Empowering Lifelong Learners
One Course at a Time
If you are eager for Fall with its crisp air and the start of another academic year, then you’re in luck! Fall 2023 starts in just a few weeks and you’ll see more activity on campus with the return of students and faculty.

The OLLI@CSUDH programming will be kicking into high gear with a wealth of intriguing new offerings. CCPE's OSHA program has made a CPR certification class available to OLLI members. Do you know how LA became the City of Angels? Find out at Dr. Greg Slayer's class on Creation Myths of Los Angeles. We are excited to share a new online Lecture/Discussion Series offered by the Osher National Resource Center. Make sure you sign up early to reserve your spot. I’m sure you’ve noticed many new faces this summer—membership in OLLI@CSUDH grew by 200% this past year.

We continue to share the news about OLLI membership benefits with visits to community centers and at events including the South Bay Government Council’s Annual Meeting, the City of Gardena’s Senior Resource Fair, and presentations at meetings with city senior advisory commissions. We are also actively seeking corporate partners for sponsorships.

I continue to be humbled by the number of members who have stepped up as volunteers. The efforts you devote to making OLLI@CSUDH so successful is evident and appreciated.

I wish you all a successful Fall 23 and encourage you to partake in the many courses outlined in this catalog, meet new friends, continue to volunteer your time, and individually donate what you can to further expand OLLI@CSUDH.

Cordially,

[Signature]
OLLI@CSUDH Membership Benefits

OLLI members enjoy many benefits inherent in student status:

- Meet like-minded adults in supportive learning and social environments.
- Participate in discussion groups on a variety of topics each term.
- Enroll in special interest, technology and other workshops designed for lifelong learners.
- Receive your own student email account – ToroMail (CSUDH Student Gmail)
- Leadership and service opportunities are available in operational aspects of successful OLLI curriculum and events.
- Receive email notifications about OLLI and on-campus events.
- CSUDH library privileges and bookstore discounts are included with OLLI membership. (For an additional $5 you can also receive a CSUDH student ID; apply through the CSUDH website.)
- Participate in University and other selected Continuing Education programs for reduced rates.
- Enjoy a reduced annual parking pass fee.

Parking at CSUDH

Save with OLLI Annual Parking Pass! Discounted parking passes available to current OLLI Members for only $20 per academic year!

- Stop by the OLLI Office and complete a Parking Permit Application Form. Include your Student ID number or date of birth.
- Take your completed form and $20 Payment (cash, check, cashier check or money order) to the Cashier’s Office located outside of Welch Hall B270.
- A placard will be issued to you by the cashier. Make sure your placard is visible from the outside of your vehicle.

If you have questions or need more information contact:
OLLI Office: 310-243-3208 • Email: olli@csudh.edu
Dear OLLI Members, Supporters, and Friends,

I hope this letter finds you well and filled with enthusiasm for the upcoming year at the Osher Lifelong Learning Institute (OLLI) on the campus of CSU Dominguez Hills. As the Director of OLLI, I am thrilled to share some incredible news and exciting plans for the year ahead.

Reflecting upon the past year, it’s with immense pride that I announce the remarkable growth our institute has experienced. Our membership has surged by an impressive 200%, a testament to the dynamic community of learners we’ve cultivated. The dedication of our members and the enthusiasm of our volunteers have truly propelled us to new heights. It’s heartwarming to witness the bonds we’ve formed and the partnerships we’ve forged, both within our institute and throughout the larger community.

Our commitment to providing enriching educational experiences remains unwavering. We’ve listened attentively to your feedback and are delighted to bring your desired courses and subjects to the vibrant classrooms of OLLI. Your engagement and involvement inspire us, and we’re devoted to ensuring that everyone has access to the myriad opportunities OLLI has to offer.

As we look forward to the upcoming year, we have set ambitious goals to further enhance our outreach efforts. We are excited to launch a fundraising campaign that will amplify our community involvement and elevate the quality of our
One exciting addition is the introduction of guest speakers each semester, enriching your learning experiences with fresh perspectives and insights.

For our dedicated volunteers who contribute immeasurably to the vibrancy of OLLI, we are embarking on a journey to establish a leadership academy. This initiative will provide our volunteers with enhanced training and resources, fostering their growth as leaders within our institute and beyond.

In our ongoing efforts to connect with local businesses and organizations, we are excited to share a letter that you can use when reaching out to small businesses. By engaging local partners as sponsors and donors, we can collectively contribute to the sustained growth and vitality of OLLI.

A quick note about registration – with our membership soaring, classes are expected to fill up rapidly. We encourage you to register early to secure your spot in the courses of your choice. Stay informed about registration updates to make the most of your OLLI experience this year.

As we embark on this exciting journey, I invite each one of you to join us in making this year even more remarkable. Your passion, ideas, and active involvement are the cornerstones of our success, and together, we will continue to create a vibrant community of lifelong learners.

Thank you for being a part of OLLI and for your enduring support. Let’s make this year one for the books!

Warm regards,

Fawn Supernaw
Director, Osher Lifelong Learning Institute (OLLI)
Come for the classes.
Stay for the friends.
We Are OLLI
# Table of Contents

- About OLLI ........................................... 8
- How to Register for Fall Classes ...................... 9
- Code of Conduct ........................................ 11

## COURSE DESCRIPTIONS

- Health, Wellness & Lifestyle ....................... 12-23
- Culture & Literature .................................. 24-30
- Language .................................................. 31
- Discussion Group ....................................... 32
- Special Interest ......................................... 33-34
- Performing Arts ....................................... 35-36
- Science & Technology .................................. 37-41
- Travel ......................................................... 42-43
- History & Social Studies ............................... 44-45
- Business & Finance ...................................... 46-48
- Field Trips ............................................... 49-50
- Special Event .............................................. 51
- Osher Online Classes .................................. 52-62
Osher Lifelong Learning Institute (OLLI)

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

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

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

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

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

www.osher.net
How to Register for Fall 2023 OLLI Courses

Welcome to the Osher Lifelong Learning Institute Fall Semester registration! Please follow these instructions carefully, as there are new rules in place to ensure a smooth registration process.

Updates to the Registration Process include:

1. Zoom IDs can be found in the catalog.
2. All courses are subject to change. Friday eBlasts will include any updates to the OLLI schedule.
3. The website calendar will also have the most current schedule. Please double-check OLLI’s calendar before each class start.
4. COURSE REGISTRATION CLOSES TWO WEEKS BEFORE THE COURSE START DATE.

Important Dates
Registration Start Date: August 29 at 12pm PT
Fall Semester Start Date: September 5
End of Fall Semester: December 15
Individual Course start dates: Refer to the OLLI Calendar

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

2. Course Selection
   Now that you’re an OLLI member, you can choose your desired classes. The majority of class fees are $10 or $15. Select your courses early. COURSE REGISTRATION CLOSES TWO WEEKS BEFORE THE CLASS START DATE.

3. Course Availability
   Our classes tend to fill up quickly, so it’s crucial to register early. There are no wait-lists available, and no exceptions will be made once a class reaches its maximum capacity.
4. Zoom Access
All Zoom IDs for the classes can be found in the catalog and on the OLLI calendar. Ensure you can access the Zoom platform before the course’s start time. Only individuals listed on the roll sheets will be allowed to join the virtual class.

Registration Steps
Follow these steps to successfully register for your desired OLLI courses:

**Step 1:** Use the attached registration sheet to mark all the classes you want to register for.

**Step 2:** Calculate the total class fees by adding up the individual class costs. Write the total amount at the bottom of the registration sheet.

**Step 3:** Ensure you add your name and ID number to the enrollment sheet.

**Step 4:** Take the completed registration form, along with a check or credit card, to the College of Continuing and Professional Education Registration Office (CCPE-1100).

(Option 1) Alternatively, you can call the registration office at (310) 243-3741, Option 1, and make a credit card payment over the phone.

(Option 3) If you prefer, mail the completed registration form along with a check to the following address:

1000 E Victoria (CCPE-1100)
Carson, CA 90747

We’re excited to have you as a part of OLLI and hope you enjoy your Fall Semester courses. If you have any questions or need assistance with the registration process, don’t hesitate to contact our registration office.

Thank you for choosing OLLI for your lifelong learning journey!
Code of Conduct: Courtesy and Mutual Respect

Osher Lifelong Learning Institute at California State University, Dominguez Hills (OLLI@CSUDH) is a community of active, mature, lifelong learners. The College of Continuing and Professional Education (CCPE) is committed to maintaining a safe and healthy learning environment for OLLI Members, students, faculty, and staff. Many of our programs offer a forum for a lively and sometimes passionate exchange of views. Members of our learning community are expected to follow principles of courtesy and mutual respect that promote reasoned discourse and engage in responsible behaviors that reflect well upon the university. To be civil to one another, to others in the campus community, and contribute positively to OLLI Members, students, faculty, staff, and university life.

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

The OLLI Director and CCPE leadership are responsible for ensuring that the Code of Conduct is being followed in all OLLI-sponsored programs. Members who do not adhere to these principles or interfere with the goals of our learning community may be removed from the class and/or activities and denied the privilege of future participation at the discretion of the OLLI Director and CCPE Leadership.
Tai Chi is a centuries-old Chinese martial art based on the Taoist philosophy of Yin and Yang. In this class we will explore the slow continuous movements of Yang style Tai Chi, which is accessible to everyone regardless of age or physical ability.

Join us in exploring this ancient art, which is still practiced worldwide today. It is known to bring about strength, energy, optimum health and body awareness. It also improves balance, coordination, relaxation and stress reduction. Finally, it helps one to build community and lasting friendships.

Please wear comfortable clothes and flat shoes.

Questions? Please email Linda: donlin@earthlink.net

Instructors: Linda Kahn & Jerry Larson

September 8, 15, 22, 29; October 6, 13, 20, 27
November 3, 17* (*This class only meets in CCPE-1218)
10 Fridays | 10:00 - 11:30am | CCPE-1213
Fee $15 | NLLL 355 Section 02 | Course No. 45865

Maximum Enrollment: 15 Students
HEALTH, WELLNESS & LIFESTYLE

Social Tennis
The game of tennis is a lifetime sport. We are a group with many different attributes who enjoy a moderate level of physical activity. The tennis class has wonderful benefits, just to name a couple:

• It’s fun and the social interaction is great.
• We participate in medium stretching and warm-up exercises.
• Instructions are easy.
• We gain knowledge of tennis rules and tennis etiquette.

We continue to learn the essentials of doubles tennis beginning with the classic grip, forehand, backhand, serve, volley, topspin, drop shot, and partner teamwork. To get started, have a tennis racket available, bring water, wear comfortable clothing, sunglasses, and a cap.

Instructor: Donald Means

September 5 – December 12
Tuesday & Friday | 9:00am - 10:30am | CCPE-Tennis Court
Fee $15 | NLLL 355 Section 01 | Course No. 45864
Crocheting for Health

Let’s complete a project for Fall! Crocheting is a part of our health living series. It stimulates our brains and can promote positive mental health by reducing stress. Class times are scheduled to allow a solid beginning in the art and skill of crocheting, as well as for feedback on progress.

Instructor: Eula Slater

**September 12, 19, 26; October 3, 10, 17, 24, 31**
8 Tuesdays | 1:15pm - 3:15pm | CCPE-1209
Fee $15 | Section 04 NLLL 355 | Course No. 45867
NEW! Baking with Heather

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

Instructor: Heather Slater
Pastry Chef and Small Business Owner of Simply Sweets Desserts

November 1, 15, 29
3 Wednesdays | 10:00 - 11:15am | Zoom ID: 853 1178 8620
Fee $10 | NLLL 1 Section 01 | Course No. 45925
Living Well for Older Adults

This fall we will continue our garden to table series with the Prime series Grow Cook Eat. Grow Cook Eat is a series about how you can grow your own food. The series discusses how you can grow vegetables and fruit in a very small garden, or even in containers on an apartment balcony. Each episode focuses on a particular vegetable and takes us through the entire process, from sowing the seed to harvesting and to cooking.

Instructor: Eula Slater

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

September 21; October 5, 19; November 2, 16, 30
6 Thursdays  |  1:15 - 3:15pm  |  CCPE-1205
Fee $10  |  Section 05 NLLL 355  |  Course No. 45868
Aging Gracefully & Gratefully (Hybrid)

This 3-part series is designed for Seniors to share and compare areas that we all will experience as we age. Each experience is different, so we learn from each other. Aging is inevitable. As we study and examine what the experts have to say about aging, we learn from each other by sharing our individual experiences. Attitudes, decisions, choices, and acceptance are guidelines that assist us on this road called “aging.” Class participants are encouraged to suggest additional aging issues that are affecting them. We will discuss and explore various concepts, share techniques, and consider how to age “gracefully and gratefully.”

Instructor: Frankie Stewart

September 7, 14, 28
3 Thursdays | 1:15 - 2:15pm | CCPE-1206
Zoom ID: 850 7028 5892
Fee $10 | NLLL 355 Section 06 | Course No. 45869

September 7  Health: Mental, Physical, Emotional Losses: Senses (Seeing, Hearing, Tasting, Feeling, Smelling) Bereavement (Loved Ones) Dementia (Alzheimer’s Disease, Senility) Elder Abuse [Hotline # 877 477-3646]

September 14  Personal: Diet (Weight gain/loss) Exercise Sleep/ Habits Intimacy Spirituality/Religion

September 28  Business: Retirement Will/Family Trust Finances (Will you outlive your money?) Fraud New Technology Legacy (What will you pass on?) Five A’s are presented as food for thought – Awareness, Acceptance, Adaptability, Appreciation and Attitude
NEW!  Disasters Happen – Let’s Be Prepared!

Be prepared before disaster strikes! This presentation provides easy-to-understand tools, tips and guidance on how to prepare you and your family for emergencies by following three simple steps:

1) Get a Kit
2) Make a Plan and
3) Be Informed

Instructor: Red Cross Disaster Preparedness Educators

September 18
Monday   |   1:15 - 3:15pm   |   CCPE-1209
Fee $10   |   NLLL 355   Section 08   |   Course No. 45919
NEW! OSHA First Aid, CPR & AED Certification

The purpose of the Health & Safety Institute (HSI) First Aid, CPR (cardiopulmonary resuscitation) & AED (automated external defibrillator) training program is for participants to gain or improve knowledge and skill proficiency in First Aid, CPR, and AED skills.

First Aid, CPR & AED has been approved by the HSI Medical Advisory Board and reviewed by the HSI Advisory Council, and reflects on the latest resuscitation science and treatment recommendations published by the International Liaison Committee on Resuscitation (ILCOR). Conforms with the 2020 American Heart Association (AHA) Guidelines Update for CPR and Emergency Communications Center (ECC) and the annual Guidelines Update.

This class is comprised of 3 hours of independant online lessons to be completed prior to the class, and an in-person evaluation and certification performance test at one of the 2 sessions offered below. You must perform the required skills competently without assistance to receive your certification.

Materials provided: HSI Adult First Aid/CPR & AED Skill Guide. (Link will be provided after you register.)

Certification Period is 2 years from the month of issue

**Session 1** September 19
Tuesday | 9:30 - 10:30am | CCPE-1205

**Session 2** September 19
Tuesday | 11:00 - 12:00pm | CCPE-1205

Fee $25 | Session 1: NLLL 355 Section 10 | Course No. 45922
Session 2: NLLL 355 Section 11 | Course No. 45923
NEW! Empowered Pain Relief

Empowered Relief™ is an evidence-based, single-session pain class that teaches participants how pain is processed in the body and rapidly equips them with pain management skills. It was developed and tested by pain psychology scientists at Stanford University.

Instructor: Barbara Llamas

*Barbara Llamas is a Community Educator and Health Promotion Representative for Independence at Home*

**September 11**

Monday | 10:00 - 11:50am | CCPE-1206
Fee $10  | NLLL 355  Section 07  | Course No. 45918
NEW! Let's De-Stress with Laughter Yoga

Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for some Laughter Yoga to improve your health and mood. Laughter Yoga is a combination of laughter exercises with yoga breathing. Connect with others and boost overall well-being.

No Mats Needed!

Instructor: Vanessa Torres

Vanessa Torres is a Community Educator and Health Promotion Representative for Independence at Home

October 3, 10, 17
3 Tuesdays  |  12:00 - 1:00pm  |  CCPE-1209
Fee $10  |  NLLL 103  Section 01  |  Course No. 45920
NEW! Wellness for Our OGs

Dr. Brandi Powell will share some fresh perspectives on wellness with our OGs, the elders of our community, including the history of modern wellness, the eight dimensions of wellness, and relational and physical wellness. She will also share some of her personal resources, like her Ode 2 the Old Journal, which has 53 questions encouraging younger generations to get curious about the elders in their family. She will discuss principles from the book she co-authored ‘Perspectives of Wellness: Navigating the Waves of the Pandemic’ and share a great tool to help anyone assess their current wellness. Finally, as a Physical Therapist, she will go over tips related to changes in the physical condition of our OGs.

Instructor: Dr. Brandi Powell

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

October 26
Thursday | 1:15pm - 3:15 | CCPE-1202
Fee $10 | NLLL 335  Section 12 | Course No. 45924
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.

Instructor: Janice Champion

November 6, 13, 20, 27
4 Mondays | 9:00 - 11:00am | CCPE-1206
(reserved for first day of class)

Fee $10 | NLLL 370 Section 01 | Course No. 45897

Maximum: 20 Urban Hikers
NEW! Medical Cures and Concoctions in the Islamic World, Past and Present

This 2-part lecture will give you an understanding of the history of medicine in the Muslim world from the practice of surgery to treating diseases with food and medications. You will learn what doctors did then and what they do now. Comparisons will be made to European medical practices of the same time period.

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

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

October 18, 25
2 Wednesdays  |  1:00 - 2:00pm  |  CCPE-1205
Fee $10  |  NLLL 355  Section 09  |  Course No. 45921
NEW! Creation Stories of Los Angeles: How the City of Angels was Born in Myth

“With so many languages, so many tribes and tribelets, so many autonomous communities, Native American California offered a paradigm of linguistic and cultural diversity anticipating the population patterns of a later era when the peoples of the world arrived in the region.”

—Kevin Starr, California: A History

Everybody and every city needs an origin story, but creation myths are really about the time of the telling, not the beginning itself. “El Pueblo de Nuestra Señora la Reina de los Ángeles del Río Porciúncula” or in English, “The town of our lady the Queen of Angels of the River Porciúncula” is a little creation myth in itself, one that certainly reflects the time of the telling. As Kevin Starr points out, California, as we know it, was born in the imagination of a sixteenth-century novelist, and we have existed in the imaginary ever since. Join us as we explore the unique creation stories of Los Angeles that make it a city regularly being recreated.

Instructor: Greg Slayer, Ph.D.

Greg Slayer, Ph.D. is the chief academic officer at the Holmes Institute where he directs a master’s degree program in Wisdom Studies. For over thirty years he has been an administrator and scholar in higher education institutions, but his highest calling has always been that of teacher. Dr. Slayer received his doctorate in Interdisciplinary studies (literature, philosophy, religious studies) from Emory University.

October 4
Wednesday | 1:15 - 3:15pm | Zoom ID: 865 7405 8531
Fee $10 | NLLL 155 Section 02 | Course No. 45917
HISPANIC HERITAGE MONTH

The Evolution of the Celebration of Dia De Los Muertos

Embracing her rich cultural heritage, Abril Villanueva upholds the enduring significance of Dia de los Muertos, a cherished family tradition passed down through generations. Today, she celebrates this cultural event in Compton, magnifying its importance and ensuring its preservation.

Topics will include the origin of the Day of the Dead Celebration, the syncretism of the indigenous celebration and Catholicism, and the Altar (alter) and its elements. Also covered will be Dia de los Muertos in the US (Chicanismo), the celebration as an art installation, and finally, bringing it back to the community and creating healing spaces in Compton.

Instructor: Abril R. Villanueva

Abril R. Villanueva is an Afro-indigenous woman hailing from Morelos, Mexico. Her roots trace back to the Tlahuica people, an ethnic group that flourished within the Aztec Empire.

Abril obtained her Bachelor of Arts degree in Psychology and a Certificate of Multicultural Leadership from CSULA. She proudly identifies as a Disabled Veteran, Mental Health Advocate, Grassroots Organizer, Barnstormer of America, Activist, Culture Bearer, and Mother, embodying a diverse range of roles that reflect her unwavering dedication to making a positive impact in her community and beyond.

October 2

Monday  |  10:00 - 11:50am  | CCPE-1209
Fee  $10   |   NLLL 155   Section 3    |   Course No. 45936
Thursday Morning Book Club

The book club is a great opportunity to expand your knowledge of a variety of subjects. Members select, read, and discuss books from various genres. During the monthly virtual meetings, members have an opportunity to express their points of view of the books. Join the book club for lively discussions, learning diverse perspectives and of course, socializing.

Facilitator: Elaine Schnyder

Wednesday, September 27
Thursdays, October 26; November 30; January 25, 2024
4 Meetings | 10:00 - 11:00am | Zoom ID: 881 4325 5391
Fee $10 | NLLL 154  Section 02  |  Course No. 45877

September 27  Master Slave Husband by Ilyon Woo
October 26  House of Wolves by James Patterson
November 30  Black Candle Women by Diane Marie Brown
January 25  Did You Hear About Kitty Karr?
by Crystal Smith Paul
Let’s Read a Play

No stage or acting experience is required. Join our virtual class and have some fun and the chance to “polish” your dramatic skills. We hope you will enjoy the same interactive approach as the classroom experience of cold readings. Expect lively discussion regarding meaning and content. Parts will be assigned during the first 10-15 minutes of each class and depending on the number of students and the number of parts, expect changes to character roles at the break.

Instructor: Susan Washington
OLLI “Let’s Read a Play” Members

September 6, 13; October 11, 16* November 1, 8; December 6, 13
7 Wednesdays, *1 Monday  |  1:30 - 3:30pm
Zoom ID: 840 3631 2215
Fee $15  |  NLLL 154 Section 02  |  Course No. 45882

September 6, 13  Jerusalem by Jez Butterworth
October 11, 16  Sweat by Lynn Nottage
November 1, 8  The Rover by Aphra Behn
December 6, 13  Homecoming by Harold Pinter
MEET THE AUTHOR

NEW! Celebrating Me: How I Survived Domestic Violence and Abuse

Johnnie Greene’s book, “Celebrating Me: Embracing Who God Created Me to Be,” takes the reader from tragedy to triumph. Throughout her life, she maneuvers through racism, low self-esteem, and an on-going battle with her weight. As she struggles to find her self-worth, she ascends from being a farmer to a franchise owner.

Even as she achieves victory in some areas of her life, Johnnie’s weight still makes her feel inadequate. This compelling book also includes seven tremendous testimonies of people who share their weight victories no matter what the scales reflect.

Instructor: Johnnie Mae Greene

Johnnie Mae Greene is a proud mother of 2 girls, an author, and a business owner. She is also a community advocate, an advisor board member the Dick Gregory Society, an avid speaker, and a member of Black Wall Street as well as many other organizations.

September 11

Monday  |  1:15 - 3:15pm  |  Zoom ID: 854 8026 0081
Fee $10  |  NLLL 154  Section 04  |  Course No. 45884
MEET THE AUTHOR

NEW! The Making of the Novel
The Girl in the Blue Blazer
by Alretha Thomas

Alretha Thomas will discuss her writing career. She will also elaborate on the making of her latest novel, “The Girl in the Blue Blazer,” and her more than twenty-year journey as an author. She will also talk about how to write a novel and how to navigate the world of publishing. This will include how to land a literary agent and what goes into getting a publishing deal.

Instructor: Alretha Thomas

Alretha Thomas, currently is a series regular on Tyler Perry’s Assisted Living. She is also a playwright and an award-winning author of fourteen novels, including the popular Cass & Nick series.

October 9

Monday | 1:15 - 3:15pm | Zoom ID: 891 4079 0087
Fee $10 | NLLL 154  Section 03 | Course No. 45883
LUNCH ’N LEARN
Beginning Spanish (Hybrid)

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

Instructor: Delyna Diop-Means

September 12, 26; October 3, 10, 31; November 7, 14, 21, 28; December 5
10 Tuesdays  |  11:00am - 12:00pm  |  Fee $15

In Person Registration:
CCPE-1206  |  NLLL 154  Section 05  |  Course No.45885

Zoom Meeting Registration:
NLLL 154  Section 06  |  Course No. 45886
Zoom ID: 842 4987 7142

¡HOLA!
LUNCH ‘N LEARN
TED Talks (Hybrid)

Join us to watch TED Talks (Technology, Entertainment, Design), short videos (18 minutes or less) followed by a fun discussion of the topic.

Instructor: Denise Jefferson

September 11, 25; October 9, 23; November 6, 20; December 4
7 Mondays | 12:00pm - 1:00pm | CCPE-1205
Zoom ID: 863 4684 4718

Fee $10 | NLLL 258 Section 01 | Course No. 45851

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 11</td>
<td>Why TED Talks Don’t’ Change People’s Behaviors</td>
<td>Tom Asacker</td>
</tr>
<tr>
<td>September 25</td>
<td>A 3-Step Guide to Believing in Yourself</td>
<td>Sheryl Lee Ralph</td>
</tr>
<tr>
<td>October 9</td>
<td>How to Squeeze All the Juice Out of Retirement</td>
<td>Riley Moynes</td>
</tr>
<tr>
<td>October 23</td>
<td>How to Have a Good Conversation</td>
<td>Celeste Headlee</td>
</tr>
<tr>
<td>November 6</td>
<td>Design you: Passion &amp; Purpose</td>
<td>Lemel Durrah</td>
</tr>
<tr>
<td>November 20</td>
<td>The Formula for Successful Aging</td>
<td>Gary Small</td>
</tr>
<tr>
<td>December 4</td>
<td>Getting Stuck in Negatives (and How to Get Unstuck)</td>
<td>Alison Ledgerwood</td>
</tr>
</tbody>
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Fun & Games

This class is all about having fun, friendship, and “exercising” our brains! An assortment of games will be provided, but class members are encouraged to bring their own games. We’ll have on hand “brain games” along with such favorites as Mexican Train (a dominos game), Scrabble, Tripoley, Rummy Tiles, Jenga, Cribbage, Chess, playing cards, and coloring books, to name a few. We’ll break into groups, play familiar games and learn some new ones.

Facilitator: Valerie Dingwell

September 8, 22; October 6, 20; November 3, 17; December 1
7 Fridays | 11:30am - 1:30pm | CCPE-1209
Fee $10 | NLLL 355 Section 03 | Course No. 45866
Crafting with the Cricut for Seniors

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

Please bring your Cricut Explore Air 2, Cricut Explore Air 3, Cricut Maker or Cricut Maker 3 and your mobile device (i.e. iPhone, IPAD, Android phone, Android tablet or laptop) to use with your machine. Also, please bring a mat for your machine and any other tools that came with your machine.

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

Facilitator: Norma Bates

September 8, 15, 29; October 6, 13, 20, 27; November 3
8 Fridays | 2:00pm - 4:00pm | CCPE-1206
Fee $15 | NLLL 151 Section 01 | Course No. 45895
Maximum – 7 Crafters
Classic Jazz 112:
“Music is the Healing Force of the Universe”
–Albert Ayler

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

Instructor: Chet Hanley, Lecturer for DHTV at CSUDH

September 14, 21, 28; October 5, 12, 19
6 Thursdays  |  10:00 - 12:30pm  |  CCPE-1210
Fee $10   |   NLLL 152   Section 02   |   Course No. 45888

September 14  Members of the Down Beat Hall of Fame (Part 1)
September 21  The Thelonious Monk International Jazz Competition: Winners and Runners-Up
September 28  Members of the Down Beat Hall of Fame (Part 2)
October 5     Central Avenue Revisited
October 12    Jazz and Protest
October 19    Kennedy Center Honors – Jazz Recipients
The OLLI Choir

So, you think you CAN’T sing? Well, this course is designed to help you tap into your inner Gladys Knight, Yolanda Adams, or even Frankie Beverly. You will learn how to turn those vocal chords into an instrument, know your vocal range, and harmonize with others to make one beautiful sound. This will be a fun process and one more thing for you to add to and scratch off your bucket list.

Instructor: Michelle R Smith; Pianist & Choir Director (aka: Bucket List Assistant)

**September 16, 30; October 14, 28; November 18; December 2**

6 Saturdays  |  10:00 - 12:00pm  |  CCPE-1209, 1222, 1218
(Different dates are in different rooms)

Fee $10  |  NLLL 152  Section 01  |  Course No. 45887
NEW! **Science in Your Shopping Cart: The Science Behind the Scams**

In this class Amy will explore science in your shopping cart. Manufacturers use scientific-sounding terms to get you to spend more money at the grocery store. It can be difficult for the consumer to decide which claims are valid, and which need more investigation. Using fun, simple experiments and items purchased locally, Amy will discuss the science behind claims on bottled water and food labels. Participants will be armed with a common-sense approach to making their own decisions about purchases.

**Instructor: Dr. Amy Grant**

*Dr. Amy Grant is the Dean of Natural Sciences at El Camino College. She has a Ph.D. in Chemistry from the University of California, Irvine, and B.S. degrees in Chemistry and Biochemistry from Stony Brook University. Amy spent 15 years as a Chemistry Professor before taking the role of Dean. She helps to run Onizuka Space Science Day, an annual public outreach event that helps hundreds of middle and high school students to explore science topics.*

**October 16**

Monday  |  1:15 - 3:15pm  |  CCPE-1209  
Fee $10  |  NLLL 351  |  Section 01  |  Course No. 45898
NEW!  How to Take Great Cell Phone Photos

Do you love to take pictures? Bring your smartphone and/or tablet to class and learn the different camera features your device can use to take amazing pictures.

Instructor: Vanessa Torres

Vanessa Torres is a Community Educator and Health Promotion Representative for Independence at Home

September 26
Tuesday  |  12:00 - 1:00pm  |  CCPE-1206
Fee $10   |   NLLL 354  Section 03   |   Course No. 45880
NEW!  **Navigating Digital Devices for Beginners**

Students will learn the basic functions of using their own mobile device. They will learn how to create a Gmail account. Students will learn how to read, write, and send emails. They will also learn how to search Google or YouTube to seek answers to solve technical questions. Lessons will be differentiated to meet the needs of the learner. By the end of the class, students should be able to confidently navigate their personal mobile device with ease and know where to find problem solving websites for answers.

Instructor: **Alberta Henderson**

*Alberta Henderson is a retired educator/administrator and technology coordinator.*

**October 4, 11, 18, 25**

4 Wednesdays  |  10:00 - 11:50am  |  CCPE-1206  
Fee $10  |  NLLL 354  Section 04  |  Course No. 45901
SCIENCE & TECHNOLOGY

LUNCH ’N LEARN
Technology Talks with Arvin

This class will answer the everyday questions you have about your computers, tablets, phones, and technology accessories. We will also explore technology that is part of your daily life and how to use it safely and with a better understanding of what it is doing for you. Our goal is to encourage you and provide the confidence to finish any technology-based projects that you have thought of. Bring in your devices and we can explore together.

Instructor: Arvin Lambinicio

September 11 – December 4
13 Mondays | 3:30 - 4:30 pm | CCPE-1213

Fee $15 | NLLL 354 Section 02 | Course No. 45879
In this class Dave and Chris will discuss Cyber and other steps OLLI members can take to better preserve their security before and during a natural disaster, as well as subsequent steps to reconstitute their lives after one. They will discuss the role of law enforcement in those situations. Additionally, Chris and Dave will discuss different roles, responsibilities, and safety measures during an active shooter situation.

Instructors: Dave Babcock & Chris Hodek

September 18
Monday | 10:00 - 11:50am | CCPE-1209
Fee $10 | NLLL 354  Section 01 | Course No. 45878
NEW! The ABC’s of Public Transportation

Have you ever wanted to take public transportation but find it daunting? In this course you will be armed with the tools, knowledge, and confidence to travel with ease. Please join us!

Instructor: Lily Ortiz

Lilly Ortiz is a Manager with Rail Safety & Mobility Programs at LA Metro. She oversees Metro’s On the Move Riders Program older adults. The program works to provide older adults with the knowledge and confidence to travel on public transportation.

October 26; November 2, 9, 16, 30

5 Thursdays | 12:00 - 1:00pm | CCPE-1209

Fee $10 | NLLL 280 Section 01 | Course No. 45891

October 26
What is a Senior TAP Card?
Learn about the benefits of having a Senior TAP Card, who can apply and how to apply.

November 2
How to load your TAP card
Find out what type of fare is best for you, the different ways to load fare, and who accepts your TAP card.

November 9
How to plan your trip and fun destinations
Tools and tips to help you plan your trip on public transportation.

November 16
Safety & Rider Tips
Learn the rider tips for safely riding on the bus and train and learn how to report an incident.

November 30
Ride together with Metro staff on the system
Put your travel skills into practice as you travel to a fun destination on public transportation.
NEW! The OLLI Travel Group Club

Come open up your life to new and exciting adventures. Join our OLLI Group Travel Club and see the world.

Facilitator: Paulette Bradley

September 25, October 23, December 4

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

Fee $10  |  NLLL 280  Section 03  |  Course No. 45929
NEW! Beginning Genealogy

This two-session class will explain how to start your family history research. We will cover methods for tracing your family history, tools to construct your family tree & charts, and the forms used to collect your information. Through this process you will learn how to navigate genealogical information at home and from public sources.

Instructor: Gloria Wallace

Gloria Wallace is a hobbyist genealogy researcher. Her interest in genealogy started 20 + years ago. She is presently serving as President of the California African American Genealogy Society (CAAGS). She is a board member and volunteer at the Richard Allen Cultural Center and Museum of Leavenworth, Kansas.

September 20, 27
2 Wednesdays  |  1:15pm - 3:15pm  |  CCPE-1210
Fee $10   |   NLLL 155  Section 01    |   Course No. 45916
Maximum 20 Students
History of Dominguez Rancho Adobe Museum

Erin Rath, Assistant Director of the Dominguez Rancho Adobe Museum in Rancho Dominguez, will give a presentation on the history of the Rancho San Pedro, the first Spanish land grant in California, and Manuel Dominguez, who built the adobe homestead in 1826. The Dominguez family was prominent in Los Angeles and California through the Mexican period into U.S. statehood. Their legacy lives on in the families of Del Amo, Watson, and Carson. The museum has an active volunteer team and puts on several public events throughout the year.

Instructor: Erin Rath

Erin Rath has a Bachelor’s and Master’s degree in history from California State University, Fullerton. She’s currently the Assistant Director of the Dominguez Rancho Adobe Museum in Rancho Dominguez but has been in the museum field since 2009, when she began volunteering as a docent at Rancho Los Cerritos in Long Beach. Her passion is in public history, and she completed an exhibition and oral history project based on her research of Vietnam-era combat photographers for her graduate program at CSUF.

September 20
Wednesday | 10:00am - 11:50am | CCPE-1206
Fee $10 | NLLL 255 Section 02 | Course No. 45927
NEW! Entrepreneurship...
Becoming a Life Coach

This is an introduction to becoming a life coach. Students will learn what a life coach is, types of life coaches, life coach training opportunities, how to get started in business, and where to find clients. Instructor will provide resources and relative information for this fast-growing industry. Demos and class projects may be included.

Instructor: Lori Minor

Ms. Lori is proprietor of Ms. Lori Life Coaching Services, and Founder of a non-profit, ALLOVEME. She holds a master’s degree in public administration from CSUDH, a Master Life Coach Certification, and Wellness Coach and Motivational Speaker certificates from IAP Career College. She is an associate professor at Los Angeles Harbor College and works as the academic college scheduler. She has been a trainer in Culturally Responsive Teaching and a faculty advisor for student clubs.

October 10
Tuesday | 3:30pm (90-120 minutes) | Zoom ID: 826 4936 7465
Fee $10 | NLLL 255 Section 01 | Course No. 45900
In this informative and interactive series Denise Davis-Ridley will discuss long-term care, Social Security options, Medicare annual enrollment, and retirement income tax planning.

Instructor: Denise Ridley-Davis

Denise Ridley-Davis has been a licensed Life & Health insurance agent since 2006 and a certified Medicare health plan enroller since 2018. She became a Certified Financial Planner in 2013.

October 4, 11, 18, 25

4 Wednesdays  |  12:00 - 1:00pm  |  CCPE-1209
Fee $10  |  NLLL 255  Section 02  |  Course No. 45927

October 4  Medicare and Long-Term Care in California
October 11 Review Your Social Security Options Before & After age 62
October 18 Medicare Annual Enrollment Period: Questions & Answers
October 25 Planning for a Tax-Free Retirement Income

For accommodation of persons with special needs at meetings call the OLLI office at 310-243-3208.
Estate Planning

You may not think you have an Estate, but nearly everyone does, and you cannot take it with you when you pass. Your estate consists of everything you own: checking and savings accounts, personal possessions, car, home, other real estate, investments, life insurance, and furniture. In this class Myron A. Campbell II, Esq. will share the importance of Estate Planning.

Instructor: Myron A. Campbell, II, Esq.

Myron A. Campbell, II, Esq. is a Probate Attorney based in Culver City and Long Beach. His firm, Agape Esquire Law APC, focuses on most matters within the probate arena, such as Trusts and Estates, Conservatorships, Trusts, Estate litigation, and Estate planning. Myron is deeply committed to educating and inspiring diverse communities about the critical importance of having a well-crafted estate plan.

December 6, 2023

Wednesday  |  10:00 am - 11:50 am  |  CCPE- 1210
Fee $10  |  NLLL  255  Section 03  |  Course No. 45928
NEW! The Chen Art Gallery: A Guided Tour

Please join us for a tour of the Chen Art Gallery in Torrance. The Chen Art Gallery is a non-profit museum that houses one of the most important collections of Chinese art in the United States. Operated by the T.F. Chen Family Foundation the museum showcases the collection of world-renowned herbalist and pharmacist Dr. Tei Fu Chen and his family.

Open to the public since 2001, it 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. Permanent exhibition galleries include a sumptuous Qing dynasty imperial throne room, an elegant Ming dynasty bedroom, scholar’s studio treasures, jade carvings, snuff bottles, cloisonné, gilt bronze Buddhist statues, ancient pottery, and several rooms of imperial porcelains.

Dr. Chen sincerely hopes that each person who visits can appreciate the beauty, rich history, and amazing achievements of Chinese culture. In this way, the Chen Art Gallery aspires to serve as a bridge of cultural understanding between East and West.

Facilitator: Museum Guides

November 7
Monday  |  1:15 - 3:15pm  |  Please meet at the museum by 1:00pm
Fee $10   |   NLLL 171   Section 01   |   Course No. 45896

Maximum attendees: 29

Location & related information:
625 Abalone Ave; Torrance CA 90501
Free street parking on Abalone Ave.
This is a standing and walking tour. Wheelchair accessible
FIELD TRIP

NEW! Mini Versailles—Tour of a Local Master Craftsman’s Torrance Home

Join us as we tour a hidden gem right in our own backyard! From the moment you walk in, you’re struck by the exquisite opulence of 87-year-old Dominic Laferla’s Torrance home. Dominic is a master craftsman who has spent decades handcrafting it into a masterpiece. It has been compared to the decor of Hearst Castle and the Palace of Versailles. The tour will highlight his plasterwork, columns, and ceiling domes.

Everywhere you look, there’s another detail with a story behind it.

Tour Guide: Dominic Laferla

October 2
Monday | 1:15 - 3:15pm | Meet at Mini Versailles, please arrive 15 minutes early

Fee $10 | NLLL 370 Section 02 | Course No. 459052

Location: 24412 Neece Avenue, Torrance, CA
NEW!  Damsel in Defense

Do you practice Situational Awareness in your day? We see and hear about tragedies in the news that are happening in our neighborhoods: home invasions, street and parking lot robberies, kidnappings and loss of lives.

It is important to be situationally aware in our daily schedules. As you plan your days’ events, do you also plan for your safety as well? What about the safety of your family? Are you ‘safety savvy’? The tragedies and victims we see on the news didn’t think it would happen to them – but it did.

Our world has changed and our personal safety and the safety of those we love is of critical importance.

Denise Jefferson, Damsel in Defense Representative, will be giving a presentation on personal safety with numerous suggestions on how to protect yourself as well as introducing Damsel in Defense safety tools. Damsel’s mission is to Empower, Educate and Equip you with a tool to defend yourself should you be in an uncomfortable or threatening situation. This will give you the confidence to know you can self-protect should the need arise.

Instructor: Denise Jefferson

November 8

Wednesday  |  10:00 - 11:50pm  |  CCPE-1206
Fee $ 10  |  NLLL 01  Section 02  |  Course No. 45926
Osher Online Courses are offered by the Osher National Resource Center (NRC). The NRC is a center for excellence and dissemination of information on effective educational programming for older adult lifelong learners, administered by the School of Professional Studies on the downtown Chicago campus of Northwestern University. The NRC exists to facilitate the exchange of opinions, solutions and experiences among institutes throughout the country so that all can benefit.

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

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

You must register for any Osher Online class by **4 pm September 12**. There is a **mandatory Orientation** via zoom, dates and times below. You will receive your course login information after or during the orientation.

**Osher Online Registration Deadline**

**September 12** | 4:00pm

**Osher Online Orientation**

**September 19** | 9:00am **OR**

**September 21** | 1:00 pm

(Select your preferred date)
In 1866, the Russian novelist Fyodor Dostoevsky wrote what would become one of the world’s great novels about murder, told from the murderer’s point of view. People are still reading it and arguing about what it means—indeed, it can be read in more than 170 languages. It is a novel about the dangerous powers of ideas, revolving around the question of whether a truly extraordinary person can overstep the barriers of morality and law; a story of friendship, love, and redemption, asking the ultimate questions about human life.

Instructor: Peter Kaye

I first read Dostoevsky’s Crime and Punishment while in high school. While reading the murder scene—told from the perspective of the murderer—I remember thinking “So this is what’s it feels like to kill someone.” I’ve read the novel at least 30 times, but that first sensation has lasted a lifetime and prompted some of my most important career choices. I went on to earn a Ph.D. in English Literature and Humanities at Stanford, where I continued my studies of Dostoevsky. I’ve been an educational administrator, an editor, and teacher.

October 4, 11, 18, 25; November 1, 8

6 Wednesdays I 9am - 10:30am I Zoom ID: (provided at orientation)

Fee $60 I NLLL 130 Section 04 I Course No. 45941

Maximum Enrollment: 4
Mindless in America: A Historical Perspective

All through US history, especially since 2016, critics have accused certain segments of the American public with ignorance, stupidity, thoughtlessness, and anti-intellectualism. One of the nation’s prominent historians, Richard Hofstadter, first charted these topics in his 1963 book, *Anti-Intellectualism in American Life*. That study earned the 1964 Pulitzer Prize, and historians have written in its shadow ever since.

This seminar consists of a close reading of that book, as well as its reception and legacy.

Instructor: **Timothy Lacy**

*Tim Lacy is a historian and full-time student services staffer. He earned his PhD and MA from Loyola University Chicago (2006 & 2002, respectively), specializing in U.S. intellectual and cultural history, and the history of education. He has taught undergraduates and adult education seminars since 2003, most recently at Loyola, the University of Illinois Chicago Honors College, and the Newberry Library. Lacy authored The Dream of a Democratic Culture: Mortimer J. Adler and the Great Books Idea (2013). He recently finished a manuscript on ‘great books cosmopolitanism’ and is beginning another on anti-intellectualism. He co-founded both the U.S. Intellectual History Blog and the Society for U.S. Intellectual History.*

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

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

Fee $60  l  NLLL 130  Section 04  l  Course No. 45941

Maximum Enrollment: 12
Going Viral: An Introduction to Virology

“Going Viral” implies explosive growth and spread—like bad news on social media. Or Covid-19. Safe to say, viruses have been around way longer than people. They’re everywhere! But what ARE viruses? Are they mini-cells? Are they even ‘alive’? We naturally focus on those that infect humans, but they have ramifications far beyond us. They DO indeed infect us and can cause diseases, but we humans make use of viruses as well in basic research and even clinical practice. In this class we’ll look into the many ways viruses work in the biosphere—extending even to the ‘calling cards’ of viral DNA that makes up a significant fraction of our human genome.

No previous science background required (basic background on cells and microbes will be included). This class is primarily lecture with directed discussions.

Instructor: John Kloetzel

John Kloetzel studied biology at USC (A.B.) and Johns Hopkins University (Ph.D.). He then taught for 37 years in the areas of cell and molecular biology at UMBC, at University of Maryland campus. His research utilized techniques that varied from electron microscopy to gene sequencing. In retirement Dr. Kloetzel has taught OLLI courses through Southern Oregon University, in subjects ranging from basic cell biology through gene editing and the human microbiome.

September 28; October 5, 12, 19; November 2, 9
6 Thursdays | 10am-11:30am | Zoom ID: (provided at orientation)
Fee $60 | NLLL 130 Section: 03 | Course No. 45940
Maximum Enrollment: 12
The Worlds of Comedy

There are survey courses in art, history, art history, and (this is true) history of art history. Isn’t it time for one of the most vibrant and popular of the arts to be taken seriously? This course has the temerity to claim humor is an art form, then try to prove it by looking at what it is and how it works – the history, mythology, anthropology, biology, psychology, philosophy and even theology of comedy. Examples come from the form’s most expert practitioners: Chaplin, Keaton, Groucho, Wilder, Sellers, Allen, Martin, Ferrell, Python, Pryor, Colbert, C.K., Stiller, Silverman and Schumer. David also draws from his background in comedy to show how professional humor is constructed.

Instructor: David Misch

David Misch has been a comic folksinger, stand-up comedian and screenwriter; his credits include “Mork and Mindy,” “Saturday Night Live” and “The Muppets Take Manhattan.” David’s written Funny: The Book and A Beginner’s Guide To Corruption, and he blogs for HuffPost. David’s taught his own comedy courses at USC and UCLA, and lectured at Yale, Columbia, the Smithsonian and American Film Institutes, Oxford University, Trinity College Dublin, University of Sydney, Grammy Museum, Austin Film Festival, Raindance Film Festival (London), 92nd St. Y (NYC), Skirball Cultural Center (Los Angeles), Lucasfilm, DreamWorks, Walt Disney Studios, VIEW Cinema (Torino, Italy) and San Miguel (Mexico) Writers’ Conferences. More at davidmisch.com.

October 10, 17, 24; November 7, 14, 21

6 Tuesdays  |  1pm - 2:30pm  |  Zoom ID:
(paid at orientation)

Fee $60  |  NLLL 130  |  Section 06  |  Course No. 45943

Maximum Enrollment: 12
Themes in Philosophy, Part 1

Explanation and discussion of fascinating themes in philosophy—a philosophy buffet! Topics include rationality, knowledge, mind-brain relationship, free will, human rights theory and application, and philosophy of democracy. How does reason work, what is its role in our lives, and what are its limitations? What is knowledge and how is it different from opinion? Are your mind and brain different or the same thing? What is free will and is it real? How should we think about human rights and what is the relationship between rights and democracy? David will address these questions and more and will include discussion in each session. Come join us!

Instructor: David Smith

Dr. David E. Smith grew up in the world of fundamentalist religion. As an adult he gradually moved away from that worldview and became a religious progressive/skeptic. After earning an M.A. in philosophy of religion, he received a second M.A. and a Ph.D. in religious studies from Temple University in Philadelphia, PA. Formerly a full-time philosophy and religious studies faculty member at Central Washington University in Ellensburg, WA, he now teaches for the Osher Lifelong Learning Institute at the University of Washington and offers independent seminars and non-credit courses in comparative religion and philosophy. He has published widely in these areas, as well. His mission is to empower people to think well for themselves about things that matter.

September 27; October 4, 18; November 1, 15. 29
6 Wednesdays | 1pm- 2:30pm | Zoom ID: (provided at orientation)
Fee $60 | NLLL 130 Section 08 | Course No. 45945
Maximum Enrollment: 12
How the Modern World is Made: The Story of Modern Manufacturing Processes and the Things They Make

Have you ever wondered how modern appliances are made? Why do certain plastic things cost pennies and others are hundreds of dollars? Ever been frustrated by a cheap gadget breaking? Want to catch up on the latest 3D printing use cases? In this course, we’ll explore a series of case studies which will explain various manufacturing techniques which make our modern life possible and provide answers to the above questions and more. No previous knowledge of manufacturing is required.

Instructor: Eliot Bethke

Eliot Bethke received his BS in Bioengineering in 2013 and spent his early career in small scale manufacturing at various startups in fields ranging from medical education to industrial lithium batteries to sports leisure equipment, and is listed as co-inventor on several patents from that work. Eliot is currently pursuing a PhD in bioengineering at the University of Illinois with a focus on knowledge management and medical informatics, and TA’s the senior design capstone course where he helps students design and create prototypes for novel hardware projects. Eliot enjoys designing, making, and testing new ideas, and is excited to share that experience!

October 5, 12, 19, 26; November 2, 9
6 Thursdays | 2pm - 3:30pm | Zoom ID: (provided at orientation)

Fee $60 | NLLL 130 Section 04 | Course No. 45941
Maximum Enrollment: 12
Jazz as Social Protest

Jazz is a storied and complicated genre within the landscape of American popular music. Over the course of six weeks, we’ll evaluate a variety of different artists, subgenres, and songs through the lens of social activism and protest. During the first week, we’ll examine what core components are necessary to make a genre or song “protest music.” Once we have established our criteria, we’ll take a deep dive into all sorts of subgenres of jazz to find examples of social protest through swing. Our course will cover a wide variety of artists, but will focus especially on the output of some of jazz’s more socially active personalities such as Charles Mingus, Nina Simone, and Billie Holiday.

Instructor: Caleb Westby

Dr. Caleb Westby is a composer, performer, and educator who specializes in the history and performance of popular music. As a saxophonist, he has performed with swing bands and jazz combos across the U.S. as both a band member and featured soloist. His academic work centers on elevating the history of popular music such as rock, jazz, pop, funk, disco, hip hop, and electronic dance music. Caleb’s music has been performed across the U.S., and internationally in Australia, Portugal, and Great Britain.

October 12, 19, 26; November 2, 9, 16

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

Fee $60  |  NLLL 130  Section 10  |  Course No. 45947

Maximum Enrollment: 12
Studies in Architecture: 12 Iconic Buildings

By looking at “great” buildings throughout history, we will learn about the principals of architecture and the importance of materials, technology and patronage. Each week we will examine one or two important buildings and the role that innovation plays in any building, no matter its historical origins.

Instructor: Nancy McAfee

Nancy is an art historian who spent 18 years at the Cleveland Museum of Art as an educator and community outreach director. She has an BA from Cornell and a MA in Art History from Case Western Reserve University. She teaches at Rochester Institute of Technology’s OLLI and has 4 grandchildren in Rochester and 4 in San Francisco.

September 27; October 4, 11, 18, 25; November 1
6 Wednesdays  |  4pm- 5:30pm  || Zoom ID: (provided at orientation)
Fee $60   |   NLLL 130 Section 05   |   Course No. 45942
Maximum Enrollment: 12
Equality, Equity, and the Journey toward Justice

Despite equality and justice being core pillars of our nation, we have been challenged by the unfulfilled promise of these ideals. Especially in the face of a diverse society, where systems have been designed to benefit some, while disadvantaging others. This course will explore historical roots of systemic oppression through current policies and practices, such as the recent decision to undo affirmative action. Together, we will examine the difference between equality and equity, reflect on individual identity and institutional practices, and explore our roles in the journey toward justice. Students will actively participate in class conversations and workshop activities each week.

Instructor: Atia Thurman

Atia Thurman is a skilled facilitator of learning, community-building, and social change. She has more than 20 years of experience collaborating on projects in the areas of health and human services, education, and community development. As a full-time lecturer, and Equity and Inclusion Fellow, at Washington University in St. Louis, Thurman designs and facilitates learning experiences that focus on equity and justice. Prior to becoming teaching faculty, Thurman served as the inaugural associate director of the Clark-Fox Policy Institute, where she helped establish and steer the Institute’s mission to advance social, economic, and racial justice for children and the adults who care for them.

October 6, 13, 20, 27; November 3, 10

6 Fridays | 9am - 10:30am | Zoom ID: (provided at orientation)

Fee $60 | NLLL 130 Section 09 | Course No. 45946

Maximum Enrollment: 4
Putin’s Russia: The Less You Know, The Better You Sleep (Lecture)

The subtitle of this course is a Russian proverb that describes well the prevailing head-in-the-sand attitude that many Russians currently hold, but, of course, our goal in this course will be to learn more about what makes Russia, its political figures and its common people tick. We will discuss political, economic, demographic, social, and cultural developments inside Russia, its role in the international arena, and the Russia-U.S. relations. We will also scrutinize the workings of Putin’s regime and question what holds him in power for longer than any leader since Stalin. We’ll also examine individual attitudes and demographic processes that shape Russian society. With rapidly changing events, the course will be greatly news-oriented.

Your instructor: Asya Pereltsvaig, PhD

Asya Pereltsvaig received a PhD in Linguistics from McGill University and has taught at Yale, Cornell, and Stanford, as well as in several other universities. Her expertise is in language and history, and the relationship between them. Her most recent book, Languages of the World: An Introduction, 4th edition (2023) is forthcoming from Cambridge University Press. Asya is a popular instructor for several Osher Lifelong Learning Institutes across the country and was the faculty host for the Osher trip to the Baltic countries and her native city, St. Petersburg Russia in July 2017.

October 30; November 6, 13, 20, 27; December 4
6 Mondays   |   1pm -2:30pm   |   Zoom ID: (provided at orientation)
Fee $60   |   NLLL 130 Section 07   |   Course No. 45944
Registration is required to attend, and limited space is available.
Come for the classes. Stay for the friends.

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