



Summer 2025 Course Catalog

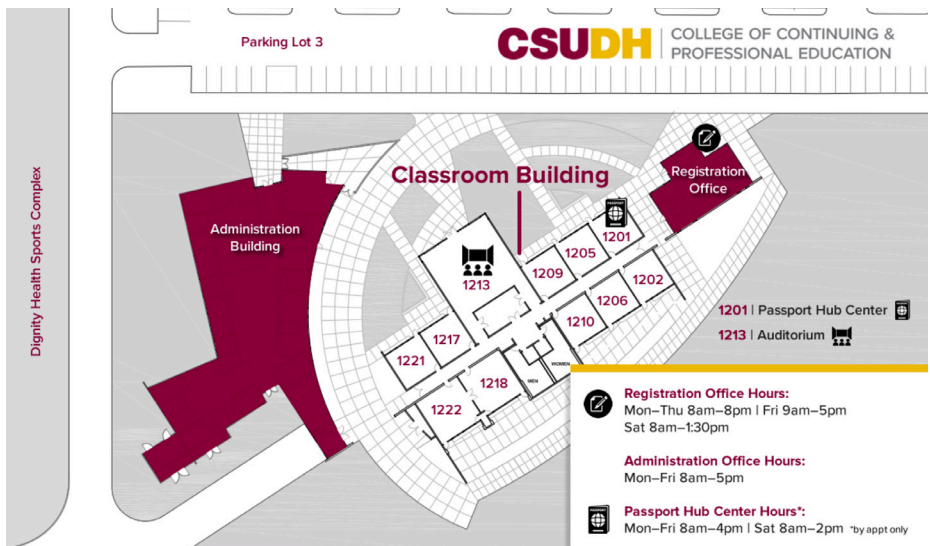
June 16, 2025 - August 15, 2025



*Empowering
Lifelong Learners
One Course at a Time*

CSUDH

COLLEGE OF CONTINUING &
PROFESSIONAL EDUCATION



Save the Date!

OLLI Annual
Juneteenth Celebration

**Empowering
Our Voices**

Tuesday, June 17

11:00am–3:00pm

CCPE-1213

Details on page 35

Dean's Corner



Dear OLLI Members,

I am thrilled to welcome you to another exciting summer of OLLI programs at the College of Continuing and Professional Education (CCPE)! As we wrap up OLLI's academic year with just under 500 members, I am filled with pride and gratitude for the vibrant community we have built together. The goal for 2025-2026 is to increase OLLI's membership to 600, and with your enthusiasm and support, I am confident OLLI can achieve it.

This past year has been full of adventures and enriching experiences. Members have explored museums, enjoyed operas and live performances, and engaged in a variety of fascinating programs. You have learned Microsoft Office, Spanish, and delved into the mysteries of the Mayan civilization. You danced at our open house, practiced Tai Chi, and played tennis. You worked on your interviewing skills, learned more about reparations, meditated, stretched, crocheted, and held a Variety Show at your "OLLIWOOD" fundraiser. Wow, and that represents only a small portion of the classes OLLI held.

As we look forward to the summer, I am excited about the new adventures and learning opportunities that await OLLI. If you have knowledge or skills you would like to share as an instructor Fall 2025 and Spring 2026, please reach out to Director Fawn at (fsupernaw1@csudh.edu). Your hobbies, expertise, interests, and ideas are invaluable, and our program thrives because of the time and effort our volunteer instructors and volunteers so generously give.

Thank you to all our volunteers for their dedication and passion. I look forward to hearing your laughter and seeing your smiles as we kick off a new academic year starting with this summer schedule.

Cordially,

J. Kimm McNutt

Dean, College of Continuing & Professional Education
California State University, Dominguez Hills

Director's Message



Welcome to OLLI@CSUDH!

As we step into another season of curiosity, community, and lifelong learning, I want to take a moment to say thank you.

Thanks to YOU—our vibrant members, passionate instructors, and incredible volunteers—OLLI continues to thrive. Your energy, your commitment, and your belief in the value of lifelong learning have helped us grow, adapt, and expand in exciting new directions.

This summer, we are once again offering a rich and diverse lineup of classes, events, and experiences designed to spark your imagination and deepen your connection to the world around you. Behind every course is a story of collaboration: volunteers facilitating and welcoming, ambassadors supporting instructors, members sharing ideas, and teams planning new events, field trips, and social experiences. OLLI is a community-powered program, and our success is built on the generous donation of time and talent by people like you.

Now, we ask you to consider one more vital gift—a **donation** to help us continue this work and reach new heights.

As a small nonprofit, your support makes a big difference. Donations directly enhance our programming, allow us to host dynamic guest speakers and events, and ensure we can continue offering the unique, high-quality experiences that define OLLI@CSUDH. While volunteerism fuels our momentum, philanthropy is what helps us dream bigger and do more.

If OLLI has added joy, meaning, or inspiration to your life, please consider donating today. Your contribution—no matter the size—supports our mission and helps ensure OLLI remains a space for discovery, connection, and lifelong learning for years to come.

Donations can be brought to the OLLI Office at any time.

Checks should be made payable to **CSUDH**, with **OLLI** noted in the memo line.

Together, we can keep this wonderful community growing strong.

Here's to a summer of curiosity, creativity, and connection!

Sincerely,

Fawn Supernaw

Director, OLLI@CSUDH





We Are OLLI



Osher Lifelong Learning Institute (OLLI)

The Osher Lifelong Learning Institute (OLLI) Network is a dynamic consortium of more than 120 lifelong learning institutes dedicated to serving adults aged 50 and better. Funded in part by The Bernard Osher Foundation, each independent Institute is affiliated with a college or university, offering intellectually stimulating, non-credit courses and learning opportunities tailored to meet the diverse interests and needs of their local communities. Since the establishment of the first Institute in 2001, the network has expanded to all 50 states and the District of Columbia, serving more than 300 towns and cities across the nation. Courses, study groups, social events, and educational travel opportunities foster a culture of joy in learning and personal fulfillment without tests or grades.

The Bernard Osher Foundation

The Bernard Osher Foundation, headquartered in San Francisco, was founded in 1977 by respected businessman, philanthropist, and community leader Bernard Osher. The Foundation seeks to improve quality of life through innovative funding in higher education and the arts.

The Foundation supports a national lifelong learning network of programs designed for adults 50 and better; Osher Lifelong Learning Institutes operate on 120+ college and university campuses in all 50 states and the District of Columbia.

To view a brief animated video history of The Osher Institute Legacy of Bernard Osher, go to

<https://vimeo.com/873071530?share=copy>

OLLI Membership Benefits

- Opportunity to enroll in courses for the Love of Learning
- Participate in a variety of activities and events, all while creating lifelong friends
- Opportunities to share your knowledge with OLLI Members
- A university student Toromail account
- Weekly emails sent with OLLI & University News
- Join or facilitate Special Interest Groups like Travel/ Books/ Food and more.
- Leadership and Volunteer opportunities.
- CSUDH library privileges and bookstore discounts are included with OLLI membership. (For an additional \$5 you can also receive a CSUDH student ID; apply through the CSUDH website)
- Enjoy a reduced annual parking pass fee

Parking at CSUDH

Save with OLLI Annual Parking Pass! For Current OLLI Members Only. Discounted to an *amazing \$20!*

- Passes are good from July 1st-June 30th. We will notify you by eblast when the 2025-2026 passes become available. Until then your current pass can be used.
- Stop by the OLLI Office and complete a Parking Permit Application Form. Make sure to include Student ID # or Date of Birth on the Form.
- Return Form with your \$20 Payment (cash, check, cashier check or money order) to the Cashier's Office located outside of Welch Hall B270
- A placard will be issued to you by the cashier. Make sure your placard is visible from the outside of your vehicle

If you have questions or need more information contact:

OLLI Office: **310-243-3208** • Email: **olli@csudh.edu**



How to Register for Summer 2025 OLLI Courses

OLLI Membership

Before registering for any OLLI courses, you must have a current OLLI membership. If you're not a member, please fill out the membership form included in this catalog. The OLLI membership fee is \$40 for the entire year.

Registration Steps

- 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:** Add your name and ID number to the enrollment sheet.
- Step 4:** Take the completed registration form, along with a check (payable to CSUDH) or credit card, to the College of Continuing and Professional Education Registration Office (CCPE-1100).
- (Option 1)
- (Option 2) Alternatively, you can call the registration office at **(310) 243-3741**, Option 1, and make a credit card payment over the phone.
- (Option 3) If you prefer, mail the completed registration form along with your check to the following address:
1000 E Victoria (CCPE-1100), Carson CA 90747

Zoom Access

All Zoom IDs for the classes can be found in the catalog and on the OLLI calendar. Ensure you can access the Zoom platform before the course's start time. Only individuals listed on the roll sheets will be allowed to join the virtual class.

OLLI Refund Policy

Membership fees and course enrollment payments are non-refundable. However, if a course is canceled the enrolled students' accounts will be credited. Credit can be applied towards future courses.

Code of Conduct:

Courtesy and Mutual Respect

OLLI is committed to providing a welcoming, inclusive, and supportive environment for all members, instructors, and staff. This Code of Conduct fosters respectful communication, collaboration, and community-building while ensuring a positive learning experience for everyone.

- 1. Respectful Communication** All members are expected to engage in conversations with kindness and an open mind, appreciating the perspectives that different generations and backgrounds bring to the OLLI community. Disagreements should be handled with civility, ensuring that discussions remain constructive and focused on learning.
- 2. Inclusivity and Diversity** OLLI celebrates diversity and strives to create an inclusive environment. All members must respect differences in age, race, ethnicity, gender, sexual orientation, ability, and background. Discrimination, harassment, or exclusionary behavior will not be tolerated.
- 3. Lifelong Learning Environment** The heart of OLLI is the pursuit of lifelong learning. Members are encouraged to participate in courses, lectures, and discussions, maintaining a spirit of curiosity and openness to new ideas. This includes showing interest in peer contributions and valuing the diverse experiences of fellow learners.
- 4. Collaboration and Community** OLLI thrives on collaboration. Members are encouraged to support one another's learning journeys, share knowledge, and build meaningful connections. Whether working in teams, participating in study groups, or engaging with instructors, fostering a community of respect and mutual support is essential.
- 5. Respect for Leadership and Staff** Leadership, staff, and volunteers work hard to provide members with exciting courses, events, and enriching experiences for OLLI members. Members are expected to treat the OLLI director and staff respectfully. The OLLI and CCPE leadership's unwavering support can be seen in the amazing programming and technology-filled space. OLLI and CCPE Leadership's place is to support the community and foster the best learning environment. While constructive feedback is welcome, it should always be offered respectfully and through the appropriate channels.
- 6. Use of Technology** As technology becomes more integrated into the OLLI classroom, members are encouraged to embrace its use while ensuring that it

enhances, rather than detracts from, the learning experience. Personal devices should be used responsibly and respectfully during classes, with consideration for fellow members.

7. Safe and Welcoming Space OLLI is committed to maintaining a safe and welcoming environment for all. Accommodation will be provided for members with mobility, sensory, or other challenges, ensuring accessibility for everyone. Members are encouraged to report any concerns about safety, comfort, or accessibility to OLLI staff.

8. Event Participation and Etiquette During OLLI Events, including workshops, performances, art exhibits, lectures, and more, members are expected to be courteous. This means listening attentively to speakers, showing respect, and being mindful of others' participation in the event. Members are encouraged to actively participate and contribute to the success of these events.

9. Volunteering and Leadership Opportunities OLLI thrives on the contributions of its volunteers. Members are encouraged to volunteer and take on leadership roles, whether assisting with classes, serving as community ambassadors, or helping organize events. Volunteering strengthens the OLLI community and ensures its continued success.

10. Volunteers as the Face of OLLI Volunteers play a crucial role in representing OLLI, both on and off campus. This includes instructors, ambassadors, leaders, and others who represent OLLI. As the face of OLLI, you are expected to always promote the organization in a positive light by sharing your personal OLLI experiences and encouraging others to join our vibrant community.

Volunteers should never gossip about fellow members, staff, or leadership. Instead, focus on building positive connections with the community and inspiring others to participate in OLLI's offerings.

11. Enforcement and Consequences OLLI leadership will review any reported concerns and take appropriate action to address the situation. Consequences for violating the Code of Conduct may include:

- A verbal or written warning
- Temporary suspension from classes or activities
- In more serious cases, termination of membership

Our goal is to maintain a positive and respectful environment for all members. Any actions taken will be fair, consistent, and aligned with the values of OLLI.

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ARTS & CRAFTS

NEW! The Art of Bible Journaling 101

Explore the art of Bible journaling in this interactive course! Learn to combine study with creative expression through writing, drawing, and coloring. Discover techniques to make the Bible come alive on the pages of your journal. Suitable for all skill levels.



Supply List:

- ☐ Bible for Journaling—A wide-margin or journaling Bible with space for notes and art or a Regular Journal Book with blank pages (any size).
- ☐ Pens – Acid-free, no-bleed pens (e.g., Micron pens)
- ☐ Highlighters – Journal safe, no-smudge highlighters for marking passages.
- ☐ Spiral Notebook for Notes
- ☐ Colored Pencils – No bleed pencils
- ☐ Gel Pens
- ☐ Washi Tape
- ☐ Craft Mat
- ☐ Ruler
- ☐ Scissors or Craft Knife
- ☐ Adhesives – Glue sticks or double-sided tape

Facilitator: **Whitney Hoffman**

July 16, 23, 30, August 6

4 Wednesdays | 1:15pm – 3:15pm | CCPE-1206 In-Person

Fee: \$20 | NLLL 151 Section: 01 | Course No. 36119

NEW! Floral Design for Beginners



Colorful flowers can provide honor and comfort while adding beauty to any occasion. Flowers send the message “We Care.” This floral design course will provide students with the basic skills to create arrangements that fit their personality and creativity. In this course students will

learn the proper handling of materials and the care of live plants while adding their touch of artistry to create a design that will brighten someone’s day.

Please bring a pair of pruning sheers to each class and \$10 per meeting for class materials.

Facilitator: **Kay L. Stephens, Ed.D**

In the fall of 2008 Kay obtained a Floral Design Certificate after completing classes in Wedding Designs, Applied Flora Shop Operation, Advanced Floral Design, Sympathy and Tribute, and Basic Horticulture.

June 18, 25, July 2 ,9, 16

**5 Wednesdays | 10:00am – 11:50am | CCPE-1209 In-Person
Fee: \$20 | NLLL 151 Section 02 | Course No. 36120**

Paint n' Snack



Join Lady T for an acrylic painting class where you can create a landscape, seascape, still-life, or a subject of your choice. During the session, Lady T will inspire you with her compassion and optimism, making the experience both fun and relaxing.

Please bring \$5 to cover the cost of materials.

Facilitator: Tamara Branch (Lady T)

Dr. Tamara Branch is an alumnus of CSULB, CSUDH and USC where she earned a BA in Fine Arts, and a Doctorate in Educational Leadership. As a passionate artist, Dr. Branch also serves five elementary schools as a Visual Art Specialist in LAUSD.



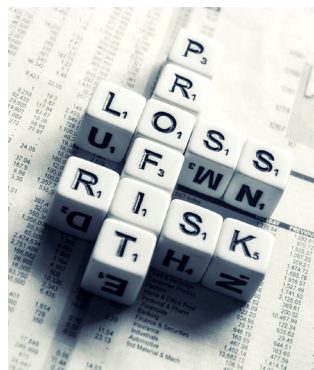
July 20

1 Sunday | 2:00 -3:30pm | CCPE-1205 In-Person

Fee: \$20 | NLLL 151 Section 03 | Course No. 36121

NEW! How the Results of the Elections Impact Your Finances

With the elections behind us, you may be wondering what it means for your money. Is there anything you should be doing differently, financially? Is it prudent to shore up cash, postpone buying a house, invest in the stock market, or wait to retire? It is natural to be concerned when new leadership takes over the White House, because each party brings along their own brand of solutions to address age-old economic issues like inflation and unemployment. We will also look at retirement related topics like healthcare and Social Security; and not to mention the fate of the sunseting provisions of the Tax Cuts and Jobs Act.



Mr. Pak will share tips on how to survive the uncertainty and manage your finances with confidence regardless of a democratic or republican presidency.

Instructor: **John C. Pak**

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

July 3

Thursday | 10:00 - 11:50am | CCPE-1209 In Person
Fee: \$20 | NLLL 255 Section 01 | Course No. 36137

NEW! Union Station: Past & Present – A Virtual Journey Through Time



Join Metro's *On the Move Riders* program, step into the heart of Los Angeles, and explore Union Station like never before in this engaging virtual

tour. Guided by historical photographs and modern-day video, attendees will journey through the station's grand architecture, artistic details, and key amenities. Discover the stories behind its construction, the golden age of railway travel, and how Union Station continues to serve as a vital transportation hub today, and one of LA's most iconic landmarks.

Instructor: **Lilly Ortiz**



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

June 26

Thursday | 1:15 – 2:15pm | ZOOM ID: 346 554 6554

Fee: Free | NLLL 270 Section 91 | Course No. 36138

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**

July 10, 17, 24

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

Fee: \$24 | NLLL 355 Section 05 | Course No. 36139

Zoom ID: 346 554 6554

- | | |
|----------------|--|
| July 10 | Health: Mental, Physical, Emotional Losses/Bereavement (Loved Ones); Senses (Seeing, Hearing, Tasting, Feeling, Smelling); Dementia (Alzheimer’s Disease, Senility); Elder Abuse [Hotline 877-477-3646] |
| July 17 | Personal: Diet (Weight gain/loss), Exercise, Sleep Habits, Intimacy, Spirituality/Religion |
| July 24 | 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 |

Crocheting for Health



Let's complete a project for Summer 2025! Crocheting is a part of our *Healthy Living* series. It stimulates our brains and can promote positive mental

health by reducing stress. Class feedback on progress.

Instructor: **Eula Slater**

Co-Facilitator: **Erica Rush**

Eula Slater is a 15+ year OLLI member and a Registered Dietitian.

June 24, July 1, 8, 15, 22, 29

6 Tuesdays | 1:15pm - 3:15pm | CCPE-1206

Fee: \$20 | NLLL 355 Section 06 | Course No. 36140



Fun & Games

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

Facilitator: **Valencia Proctor**

June 20, July 11 &25, August 8, 15

5 Fridays | 11:30am - 1:30pm | CCPE-1205

Fee: \$20 | NLLL 355 Section 07 | Course No. 36141



HEALTH, WELLNESS & LIFESTYLE

VISION BOARD PLANNING

The Golden Years: Embracing Health & Wellness



Join our Mid-Year Vision Board Planning Class for Boomers and create a personalized vision board focusing on your personal wellness. Set goals, redefine them if needed, and plan realistic actions to

achieve them. Learn valuable techniques, connect with like-minded individuals & leave with an inspiring vision board that reflects your aspirations.

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

Instructor: **Gloria Dyson**

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

July 31, August 7

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

Fee: \$22 | NLLL 151 Section | Course No. 36134

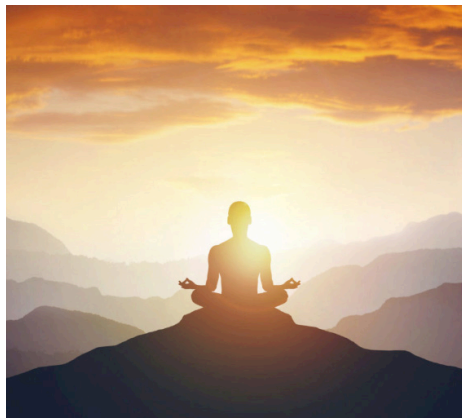
You will also need:

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

Additional supplies that may enhance your board:

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

NEW! Relax & Meditate



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

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

Yoga mats or blankets are optional (for those who may want to lay on the floor)

Instructor: **Sharon Vaughn**

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

July 8, 15, 22, 29

4 Tuesdays | 12:00 - 1:00am | CCPE-1209

Fee: \$26 | NLLL 355 Section 08 | Course No. 36142

NEW! Simple Strategies for Home Organizing



This engaging two-part course provides a judgment-free space to explore the fundamentals of home organizing, and determine when to seek professional assistance. Participants will gain an understanding of various organizing approaches and key strategies for decluttering and maintaining order in their homes and garages. Through guided discussion and practical insights, attendees will learn how to identify when and what to declutter, prepare effectively, and gather the right supplies to implement alternative solutions for a safe and healthy living environment. The course will also cover essential safety practices for organizing and maintaining high-use areas including bedroom closets, bathrooms, kitchens and pantries. Instructional techniques include multimedia, storytelling, small-group discussions, handouts, and other reference materials.



Instructor: **Raelea Burkett**

Retired LAUSD administrator and former CTE business instructor launched Organize It Las Vegas Professional Home Organizers in 2021 serving Southern California and Las Vegas residents. Raelea specializes in home, small home office and garage organization, helping older adults to de-clutter, optimize space and restore peace, productivity, and balance to their homes.

July 23, 30

2 Wednesdays | 10:00am – 11:50am | CCPE-1206

Fee: \$22 | NLLL 355 Section 09 | Course No. 36145

Social Tennis

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

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

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

Instructor: **Donald Means**

June 17 – July 1

July 8 – August 15

Tuesdays & Fridays | 9:00am - 10:30am | Fee: \$50

CSUDH Tennis Court | NLLL 355 Section 03 | Course No. 36128



Stretching Our Way to Better Health

Regular physical activity along with a healthy diet and a positive attitude play a major role in your overall health. Exercise can help determine how well you feel and how much you enjoy life.

As we age, muscle stiffness, balance and flexibility problems may lead to injury and limited mobility.



Before you start any physical activity, warm up your muscles by gentle stretching movements that increase the length of your muscles. Stretching relieves joint stiffness, increases joint flexibility, and improves your balance, posture and overall body mobility. Lastly, stretching helps to relieve muscle tension, improving your sleep and boosting your overall sense of wellbeing.

Please join us for 45 minutes of stretching exercises, followed by a 15 minute discussion of health related topics.

Instructor: **Rosetta Hassan, MD**

Dr. Rosetta Hassan is a Partner Emeritus retired physician in the Regional Genetics and Obstetrical Departments at Kaiser Permanente Medical Group of Southern California. She has over 25 years of experience in OB/GYN and Clinical Genetics. She has attended fitness classes for over 40 years including jazzercise for the past 25 years.

July 8, 15, 22, 29, August 5, 12

6 Tuesdays | 10:45-11:45am | CCPE-1213 In-Person

Fee: \$30 | NLLL 355 Section 01 | Course No. 36122

Tai Chi Chuan for Beginning & Intermediate Students



Tai Chi is a centuries-old Chinese martial art based on the Taoist philosophy of Yin and Yang. In this class we will explore the slow continuous

movements of Yang style Tai Chi, which is accessible to everyone regardless of age or physical ability.

Join us in exploring this ancient art, which is still practiced worldwide today, known to bring about strength and energy, optimum health and body awareness, improved balance and coordination, relaxation and stress reduction, and community and lasting friendships.

Please wear comfortable clothes and flat shoes.

Instructor: **Linda Kahn**

Maximum 18 Students

**June 20, 26,* July 11, 18, 25,
August 1, 8, 15**

7 Fridays, *1 Thursday | 10:00 - 11:30am

CCPE-1213 In-Person

Fee: \$34 | NLLL 355 Section 02

Course No. 36123

Questions? Please email Linda: donlin@earthlink.net



NEW! Zumba Gold



Zumba Gold is a fun, low-impact dance fitness class designed for everybody and every body! Perfect for beginners, active older adults, or anyone looking for

a lower-intensity workout, *Zumba Gold* combines exciting Latin and international rhythms with easy-to-follow moves. This class focuses on balance, range of motion, and coordination — all while keeping the party atmosphere Zumba is known for. No dance experience needed — just bring your energy and a smile. Come join the fun and move at your own pace in a welcoming, inclusive environment where everybody belongs!



Instructor: **Nancy Brown**

Nancy is Zumba Gold certified, Tai Chi novice, and walking enthusiast on a joyful fitness journey — ready to inspire every body to move, smile, and shine through dance and wellness!

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

8 Wednesdays | 12:00 – 1:00pm | CCPE-1213 In-Person

Fee: \$34 | NLLL 355 Section 04 | Course No. 36129

LANGUAGE & LITERATURE

Let's Read a Play

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

During our first session we will choose 2 of the following plays:

Intimate Apparel - by Lynn Nottage

Set in 1905, it's the story of Esther Mills, a single African American seamstress who makes elaborate corsets and undergarments. After a letter-writing courtship, she marries, but discovers the relationship is not what either of them expected.

Flyin' West - by Pearl Cleague

Four brave African-American women pioneer homesteaders settle together in the all-Black town of Nicodemus, Kansas, and build better lives for themselves.

Dinner With Friends - by Donald Margulies

A rueful comedy about two forty-something couples whose friendship is fractured when one announces their divorce.

Crimes of the Heart - by Beth Henley

A tragicomedy about the three Magrath sisters, who reunite in Mississippi after one of them shoots her abusive husband.

Facilitator: **Phil Bray**, OLLI Member

July 2, 9, August 6, 13

4 Wednesdays | 1:15 - 3:15pm | Zoom ID: 896 9635 1425

Fee: \$20 | NLLL 154 Section 01 | Course No. 36143

LANGUAGE & LITERATURE

OLLI Book Club

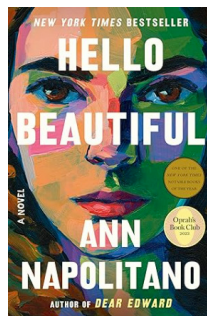
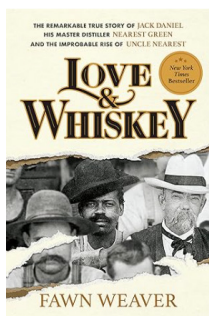
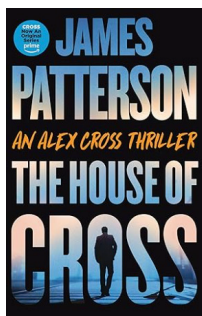
The book club is a great opportunity to expand your knowledge of a variety of subjects. Members select, read, and discuss books from various genres. During the monthly virtual meetings, members have an opportunity to express their points of view of the books. Join the book club for lively discussions,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

Facilitator: **Elaine Schnyder**

June 26, July 24, August 21

3 Thursdays | 10:00 - 11:00am | Zoom ID: 815 2397 4279

Fee: \$20 | NLLL 154 Section 02 | Course No. 36144



June 26 “The House of Cross” by James Patterson

July 24 “Love and Whiskey” by Fawn Weaver

August 21 “Hello Beautiful” by Ann Napolitano

PERFORMING ARTS

Have Fun Playing and Improvising to Jazz Music Standard Songs

This peer-led class invites participants to listen to professionally recorded standard jazz tracks and play along, improvising with their own musical instruments. The goal of the course is to enhance skills and learn the basics of jazz improvisation.

Instructor: **Joyce Holland**

Joyce is a retired professional with over 25 years of service at the Los Angeles Department of Public Social Services. In retirement, she has embraced her lifelong passion for music, dedicating herself to playing woodwind instruments—primarily the flute. A devoted jazz enthusiast, Joyce has been honing her improvisational skills for several years through regular practice and occasional live performances. Joyce earned her Associate Degree in Music Performance from L.A. Southwest College, a BS in Public Administration from CSUDH, and MS in Organizational Management

from the University of Phoenix.



This beautiful illustration by Joyce Holland expresses her love for both music and art, and was created at OLLI's **Exploring Artistic Creation with AI** class.

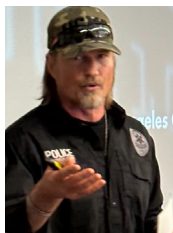
June 22, 29, July 6, 13

**4 Sundays | 2:00 - 3:30pm | CCPE-1205 In Person
Fee: \$20 | NLLL 152 Section 01 | Course No. 36151**

CYBER WARRIOR ACADEMY

Cyber Security Awareness: Emerging Trends and Continuing Education

In this class Dave will build on the courses he has presented at CSUDH and facilitate dialogue on continuing cyber security best practices. Dave will continue to introduce students to the most current and emerging trends he is investigating. Dave will also introduce tools and techniques with the intention that the students will continue to develop as Cyber Warriors and be better prepared to defend themselves against cyber-attacks.



Instructor: **Dave Babcock**

Dave is a current and founding member of the Los Angeles County District Attorney (LADA) Cyber Investigation Response Team (CIRT), he is a member of the United States Secret Service Los Angeles Cyber Fraud Task Force, and a member of the Los Angeles County Sheriff's Department Identity Theft Task Force. His unit investigates cyber-attacks, intellectual property thefts, and network intrusions against Los Angeles County government technology assets and resources, including human resources. Dave has trained thousands of IT security professionals and citizens (law enforcement and civilian alike) in the discipline of in-depth cyber security and risk reduction. Before joining the LADA, Babcock was a Police Officer for the City of Glendale. Dave served as a Non-Commissioned Officer in the United States Marine Corps and he is a graduate of the Illinois Institute of Technology, with a degree in Chemical Engineering.

August 6, 7, 13

**2 Wednesdays, 1 Thursday | 1:15-3:15pm | CCPE-1209 In-Person
Fee: \$24 | NLLL 354 Section 01 | Course No. 36152**

SPECIAL INTEREST GROUPS

The OLLI Summer Movie Series

Facilitator: Eula Slater

June 23, 30, July 7, 14, 21, 28, August 4

7 Mondays | 10:00am - 1:00pm | CCPE-1209

Fee: \$32 | NLLL 356 Section 01 | Course No. 36153



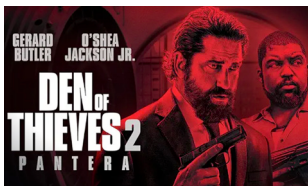
June 23 **Brewster's Millions**
1985 – PG: Richard Prior,
John Candy, Lonette McKee



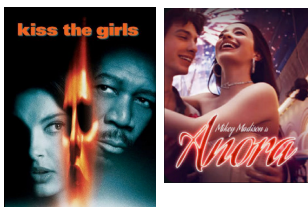
June 30 **A Fall from Grace**
2020 – PG-MA: Crystal Fox,
Phylicia Rashad, Bresha Webb



July 7 **Thelma**
2024 – PG: June Squibb,
Fred Hechinger, Richard Roundtree



July 14 **The Accountant**
2016 – PG-R: Ben Affleck,
Anna Kendrick, J.K. Simmons



July 21 **Den of Thieves 2**
2018– R: Gerald Butler,
Pablo Schreiber, O'Shea Jackson Jr.

July 28 **Kiss The Girls**
1997 – PG-R: Morgan Freeman,
Ashley Judd, Cary Elwes

August 4 **Anora**
2024 – R: Mikey Madison,
Paul Weissman, Yula Borisov

SPECIAL INTEREST GROUPS

NEW! Line Dancing



We are excited to announce our Line Dancing class! Get ready to enjoy a mix of classic and modern line dancing routines that promise fun for everyone.

Line dancing offers great benefits, including improved cardiovascular health, coordination, and balance. It may also help support memory retention.

Instructor: **Adrienne Parker**, OLLI Member

June 24, July 1, 10, 17, 24, 31, August 14

2 Tuesdays, 5 Thursdays | 11:00 - 12:30pm | CCPE-1213

Fee: \$34 | NLLL 355 Section 10 | Course No. 36154



SPECIAL INTEREST GROUPS

How to Play Bingo: A Guide for New Players

BACK BY POPULAR DEMAND: Welcome to the exciting world of bingo. Whether you're a first-time player or just need a refresher, this course will help you understand the basics of playing bingo like you would in a Bingo Hall.

There is no need to bring anything.

Remember, the most important aspect is to have fun and enjoy the excitement of the game.

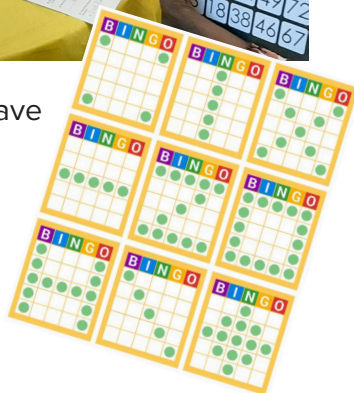
Instructor: **Denise Jefferson**, OLLI Member

August 1

Friday | 11:30am - 1:30pm | CCPE-1209

Fee: \$20 | NLLL 151 Section 02

Course No.



SPECIAL EVENT

Juneteenth – Empowering Our Voices



You are invited to join us for an afternoon of remembrance and fun for the commemoration of June 19, 1865. This is the day that marks the end of slavery in the United States. This is a celebration of African American freedom, resilience, and culture.



Please join us for this special holiday celebration.

June 17

1 Tuesday | 11:00am – 3:00pm | CCPE-1213

For current members:

Fee: \$35 | NLLL 001 Section 01 | Course No. 36157

For current members who have renewed their membership for 2025-26 **BEFORE** June 17th:

Fee: \$30 | NLLL 001 Section 02 | Course No. 36158



CALL FOR 2025 FALL &
2026 SPRING COURSE PROPOSALS

Got a Great Idea for an OLLI Course, Presentation or Activity?

Help shape the future of learning at OLLI@CSUDH!

We're looking for engaging, educational, and inspiring ideas for courses, talks, and events — and we want to hear from YOU. Whether you have a brand-new idea or want to bring back a past favorite, your input helps us keep our offerings fresh, diverse, and member-driven.

Have something valuable to share but never taught before? We can help.

How to Submit a Proposal

Visit **csudh.edu/olli/courses/** and scroll to the bottom. Click the **SUBMIT YOUR COURSE PROPOSAL** button, and fill out the Course Proposal Form.

Submission Deadlines:

Fall 2025: June 24, 2025

Spring 2026: October 1, 2025

Questions? Reach out to

Linda Kahn

donlin@earthlink.net

310-850-0831

Know someone who might be interested in joining OLLI?

Please feel free to share our information with them—we're always excited to welcome new lifelong learners!

csudh.edu/olli/ or
[facebook.com/](https://facebook.com/csudholli)
[csudholli](https://facebook.com/csudholli)