life of quality health but it is elusive for many people especially after they reach fifty years of age. Discover how present health statistics compare with people 100 years ago and with other countries.

**November 23 | Preventing Cancer & Diabetes** *(90 minutes)*
Cancer is the second leading cause of death in the USA. It has been growing rapidly as the American diet has changed dramatically since mid-nineteen hundred. Find out what causes cancer, how we stack up in the USA versus other countries and how to prevent it.

**November 30 | Preventing Alzheimer’s Disease & Eating for Excellence** *(90 minutes)*
This relatively new disease is one of the most burdensome because it can have a long debilitating length and until recently there has been no cure or effective solution to slow its development.
UCLA Community Health Education
with Monica Moore

December 6 & 13
Mondays | 10 am PT

Registration Link: https://bit.ly/csudholliuclahealth-fall21
Meeting ID: 868 5979 5552

Speaker: Monica Moore, Community Health Program Manager
Mary S. Easton Center for Alzheimer’s Disease Research at UCLA

December 6 | Memory and Aging: What You Need to Know

Learn about the way the brain changes with age, what is normal, what is not, and what you can do about it. The latest research surrounding brain health will be discussed as well as practical tips to stay focused and mentally sharp.

December 13 | Living a Brain Healthy Lifestyle

Did you know that what is good for the body is also good for the brain? This presentation will discuss the latest research on what you can do to keep your brain healthy as you age and what we know about ways to reduce your risk of developing dementia.

Monica Moore, MSG is the Community Health Program Manager for the Mary S. Easton Center for Alzheimer’s and the Co-Director, Training and Education Activities, UCLA- California Alzheimer’s Disease Center. She has worked in the field of aging and Alzheimer’s disease for 20 years focusing on community education and outreach and caregiver support. She holds a Master’s Degree in Gerontology from California State University Long Beach and a certificate in Gerontology from Sonoma State University.
Finances for Women: Time Matters

September 7, 14, 21 & 28, October 5, 12, 19 & 26
Tuesdays | 11am–12:30pm PT

Registration Link https://bit.ly/csudhollifinance4women-fall21
Meeting ID: 846 0593 7901

Speaker: David Bassett-Parkins, Financial Advisor

This class is specifically tailored for women who are getting ready for or have recently transitioned to retirement. This course serves to bring clarity to female investors by creating tailored plans to be applied later and to achieve peace of mind. During this special program, we’ll discuss retirement income strategies, including perspectives around Social Security and making your retirement savings last and will address how to prepare for the unexpected, including market risks and the impact of rising costs.

Through his 30-year career, David has ventured through brokerage and tech firms as an executive, then to private equity & growth companies before becoming a financial advisor with Edward Jones. Whether working within a corporation or with his individual clients, David aims to share and give back by understanding the dreams and financial goals of those he serves. However, his favorite role is being a husband of 36 years to his high school sweetheart, being a father to his two children and grandfather to the three grandkids. For 5 generations David’s family has called Long Beach home.
Dr. Davis Presents:  
Financial Literacy Workshops for Older Adults  

Speaker: Dr. Denise Ridley-Davis, Independent Insurance Agent  
CA insurance License #0F14312  

How to Boost Your Retirement Savings in Your 50s and 60s  

September 22  
Wednesdays | 10 am PT  

Meeting ID: 832 4622 1283  

Most Americans are behind on their retirement savings, but did you know you can boost your retirement savings? Keep in mind that life is unpredictable—medical care, unforeseen expenses, economic components—can result in intense changes to seniors during their retirement years. Learn about the strategies to protect your retirement savings, and catch up on the latest tips on how to increase your retirement savings.  

Tax Strategies for Seniors Over Age 65  

October 20  
Wednesdays | 10 am PT  

Meeting ID: 832 4622 1283  

The tax strategies presented are aimed at lowering your tax burden during retirement. Some strategies may be applicable to younger individuals and couples. Learn how you can be strategic about Social Security, reassess your investments, reduce taxable retirement income and other essential things to consider for older adults.
How Your Donations at OLLI@CSUDH Benefit You

November 17
Wednesday | 10 am PT

Meeting ID: 832 4622 1283

Did you know? Your Osher Lifelong Learning Institute (OLLI) is a financially self-supporting program that does not receive any state funding. Your gift to OLLI@CSUDH will help ensure the long-term sustainability of the enriching educational and social programming that touches the lives of so many seniors in the South Bay communities. Your gift ensures that OLLI has the capacity to expand and adjust to changing needs, the resources to be innovative and entrepreneurial whatever the economic climate, and more importantly, our continuation of lifelong learning. Join this workshop to learn the easy, fast methods to make your gift to OLLI@CSUDH and how you can benefit from your donation.
Personal Strategic Financial Management

November 29
Monday | 10 am PT

Meeting ID: 849 2104 1093

Speaker: Dr. Boubacar Touré, OLLI Curriculum Committee Co-Chair

This course focuses on the development and management of a personal strategic financial plan and the critical analysis of the potential and associated cost of financial decisions. This course also emphasizes the importance of both short- and long-term financial goals.

*Dr. Touré is an Adjunct Finance Professor at the Accounting, Finance and Economics Department of the Bowie State University in Maryland. He holds a Master of Business Administration (Finance) degree from Norwich University and a Doctor of Business Administration degree from Wilmington University. He earned an Executive Certificate in Public Leadership from Harvard Kennedy School of Government. He has studied and received credentials from the University of Notre Dame, Cornell University, Stanford University, Villanova University, Rutgers University, the U.S. Air Force Institute of Technology, U.S. Department of Homeland Security Headquarter, the University of Virginia Darden school of Business, and Georgetown University. He also completed a leadership development program at the Marine Corps Base in Hawaii, and an Emerging Leaders Program from the Harvard Kennedy School of Government.*
History & Social Science

9-11 + 20—Questioning the Official Story

September 9, 16, 23 & 30, October 7 & 14
Thursdays | 1pm–3pm PT

Registration Link: https://bit.ly/csudhollijpowers-fall21
Meeting ID: 853 0160 8486

Speaker: John Powers, Writer and Director in Theater and Film

In the aftermath of September 11, 2001, the U.S. government, the media, and most national institutions quickly established the “official story” of what led to and occurred on that fateful day. At 20 years on, that story is virtually carved in stone. This is despite the questions and fact-based criticisms that many qualified skeptics raised soon after and through the succeeding decades. How can you doubt the official story? Why would you want to? Perhaps we should question because we are citizens of a democracy who have responsibilities as well as rights. What if the official story is less than honest? Through in-class viewing of an acclaimed documentary and discussion, you can confront these questions and consider whether they have merit. It will not change the outcome, but it may give you new insight. It will certainly give you an opportunity to flex your citizenship.

Students watch portions of documentaries that provide historical perspective and confront official misstatements and misrepresentations. Discussion follows.
Week 1 | **Course overview. Official misstatements and misrepresentations.**

Week 2 | **Airplanes**

Week 3 | **Events at the Pentagon and in Pennsylvania**

Week 4 | **Events at the World Trade Center**

Week 5 | **Events at the World Trade Center**

Week 6 | **Events at the World Trade Center**

**John Powers, M.F.A.,** is a writer and director with experience in theater and film. Drawing on recent U.S. history as source material for a number of his productions, he has also developed this material into provocative classroom engagements, such as *Nixon and the Pentagon Papers*, *1968: The Year That Rocked*, *Pearl Harbor Reconsidered*, and *Ruby Ridge, Waco, Oklahoma City*. He has been an Osher instructor at various colleges and universities since 2013.

**Genealogy: The US Census**

**September 15**  
Wednesday | 2 pm PT

Meeting ID: **856 7949 0096**

Speaker: **Leslie Hackney**, *FamilySearch Center Director*

Most genealogists eventually find that their ancestor’s record trail seems to have run out. What comes next? Whether you’re starting from scratch, or have been hunting for years, this series will present some new ideas on how to take the next step back into the past. See how easy it is, with the right tools, to find records, books and documents online to fill in the missing pieces.
**The Ford Theatre Virtual Tour**

**Investigating the Lincoln Assassination with Detective McDevitt**

**October 11**
Monday | 10 am PT

Meeting ID: **854 5986 0519**

Assist Detective James McDevitt as he investigates the assassination of President Lincoln. Revisit sites and reexamine clues from April 14, 1865. In this interactive, theatrical program, participants will interact with historical characters portrayed by an actor, examine primary source images and hear witness statements. This session is 60-minutes long including time for Q&A. Appropriate for anyone who wants a theatrical experience, exploring specifically the assassination of President Lincoln and manhunt for John Wilkes Booth.

**National Archives and Records Administration**

**Rightfully Hers: American Women and the Vote**

**September 29**
Wednesday | 12 pm PT

Meeting ID: **834 6209 2152**

During this program participants explore the records of the National Archives that tell the story of how and why women fought for and against the right to vote, how they won the right to vote, and the challenges that persisted for women’s voting rights even after the ratification of the 19th Amendment. Come join us for an exciting discussion and share your thoughts, ideas and experiences.
California Wildlife Center

October 5
Tuesday | 1:30pm PT

Registration Link: https://bit.ly/csudholliwildlife-fall21
Meeting ID: 883 9501 5401

Speaker: Kristilee Kodis, Volunteer and Outreach Manager

During this outreach presentation we will get an in depth look into California Wildlife Center. As the Los Angeles area’s premier wildlife medical treatment and rehabilitation facility, California Wildlife Center strives to ensure that each patient receives optimal care, allowing them to return to their wild state. Since 1998, CWC has greatly expanded our capacity to treat more than 60,000 total animal patients, many whose injuries were caused by the impacts of their urbanized environments.

CWC is one of only a few wildlife rehabilitations centers in the area, and the only facility in Los Angeles County permitted to rehabilitate mule deer fawns, coyote pups, crows and ravens, and hatchling and fledgling songbirds. We are also the only wildlife center in California that cares for both land and marine animals. In this presentation will cover Marine Mammal, intensive care unit, or orphan care unit.
The Thursday Morning Book Club

September 30, October 28, November 18, December 16, January 27
Thursdays | 10 am PT

Meeting ID: 935 8431 7096

Meeting Facilitators: OLLI Book Club members

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 of the ending? How does the story relate to today’s ideas and lifestyles?

September 30 | The Forest of the Vanishing Stars by Kristin Harmel
October 28 | Sooley by John Grisham
November 18 | The Vanishing Half by Brit Bennett
December 16 | Deadly Cross by James Patterson
January 27 | The Other Black Girl by Zakiya Dalila Harris
Discussion Groups

Friday Afternoon Movie Series!

October 1, November 5, December 3
Fridays | 1pm–3:30 pm PT

Registration Link: https://bit.ly/csudhollimovies-fall21
Meeting ID: 872 5427 7450

Facilitator: Kim Pavageau, OLLI Curriculum Committee Member

Grab your lunch or snack! Join us and see outstanding and sometimes thought-provoking films. Each movie will be shown in its entirety, with comments by its presenter, followed by a group discussion.

October 1 | The Invisible Man (R) 2020
Thriller 2hr 4min
When Cecilia’s abusive ex takes his own life and leaves her his fortune, she suspects his death was a hoax. As a series of coincidences turn lethal, Cecilia works to prove that she is being hunted by someone nobody can see.

November 5 | Respect (PG-13) 2021
Biography 2hr 25 min
The life story of legendary R&B singer, Aretha Franklin.

December 3 | The Preacher’s Wife (PG) 1996
Comedy 2hr 3 min
An angel comes to Earth to help a preacher save his church and his family.
International Scholar Seminar Series Presents:  
Why Do They Hate Us?

September 21, October 19, November 16, December 7  
Tuesdays | 10 am PT

Registration Link: https://bit.ly/csudholli-scholarseminar-fall21  
Meeting ID: 868 4165 2646

We are pleased to embark on another year of active learning and discussions of current topics.

This year, we are partnering with the Office of international Education in organizing lectures and seminars that address some of the major events that have impacted our lives. Dr. Clarence Gus Martin is scheduled to speak on extremism and terrorism in commemoration of 9/11. Associate Dean of International Education, Dr. Hamoud Salhi will analyze President Joe Biden’s foreign policy towards the Middle East as a bridge between President Donald Trump’s and President Barak Obama’s policies. Other topics of this series include faith and religious extremism and the history of Native Americans and their struggle for social justice and end of discrimination of all of its form.

We look forward to seeing you at our lecture series to contributing to its success.

September 21 | Speaker: Dr. Clarence “Gus” Martin

October 19 | Speaker: Dr. Sheela Pawar

November 16 | Speaker: Ms. Cheryl McKnight

December 7 | Speaker: TBA
Discussion Groups

Jihadism 4.0: How Jihadists Hijacked Islam and Lived to Tell About It
Lessons from Afghanistan, Iraq, Syria and Northern Africa

September 20
Monday | 11:30 am PT

Registration Link: https://bit.ly/csudhollijihadism-fall21
Meeting ID: 841 2411 8817

Speaker: Dr. Hamoud Salhi, Associate Dean International Education & Senior International Officer

Jihadists in Afghanistan, Iraq, Syria and Northern Africa don’t define Islam, but they have come to be seen as true representative of at least one of form of Islam. Since the 1950s, the Jihadists have gone through several transformations, all of which veer away from Islam. From supporting dictatorships in the Muslim world, claiming that corrupt leaders are better than no leaders (Egypt), to proclaiming Jihad as a sixth pillar of Islam (Afghanistan), to fighting for a state rather than the Umma or Muslim community (Syria and Iraq), Jihadists have projected a form of Islam that is slowly gaining ground on the real Islam. If Islam is not defined by Jihadists, why then are non-Jihadists—for a lack of a better word—unable to dictate their own narrative? Why is the Jihadists’ narrative more pronounced in the world today than that of Islam?
Aging Gracefully and Gratefully

**October 21 & 28, November 4**
Thursdays | 1:30pm PT

Meeting ID: **836 3650 5956**

Speaker: **Frankie Stewart, M.A., an 8-year OLLI Member and CSUDH Alumna**

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.”

**Session 1:**
**October 21**
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**)

**Session 2:**
**October 28**
Diet (Weight Gain/Loss)

- Exercise
- Sleep Habits
- Relationships
- Spirituality/Religion
- Living Arrangements

**Session 3:**
**November 4**
Trusts/Wills

- Finances (Will you outlive your Money?)
- Fraud
- Legacy: What will we pass on?
Discussion Groups

TED Talks with Denise Jefferson

September 13 & 27, October 11 & 25, November 8 & 22, December 6
Mondays | 12pm PT

Registration Link: https://bit.ly/csudholli-tedtalks-fall21
Meeting ID: 966 6881 1928

You are invited to join us on zoom to watch TED (Technology, Entertainment, Design) talks which are short videos (18 minutes or less), and then as a group, we will share and have a fun conversation about the topic. Speakers in the videos work passionately to spread accurate easy-to-understand information and well-formed ideas in the most innovative and engaging ways they can, often through storytelling.

Speaker: Denise Jefferson, OLLI Member

September 13 | Choices That Can Change Your Life
Caroline Myss

September 27 | The Emotions Behind Your Money Habits
Robert A. Belle

October 11 | Intermittent Fasting: Transformational Technique
Cynthia Thurlow

October 25 | How to Deal with Difficult Feelings—How to Support Yourself (and Others) Through Grief
Nina Westbrook

November 8 | Is Therapy Facing a Revolution?—Emotional Freedom Techniques (EFT) or Tapping
Peta Stapleton

November 22 | How to Be a Professional Troublemaker
Luvvie Ajayi Jones

December 6 | How to Disagree Productively and Find Common Ground
Julia Dhar
On The Move Riders Program Presents: Lecture and Virtual Tours

September 13, October 4, November 8
Mondays | 10 am PT

Registration Link: https://bit.ly/csudholiotmrp-fall21
Meeting ID: 818 5426 2818

Organizer: Brittany Mullins, LA Metro Community Relations Officer

September 13 | Mental Health: Hoarding
Presenter: Reyna Leyva, LA County Department of Mental Health

Learn to identify the differences between collecting, cluttering, and hoarding, and the need for treatment for those who might have a significant problem

October 4 | Future of LAX
Presenter: Stephanie Sampson Director of Communications for Los Angeles International Airport’s (LAX) Development Projects

As Los Angeles prepares to welcome the world in 2028 for the Olympic and Paralympic Games, Los Angeles International Airport (LAX) is in the midst of a $14.5 billion Capital Improvement Program focused on modernizing terminals and improving access to the third-busiest airport in the world. The centerpiece of the capital improvements is the $5.5 billion Landside Access Modernization Program, which is highlighted by an Automated People Mover train system. This new train system will connect the busy Central Terminal Area to new off-site parking, pick-up/drop-off
Virtual Docent-Led Tours

areas, a Consolidated Rent-A-Car facility and the long-awaited connection to regional transportation. Learn about the transformation underway as a reimagined LAX is on the horizon.

**Stephanie Sampson** oversees external communications and community outreach for the $14 billion Capital Improvement Program (CIP) at LAX. The CIP includes the $5.5 billion Landside Access Modernization Program (LAMP), which features an Automated People Mover train system, Intermodal Transportation Facilities and a Consolidated Rent-A-Car facility. In this role, Stephanie manages the day-to-day communication efforts to ensure stakeholders and community members receive updates on the projects and impacts during construction. She also sits on the LAX Coastal Chamber of Commerce Board of Directors and is LAX’s liaison to the Gateway Los Angeles Business Improvement District.

**November 8 | Crenshaw/LAX Transit Project**

Presenter: **Annette Cortez**, LA Metro Construction Relations Manager

Metro’s Crenshaw/LAX Transit Project will extend light rail transit service from the existing Metro E Line (Expo) at Crenshaw and Exposition Boulevards in Los Angeles, and merge with Metro C Line (Green) at the Aviation/LAX Station on Aviation Boulevard and Interstate 105 in the city of El Segundo. The line will travel 8.5 miles and serve the cities of Los Angeles, Inglewood and El Segundo. The project began construction in 2014 and anticipates completion in 2021. The Crenshaw/LAX Project is one of 12 transit projects funded by Measure R, the half-cent sales tax approved by Los Angeles County voters in 2008.
New OLLI Members Orientation Meeting

September 14
Tuesday | 10 am PT
(Virtual Tour of CSUDH 11:10 am-12:30pm)

Registration Link: https://bit.ly/csudhollineworientation-fall21
Meeting ID: 825 8786 3684

Learn about the benefits of being a member of OLLI and explore the resources that our beloved CSUDH campus has available for you.

Join and participate in this engaging orientation and learn how/where to register for Fall online classes. *Registration is required.*

- Participate in virtual zoom discussion groups on a variety of topics each term
- Enroll in special interest art, business and other online workshops designed for lifelong learners
- Attend short courses and participate in virtual tours
- 10-minute intermission between 11am–11:10 am.
- At 11:10am-12:30pm am we will resume with a virtual tour of CSUDH with Jennifer Wilkerson, CSUDH Outreach & School Relations.
OLLI’s Peer-led Study/Discussion Group

Omnilore is an OLLI at CSUDH program centered on study/discussion groups (SDGs). A learning-in-retirement community of approximately 300 seniors organize study/discussion groups that are conceived, planned, and directed by the members. There are no tests or grades. Membership is open to all age 50+ who seek intellectual stimulation and the challenge of shared inquiry.

Groups meet for two hours twice each month, eight meetings for a total of 16 hours either via Zoom or in-person on the Beach Cities Health Center campus in Redondo Beach. The exact time of each class is set by the participants.

Before registering in the Omnilore program, an orientation session is required (see dates and times below). Call (310) 215-1848 or email membership@omnilore.org

Introducing Omnilore

<table>
<thead>
<tr>
<th>October 12</th>
<th>November 12</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Friday</td>
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<tr>
<td>10 am PT</td>
<td>1 pm PT</td>
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</table>

(310) 215-1848 | www.omnilore.org
Omnilore Learning-In-Retirement
Fall Curriculum 2021

AOU | The Alchemy of Us
CJD | CRISPR-CAS9 and Jennifer Doudna
CYB | Cyber-Weapons: This Is How They Tell Me the World Ends
DCW | Dawn of the Cold War and the Marshall Plan
EHA | Economic History of America
HEM | Hemingway
IFF | Indie Film Favorites
LAM | Los Angeles 1974 — A Cultural Mecca
LDM | Let’s Dance (Virtually...) Some More!
LND | Land, Who Owns It and Why?
NAH | Native American History Since Wounded Knee
OBJ | A History of the World in 100 Objects
POF | The History of the Post Office
SHK | Shakespeare’s Strong Women
SMC | Short Story Masters Continued
YCC | 1177 B.C. The Year Civilization Collapsed
One of the membership benefits of OLLI at CSUDH is eligibility to enroll in regular campus courses for a significantly reduced fee. The OLLI University Program allows individuals to audit 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.**

Pick up an Open University class schedule from the Extended Education Registration office, and find the course you would like to enroll in. Fill out the registration forms in the Open University class schedule.

Then bring the completed registration form to the first class meeting and ask the instructor to sign the form. Return the signed and completed form to the Extended Education Registration office and pay fees. 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](https://www.csudh.edu/open) online by visiting the Extended Education website at [https://www.csudh.edu/open](https://www.csudh.edu/open).
**Courte$$ and Mutual Respect**

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Meeting ID</th>
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<tbody>
<tr>
<td>13-Sep</td>
<td>TED Talks with Denise Jefferson</td>
<td>12 pm</td>
<td>966 6881 1928</td>
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<td>20-Sep</td>
<td>Jihadism 4.0: How Jihadists Hijacked Islam</td>
<td>11:30 am</td>
<td>868 5979 5552</td>
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<td>20-Sep</td>
<td>Learn to Speak French! Beginners</td>
<td>3 pm</td>
<td>835 2967 6900</td>
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<td>27-Sep</td>
<td>LA Opera Talks</td>
<td>10:30 am</td>
<td>827 0496 8182</td>
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<td>11-Oct</td>
<td>Investigating the Lincoln Assassination</td>
<td>10 am-11:30 am</td>
<td>854 5986 0519</td>
<td>29</td>
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<tr>
<td>3-Sept</td>
<td>On The Move Riders: Virtual Docent Led Tours</td>
<td>10 am</td>
<td>818 5426 2818</td>
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<td>6-Dec</td>
<td>UCLA Community Health Education with Monica Moore</td>
<td>10 am</td>
<td>868 5979 5552</td>
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## TUESDAYS

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<td>year-round</td>
<td>Virtual (Online) Social Tennis • Password: tennis</td>
<td>10:30 am</td>
<td>966 8239 1267</td>
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<td>7-Sep</td>
<td>Finances for Women: Time Matters</td>
<td>11 am–12:30 pm</td>
<td>846 0593 7901</td>
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<td>14-Sept</td>
<td>New Members Orientation</td>
<td>10 am</td>
<td>825 8786 3684</td>
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<td>21-Sept</td>
<td>Volunteer Orientation</td>
<td>1 pm</td>
<td>811 4093 8823</td>
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<td>16-Nov</td>
<td>Preventing Heart Disease, Cancer, Diabetes &amp; Alzheimer’s</td>
<td>11 am</td>
<td>899 6684 4423</td>
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<td>29-Nov</td>
<td>Personal Strategic Financial Management</td>
<td>10 am</td>
<td>849 2104 1093</td>
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<td>5-Oct</td>
<td>California Wildlife Center</td>
<td>1:30 pm</td>
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<td>12-Oct, 19-Oct, 26-Oct, 2-Nov, 9-Nov, 16-Nov, 23-Nov</td>
<td>Tai Chi Chuan for Beginners &amp; Intermediate Students</td>
<td>2 pm-3:30 pm</td>
<td>In-person class EE-1222</td>
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<td>21-Sep, 19-Oct, 16-Nov, 7-Dec</td>
<td>International Scholar Seminar Series: Why Do They Hate Us?</td>
<td>10 am</td>
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<td>28-Sep, 19-Oct, 9-Nov</td>
<td>Mental Health and Happiness</td>
<td>11 am</td>
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<td>28-Sep, 26-Oct, 16-Nov</td>
<td>Alzheimer’s LA Sessions</td>
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<td>Let’s Read a Play</td>
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<td>OLLI Fall 2021 Virtual Open House</td>
<td>10 am</td>
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<td>15-Sep</td>
<td>Genealogy: The US Census</td>
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<td>Dental Health</td>
<td>10 am</td>
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<td>22-Sep</td>
<td>How to Boost Your Retirement Savings in Your 50s and 60s</td>
<td>10 am</td>
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Fall 2021 Chronological List

20-Oct, 17-Nov

**Virtual Baking Workshop**
1:30 pm  Meeting ID: 817 2793 7054  Page 20

17-Nov

**How Your Donations at OLLI@CSUDH Benefit You**
10 am  Meeting ID: 832 4622 1283  Page 26

**THURSDAYS**

- **Medicare 101**  Meeting ID: 876 0937 0402  Page 19
  Morning sessions at 10 am—2-Sept, 7-Oct, 4-Nov
  Evening sessions at 6 pm—30-Sept, 28-Oct, 18-Nov, 2-Dec

9-Sep, 16-Sep, 23-Sep, 30-Sep, 7-Oct, 14-Oct

**Living Well for Older Adults**
10 am  Meeting ID: 935 8431 7096  Page 15

9-Sep, 16-Sep, 23-Sep, 30-Sep, 7-Oct, 14-Oct

**9-11 + 20—Questioning the Official Story**
1pm  Meeting ID: 853 0160 8486  Page 27

30-Sep, 28-Oct, November 18, 16-Dec, 27-Jan

**The Thursday Morning Book Club**
10 am  Meeting ID: 935 8431 7096  Page 31

7-Oct, 14-Oct, 21-Oct, 18-Oct, 4-Nov, 11-Nov, 18-Nov

**Classic Jazz 109: Jazz Is Not Dead**
10 am-12:30 pm  In-person class EE-1213 (Auditorium)  Page 12

21-Oct, 28-Oct, 4-Nov

**Aging Gracefully and Gratefully**
1:30 pm  Meeting ID: 836 3650 5956  Page 25

**FRIDAY**

24-Sep  **Museum of Latin American Art (MOLAA) Virtual Docent Tour**
12 pm  Meeting ID: 826 4713 8159  Page 10

1-Oct, 5-Nov, 3-Dec

**Friday Afternoon Movie Series!**
1pm-3:30 pm  Meeting ID: 872 5427 7450  Page 13

**SUNDAY**

26-Sep  **Internal Energy: Tai Chi, Chi and Qigong**
10 am  Meeting ID: 893 0342 9275  Page 13
Osher Lifelong Learning at California State University, Dominguez Hills offers creative and purposeful educational experiences, encourages an active lifestyle, and promotes social opportunities for adults 50 and older. We value inclusivity and strive to reflect the diverse makeup of our community.

OLLI 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 to life. And we are always looking for fresh ideas, new talents and skills.
Lend Your Skills, Share your Love

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. There are many ways to help, 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.

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

Activities—Coordinate field trips, special events, and 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.

Membership & Marketing—Committee works together to acquire and retain current members; welcome, orient and engage new members and develop and implement a marketing plan.

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.
Please call the OLLI office at **(310) 243-3208** or email **olli@csudh.edu** if you are interested in becoming an OLLI volunteer.

**OLLI Volunteer Orientation Meeting**

**September 21**  
Tuesday | 1 pm PT

Meeting ID: **811 4093 8823**

OLLI success is largely due to the contributions of its members. Join our online Volunteer Orientation to learn about the ways you can use your time and energy to make OLLI@CSUDH the best it can be.

**Currently Active Committees:**

- Membership & Marketing Committee
- Fundraising Committee
- Curriculum Committee
- Peer-led Courses
Thank you OLLI Volunteers.
Your help makes us stronger and brighter.

**Membership & Marketing Committee**
Denise Jefferson, Co-Chair
Angela Renchie, Co-Chair
Susan Washington, Secretary
Linda Lewis
Margie Moseley
Jeffrey Jones
Mercedes Ortiz
Godfrey Schnyder
Dorothy Medrano

**Curriculum Committee**
Gema Reyes-Chaqueco, Co-Chair
Boubacar Touré, Co-Chair
Delyna-Diop Means
Linda Kahn
Kim Pavageau
Eula Slater
Cassandra Reed

**Ambassador Committee**
Valerie Dingwall
Norma Howard
Lori-Davidson-Fox
Norma Bates
Linda Kahn

**Connection Crew**
Sauti Baraka
Linda Lewis
Angela Renchie
Denise Jefferson
Jeffrey Jones
Eula Slater
Margie Moseley
Cassandra Reed
Norma Bates
Alicia Greathouse
Pearlie Hemdane
Sam Rosenzweig
Eula Slater
Debbie Miller

**Zoom Room Ambassador**
Jeffrey Jones
OLLI@CSUDH exists today because of you—members and friends who support lifelong learning for adults 50 and over. Thanks to the BIG HEART of an anonymous OLLI@CSUDH supporter, during the month of September 2021, if a minimum of 50 members make a gift of $50 or more, our BIG HEART supporter will add $1,000 to the total amount raised.

It is the wish of OLLI’s BIG HEART donor that every OLLI member participates at a level that is meaningful to them—during the month of September 2021 your generosity and kindness will have a ripple effect thanks to this generous challenge gift.

Your dollars will help support honorariums for courses, lectures, and workshops, and to enhance OLLI’s website to make it easier for you and your friends to navigate—all to ensure that a great education and social program touches the lives of many seniors.

Thank you for joining your fellow members today to support your OLLI@CSUDH.

To make your contribution securely online, visit our webpage at https://bit.ly/csudholli-bigheartchallenge-fall21 or scan this QR code. For more information, call the OLLI Office at (310) 243-3208 or email olli@csudh.edu.
Community Partner Program

The Osher Lifelong Learning Institute is excited to invite you to become a valued Community Partner. With your support, OLLI will ensure that lifelong learning is within reach of all seniors in the South Bay.

Your partnership with OLLI@CSUDH will help you develop a stronger link with your community and the extended network of OLLI@CSUDH members and supporters.

Benefits include

- Increased visibility and brand loyalty in a competitive business environment
- Recognition for your company in printed and digital OLLI@CSUDH Spring and Fall course catalogs distributed to more than 2,000 adults over the age of 50
- Recognition for your company in a weekly email distributed to more than 1,000 recipients
- Event opportunities each semester
- Recognition as a supporter of the premier senior lifelong learning program in the greater South Bay area.

Become an OLLI Community Partner!

To discuss your company’s involvement in OLLI@CSUDH, please call the OLLI Program Director at (310) 243-3208 or email olli@csudh.edu. For more information go to https://bit.ly/csudholli-corporate or visit our webpage by scanning the code below.
The Osher Lifelong Learning Institute
California State University, Dominguez Hills
College of Extended Education
is located within five minutes of the 91, 110 and 405 freeways at
1000 East Victoria Street, EE-1100, Carson, CA 90747
Classes take place in the Extended Education Building.

GATE D is the preferred entrance for OLLI members. The entrance is a	right turn at Tamclif Avenue, the second traffic signal past Avalon Blvd.
PARKING LOT 3 is the preferred parking lot for OLLI members.
The fee to park on campus is $9 per day. Daily permits can be purchased
at one of the many yellow parking lot permit machines using cash, debit
or credit card. Permits must be displayed face-up on your dashboard.

Annual Parking Passes are available to current OLLI members only
for the incredibly low price of $20. Find out how to get one on page 54.

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

OLLI Annual Parking Passes are available to OLLI members for **only $20!**

**How to Obtain your OLLI@CSUDH 2021-2022 Parking Placard**

**Step 1: Become a Member of OLLI@CSUDH!**
The cost is only $30 for an annual membership. If your membership has lapsed, please sign up as soon as possible! Call the Registration Office at **(310) 243-3741** (Option 1).

**Step 2: Proof of current membership**
Bring a copy of your current OLLI@CSUDH membership receipt to **1000 East Victoria Street, EE-1300, Carson, CA 90747**. The OLLI assistant will provide you with a Reduced Parking Pass Form.

**Step 3: Complete the Reduced Parking Pass form and drop it off at the Cashier’s Office located at Welch Hall 2nd Floor B-270.** Cashier staff will process your payment and form.

For more information about Parking at CSUDH, call **(310) 243-3725** or email [parking@csudh.edu](mailto:parking@csudh.edu).
OLLI Classrooms & Offices

OLLI Classrooms are located in the **Extended Education Building**.
OLLI Offices are located in the Administration Building in **EE-1100**

**OLLI Office:** *(310) 243-3208*
Extended Education Office: *(310) 243-3737*
Main Campus Phone Number: *(310) 243-3696*

**OLLI Registration (310) 243-3741 (Option 1)**
Extended Ed Building, **EE-1100**

**Registration Office Hours**
Monday-Friday 8 am-5 pm
Saturday 8 am-1:30 pm
Sunday Closed
Driving Directions to OLLI@CSUDH

California State University, Dominguez Hills is located at:
1000 East Victoria Street, Carson, CA 90747

OLLI Office: (310) 243-3208
Extended Education Office: (310) 243-3737
Main Campus Phone Number: (310) 243-3696
Website: www.csudh.edu/olli
Email: olli@csudh.edu

The campus is within five minutes of the 91, 110, and 405 freeways.

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

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

**From the Los Angeles Civic Center:** 110 South -Follow the Harbor Freeway (110) to the 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.

**PARKING LOT 3** is the recommended parking lot for OLLI members.