



OSHER LIFELONG LEARNING INSTITUTE

at Cal State San Bernardino, Palm Desert Campus

SPRING 2024

April - June



*Experience learning
for the pure
joy of it!*

The Osher Lifelong Learning Institute (OLLI) is a membership-based organization designed for people who are passionately curious about life and have a strong desire to explore new ideas. OLLI provides its members with the opportunity to experience intellectually stimulating university-level courses in a nurturing and welcoming environment. New, exciting courses are offered every quarter at our local CSUSB campus in Palm Desert, with no grades, tests, or homework! We invite you to learn, laugh, question, and share with other ageless thinkers who are equally fascinated by interesting topics, world issues, and the history of entertainment. Experience learning for the pure joy of it!

CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO
PALM DESERT CAMPUS

Register online at:

WWW.CSUSB.EDU/OLLI/COURSES

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LOCATION

CSUSB Palm Desert Campus 37-500 Cook St., Palm Desert

A parking permit is required 24/7 at the Palm Desert Campus and is included with your OLLI membership. Permits will be distributed during the first week of class or can be picked up in the OLLI office. Permits must be displayed at all times while on campus to avoid a citation. Daily parking passes can be purchased from the kiosk in the parking lot for \$6 on weekdays or \$3 on weekends.

REGISTRATION

Register early for the best course selection!

Mail (pay by check)

OLLI @ CSUSB
 Palm Desert Campus
 37-500 Cook Street
 Palm Desert, CA 92211

Online

(pay by credit or debit card)
 OLLI@CSUSB.EDU/COURSES

Message from the Director for Spring 2024

“Learning is a daily experience and a lifetime mission. I truly believe in the saying, ‘We work to become, not to acquire.’” – Bill Russell

The heart of the value of OLLI is that it promotes personal development. Learning is a lifelong journey, and acquiring new knowledge and skills boosts self-esteem and confidence. It’s about enhancing our abilities, whether in our careers or personal lives, leading to a more resilient and adaptable society. But it’s not just about individual growth; our OLLI fosters community and social cohesion. Lifelong learning encourages interaction and engagement with like-minded peers. The Osher Lifelong Learning Institute (OLLI) at CSUSB offers the perfect combination of in-person socialization and stimulating classes. At OLLI, there are no exams or grades, and reading is always optional. Our Spring 2024 semester at the CSUSB Palm Desert campus on Cook Street offers 3-week and 6-week courses that will stimulate your mind, body, and soul. Membership will be discounted to \$50 beginning March 18 and gives you access to many speaker events as well as fairly-priced courses and fun, educational travel! There are a variety of options, such as in-person classes on our campus, online via Zoom, or hybrid classes, where you can choose between the two. The spring semester begins on April 8th and runs through June 20th, 2024. Stay curious!

*Kind regards,
 Angela Allen, CSUSB OLLI Director*

EACH ONE REACH ONE CAMPAIGN

Help us reach our goal of reaching 500 members by June 30, 2024! We have made SO much progress in the last few months and we are in the final stretch. The Spring term is a wonderful time to invite your friends, family, and neighbors to join OLLI!

You can keep up with our progress in our online newsletters or by stopping by our office!

We need about 100 members more to meet our goal!

Will you help us?

**Discounted membership
 for the Spring Term!**

Only \$50!

Discount begins March 18

Beginning Tai Chi for Seniors

Maureen Dowling, retired Correctional Sergeant, Certified Tai Chi instructor
The benefits of practicing Tai Chi include relaxation, balance of mind and body, improved circulation, and general health and well-being. It's a tradition of purposeful movement and principles of mind-body awareness and self-protection. It includes gentle movements that teach us to move in a more intentional, healthier way. It is a dance with all the energies of life that leads you to open your heart and mind. A student should dress comfortably, be prepared to be patient with their own individual practice, relax, and enjoy Tai Chi and all it has to offer.

Mondays, 9:00 AM - 10:30 AM
April 8 - April 22
Palm Desert Campus



Tools to Overcome Anxiety When Speaking to a Group

Cindy Sardo, award-winning TV news anchor/reporter/producer, Media Consultant and Coach
“There are only two types of speakers in the world. 1. The nervous and 2. Liars.” — Mark Twain

Do you have a “fight or flight” response when you’re asked to speak in front of a group? You’re in good company — even Gandhi, Abraham Lincoln, and Warren Buffet tried to avoid public speaking. This interactive workshop will provide you with specific tools and methods to become a skilled and self-confident communicator in various roles: presenter, public speaker, consultant, committee leader, or spokesperson. By practicing and performing the tools in class, you’ll develop your individual style and discover your “hidden” personality.

Mondays, 1:00 PM - 3:00 PM
April 8 - April 22
Palm Desert Campus

Formation of Our Valley

Kerry Berman, Certified Interpretive Guide, conservation ambassador, tunnel rat

This course will cover the creation of the Sonoran Desert 150 million years ago and the geological activity that followed. We will also cover the struggles and challenges that the Native American Cahuillas faced, such as how this harsh desert environment was tamed by the pioneers, culminating in one of the most famous vacation destinations in the world. Today, our desert is a unique environment that may be referred to as the renewable energy capital of North America, with the presence of wind, sun, hydro, biomass, and geothermal alternatives.

Tuesdays, 1:00 PM - 3:00 PM
April 9 - April 23
Palm Desert Campus



The Art of Breathing

Katherine Robinson, BA, Certified meditation and mindfulness teacher
There is nothing more essential to our health and well-being than breathing. We take in air and let it out about 25,000 times a day. If breathing is such an important part of our health and well-being, how come many of us never stop and think about it? Katherine will teach us why the breath is so important, and most of the population is breathing improperly, causing all sorts of of negative side effects. We will learn how to breathe.

Wednesdays, 10:00 AM - 11:30 AM
April 10 - April 24
Online via Zoom



Music Controversies and Curiosities

Emanuel Abramovits, MBA, Mechanical Engineer, concert promoter

Music has often been a source of controversy. In their goal for originality, musicians sometimes push the envelope too far and pay the price. Let’s analyze some of these controversial pieces. Some of them were revolutionary ones that challenged established norms and created discord. Some even created moral panics that led to cries for censorship when they were released or decades later. It happened in classical, pop, and music for the stage and screen. In this course, I will use audiovisual examples of music that created public controversy and will complement them with anecdotes from my years as a concert promoter.

Wednesdays, 10:00 AM - 11:30 AM
April 10 - April 24
Online via Zoom

The Science of Oppenheimer

Fred Abramson, PhD, chemist, pharmacist, George Washington University School of Medicine

The movie “*Oppenheimer*” focused on the Manhattan Project, the huge, secret enterprise to build the first atomic bomb. While a stirring narrative with wonderful acting, “*Oppenheimer*” explains little of the science of the bomb. That story begins in 1896, when two French scientists, Henri Becquerel and Marie Curie, discover radioactivity. For the next 40+ years, this observation initiated many discoveries (fission) and inventions (enrichment devices and accelerators) that had much wider applications, such as producing energy or isotopes for medicine. Along the way, a new kind of bomb emerged.

Thursdays, 10:00 AM - 12:00 PM
April 11 - April 25
Palm Desert Campus

Stop Procrastinating and Get Your Decluttering Done

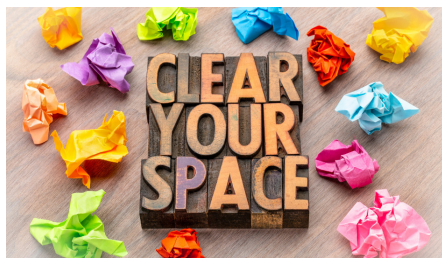
Jamie Novak, bestselling author, podcast host, expert organizer

Do you put off organizing tasks? Do you delay getting started? Do you procrastinate when it comes to decluttering your home? Log on and learn simple strategies to get things done! During this online program with organizer and author Jamie Novak, she'll share ways to stop putting things off. Plus, you'll jumpstart your efforts with a live tidy-up during the program. Don't put it off; register for this fun and informative virtual program today.

Thursdays, 1:00 PM - 3:00 PM

April 11 - April 25

Online via Zoom



Current Events Discussion Forum

Lara Bloomquist, JD, attorney, former prosecutor, criminal justice instructor

You have a right to your opinion about the news, and this is the course in which to express it. Or, you can sit back and listen to others voice their thoughts. Each week, the class covers the hot topics of the day based on articles from The New York Times, the Los Angeles Times, The Wall Street Journal, The New Yorker, The New Republic, The Economist, Time magazine, and many more. You will be alerted in advance of class to which articles will drive the week's discussions. All thoughtfully delivered points of view are encouraged and will be respected because different opinions spark engaging discussions.

Fridays, 10:00 AM - 12:00 PM

April 12 - April 26

Hybrid, Palm Desert Campus & Zoom

Promise/Peril: Three Documentaries on the Jewish Journey to America and Palestine

Bernard (Butch) Epps Jr, MFA, Film aficionado, academic liaison, writer

This series of documentary films examines the modern history of the Jewish journey in America and Palestine. The first focuses on the Orthodox and Reform movements and the Ashkenazi entrepreneurs who crossed the Atlantic Ocean, creating new American identities during the mid-18th century in America. The second is the story of a ship's historic role in breaking British Palestinian rule and the establishment of the state of Israel. The third focuses on the rise of Arab and Jewish nationalism when the seeds of conflict were first sewn in Ottoman-ruled Palestine. Documentary names can be found in the online course description.

Fridays, 1:00 PM - 3:00 PM

April 12 - April 26

Palm Desert Campus

6-WEEK COURSES, \$50 EACH, APRIL 30 - JUNE 20

Traditional Chinese Medicine for Achieving Wellness & Alleviating Pain

Sheryl Martin, PhD, licensed acupuncturist, registered nurse

Did you know that you use the principles of Traditional Chinese Medicine (TCM) every day? Have fun in this in-person interactive class and workshop, learning how to implement some simple measures at home using these principles to manage common ailments. Topics you will learn are as follows: 1) TCM as it pertains to internal body functions and external environmental influences. 2) The Law of Five Tastes as it pertains to nutritional and herbal medicine. 3) Acupuncture, Acupressure, Cupping, and other tools used by an Acupuncturist for both achieving wellness and alleviating pain, plus demonstrations and much more!

Mondays, 10:00 AM - 12:00 PM

May 6 - June 17, please note that no class will be held on May 27.

Palm Desert Campus

Cynology 101: Introduction to Canine Studies

Stephenie Slahor, PhD, writer, professor, lawyer, lecturer

"Fetch" a copy of the OLLI catalog and "sit" down to relax while you peruse the offerings. When you "come" to the one about cynology, un-"leash" your curiosity and "stay" focused. "Come" to Cynology 101 for a "treat" you'll love to "speak" about because we'll be studying all things DOG—anatomy, history, training, feeding, and fun. As if you couldn't tell by this course description!

Mondays, 1:00 PM - 2:30 PM

May 6 - June 17, please note that no class will be held on May 27.

Online via Zoom



Religious Architecture & Design: From the Roman Catacombs to Modern Times

Eleanor Schrader, MBA, distinguished instructor UCLA Extension

The intent of religious art and architecture is to uplift the mind with artistic imagery. This course will explore the influences of symbolism and pictorial representations of religious images in Europe. Topics include the ancient catacombs of the early Christian and Jewish periods during Roman times, glittering Byzantine and Romanesque design, the grand structures of the Gothic, Renaissance, and Baroque eras, 19th-century Victorian and historical revivals, and the sleek forms of 20th-century architecture. Methods, materials, and construction techniques are included as they pertain to art, design, and architecture in Christian, Jewish, and Islamic design.

Tuesdays, 10:00 AM - 11:30 AM

May 7 - June 11

Online via Zoom

Classic Coming of Age Films

Frank Furino, MFA, writer, producer, former staff director with ABC News
Embark on a cinematic journey with six classic coming-of-age films, including "Summer of '42," which beautifully navigates adolescence amidst World War II, while "Little Women" brings Louisa May Alcott's timeless tale of sisterhood to life. Join Forrest Gump on an extraordinary life journey in the eponymous film and explore the comedic yet poignant complexities of love in "The Heartbreak Kid." "500 Days of Summer" and "American Pie" offer a non-linear exploration of romance and personal growth. Together, these films form a diverse tapestry of human experiences, capturing the universal themes of self-discovery, love, and the challenges of growing up across different eras and perspectives.

Tuesdays, 1:00 PM - 3:30 PM*

April 30 - June 4

Palm Desert Campus

***Please note that end times will vary based off of length of the film for the day.**

Open Drawing and Painting Studio

Jack Flanigan, MFA, resident artist at the La Quinta Resort & Club
Be fearless! Beginners are welcome. This class will be open to all dry and water-soluble media. Acrylic paint, watercolors, gouache, Caran d'Ache, pastels, colored pencils, and drawing tools are all welcome. Rules of perspective, shapes and size relationships, light and dark, warm and cool relationships, and color understanding shall be covered. Come have fun, explore, learn, and grow.

Wednesdays, 10:00 AM - 12:00 PM

May 8 - June 12

Palm Desert Campus



What Is Next for Me?

Barbara Stenning, BA, certified life coach
Discover new tools and techniques to expand your knowledge, horizons, and appreciation of your life. If you are ready to explore new aspects of your uniqueness and learn how to utilize your inner knowing, come join us in a fun and illuminating class. We will be writing and sharing in each class, so bring something to write with. Arrive ready to enjoy your new journey.

Wednesdays, 1:00 PM - 2:30 PM

May 8 - June 12

Palm Desert Campus



Getting What We Need: How U.S. Diplomats Deliver Our Nations

Joseph Manso, JD, U.S. Ambassador for the Organization for the Prohibition of Chemical Weapons (OPCW)

We look at stories of historic moments when U.S. diplomats delivered for the United States. These range from ending a war (the end of the Revolutionary War, the Mexican War) to preventing a war (the Caroline Case, avoiding British/French intervention in the Civil War). Others look at entering the world stage (the Open Door policy in China, post-WWII). We consider Roosevelt's reaction to the nationalization of the Mexican oil industry and the negotiations to create the UN Security Council. Each is a fascinating tale featuring big personalities. Of course, we also take an inside look at how diplomacy works.

Thursdays, 10:00 AM - 12:00 PM

May 9 - June 20

Palm Desert Campus, please note that there will be no class on May 16.

Crisis and Greatness: The U.S. Presidency in Film

Bernard (Butch) Epps Jr, MFA, Film aficionado, academic liaison, writer
What makes a man or woman rise above others to assume the mantle of leadership? What set history's great leaders apart from their contemporaries and enabled them to navigate often tumultuous waters? Some theorists have argued that these questions are answered by the Great Man Theory of Leadership. Through this prism, we will look at the examples of six extraordinary U.S. leaders in times of great personal and/or political crisis as represented in the following six films: "Lincoln" (2012), "Wilson" (1944), "Warm Springs" (2005), "Thirteen Days" (1999), "Jackie" (2016), and "All the Way" (2016). A discussion will follow each film.

Thursdays, 1:00 PM - 4:00 PM

May 2 - June 13

Palm Desert Campus, please note that there will be no class on May 30.

Current Events Discussion Forum

Lara Bloomquist, JD, attorney, former prosecutor, criminal justice instructor
You have a right to your opinion about the news, and this is the course in which to express it. Or, you can sit back and listen to others voice their thoughts. Each week, the class covers the hot topics of the day based on articles from The New York Times, the Los Angeles Times, The Wall Street Journal, The New Yorker, The New Republic, The Economist, Time magazine, and many more. You will be alerted in advance of class to which articles will drive the week's discussions. All thoughtfully delivered points of view are encouraged and will be respected because different opinions spark engaging discussions.

Fridays, 10:00 AM - 12:00 PM

May 3 - June 7

Hybrid, Palm Desert Campus & Zoom



Access even more of your favorite classes, with just a few clicks.



You already love your local Osher institute.

Now, explore Osher Online, which offers world-class classes and curriculum from the comfort of your own home.

Upcoming Classes

Join us for classes coming up soon:

- **The Sixties in America: From Rebellion to Rights to Commodity**
- **Psychology Fundamentals: A 101 Overview**
- **Human-Animal Connection**

Visit us at

WWW.CSUSB.EDU/OLLI/COURSES

We are delighted to join in collaboration with the Northwestern University School of Professional Studies in presenting Osher Online. With Osher Online, you'll learn alongside an expanded OLLI community from the comfort of your home. We are proud to offer this initial CSUSB Osher Online Semester. Our own experienced and discerning Curriculum Committee has selected three courses for this pilot program. These are the best OLLI instructors from around the country. All courses run for six weeks. The cost per course will be \$60.00, and your registration will be handled by our office. After the registration deadline, you will receive logon information and class management directly from Osher Online staff. All classes will be live, not recorded. We hope you consider participating in the pilot program where you can "stay curious" from just about anywhere.

far-reaching

entertaining

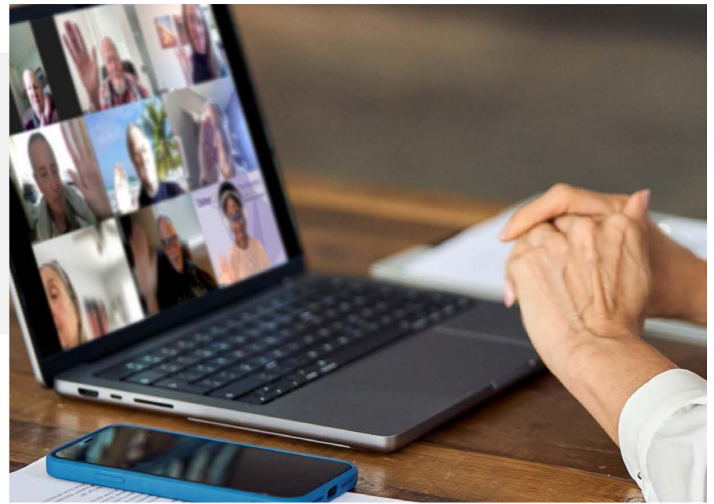


relevant

REGISTER ONLINE: WWW.CSUSB.EDU/OLLI/COURSES

**Stay curious, from
just about anywhere.**

**Curriculum-driven.
Community-centric.
And just one click away.**



The Sixties in America: From Rebellion to Rights to Commodity - Jeff Rice, PhD

Our class on America in the 60's will ask some simple but also complex questions like: why did people rebel when they did, who rebelled and who didn't, what came out of the rebellion, and did it cause the rise of conservative politics in the U.S.? We will look at: Civil Rights, Vietnam, the rise of Feminism (round 2), the Green Movement, and the exit of the traditional unionized working class from the Republican Party. We will begin with "When did the 60s start and when did they end?"

Mondays from 8:00 AM - 9:30 AM PST

April 1 through May 6

Psychology Fundamentals: A 101 Overview - Andres Gvirtz, PhD

Welcome to "Psychology Fundamentals: A 101 Overview", an introductory course designed to provide a broad yet insightful glimpse into different areas of psychology. We will learn more about how psychology can help us understand humans' individual personalities as well as group dynamics. We are going to look at the influence of geography on psychology as well as what psychology can learn by becoming more cross-cultural. Whether this is your first step into the world of psychology or you are looking to deepen your existing knowledge, the discussions around classic studies, as well as the presentation of novel research findings, promise something new and exciting for everyone.

Thursdays from 8:00 AM - 9:30 AM PST

April 4 through May 9

Human-Animal Connection - Jennifer Baker, PhD

Much research is currently being done on how humans and animals communicate and interact with one another. There are institutes at universities, books to read, and articles online about what your dog's facial expression means, or what your cat's scratching behavior might indicate. Researchers such as Jane Goodall and Temple Grandin (to name just a few) live with animals and can tell us how they experience the same emotions as we do, and what their thoughts might be. The interesting practice is how that comes out in our everyday lives – all the way from what we eat to how we interact with our household pets. In this course, we will talk about and understand the latest research, what that means for human beings, and how this will continue to affect our co-existence in the future.

This course will have a heavy student discussion component, coupled with lecture and media.

Wednesdays from 4:00 PM - 5:30 PM PST

April 10 - May 15

DEADLINE TO REGISTER IS MARCH 18

SPRING 2024 EVENTS

Corner's Last Case Performed by OLLI's Reader's Theater - Jeff Fisher

Wednesday, April 3 from 2:00 PM - 4:00 PM, PDC, free, open to the community

Join us for an OLLI first! Our Reader's Theater students will be acting out the short play *Corner's Last Case* by Martin Ward.

This play is a comedy whodunnit in two short acts!

Reception to follow play.



Hollywood Secrets and Scandals - Sue Cameron

Friday, April 5 from 1:00 PM - 2:30 PM, Hybrid, free, members only

Come and hear the exciting new, behind-the-scenes stories from the person who was in the room when it happened! Learn about legendary leading men, hear stories about TV icons, and be entertained with tales of rock 'n' roll legends. Discuss the journalism of celebrities, and the secrets and scandals surrounding some of Hollywood's most famous actors and musicians.

CSUSB Aging Well Series



Optimizing Your Health Journey - Insights & Benefits with a Nurse Advocate - Dr. Tammy Porter

Tuesday, April 9 from 10:00 AM - 12:00 PM, Hybrid, \$10, open to the community

Are you or someone you love facing difficult medical decisions? Dr. Porter offers guidance on maneuvering through health crises, whether it's for you or someone you're caring for. Delve into topics like hospitalization, recovery, assisted living, medical procedures, billing, and more. Equip yourself to be informed, secure, and proactive in your path to wellness.

Intergenerational Project - Dr. Sarah Dunn

Wednesdays, April 10, 17 & 24 from 9:00 AM - 10:15 AM, PDC, free, members only

OLLI members, along with CSUSB PDC KINE students enrolled in a Physical Activity and Aging course, will meet three times in April for a unique intergenerational experience. Those OLLI members that attend will discuss their overall health and wellness status and goals with the students, with the hope that they will gain valuable insight into the importance of staying active (mentally and physically) to prevent disease risk and to support longevity in life. Three days of conversation around lifestyle behaviors to support better cardiovascular, muscular, cognitive, neural, immune, and thermoregulatory health will create a unique lifelong learning experience for both OLLI members and students.

Making Retirement Work Series



Strategies for Financial Freedom - Robert Schein

Wednesday, April 17 from 10:00 AM - 11:30 AM, PDC, free, open to the community
 Embark on a comprehensive journey toward securing a comfortable and financially stable retirement with our class, “Financial Freedom in Retirement.” This course is designed to empower individuals with the knowledge and skills needed to prepare for retirement, emphasizing prudent financial planning and wise money management during the golden years. Learn essential strategies for building a robust retirement fund, navigating investment options, and making informed decisions to ensure a financially secure and fulfilling retirement. Explore practical approaches to managing money wisely during retirement, including budgeting, investment withdrawal strategies, and safeguarding against unexpected financial challenges. Join us to gain the confidence and tools needed to make retirement truly work for you.

How to Squeeze All the Juice Out of Retirement - Dr. Ken Shultz

Thursday, April 25 from 4:00 PM - 4:45 PM, Zoom, free, members only
 In this relatively short 45-minute session, we will watch a recent 12-minute TED Talk titled “*How to Squeeze All the Juice Out of Retirement*” by Riley Moynes, followed by a half-hour discussion on practical strategies to realistically implement some of the suggestions provided in the TED Talk, based largely on the suggestions from Dr. Shultz’s 2015 book, *Happy Retirement: The Psychology of Reinvention – A Practical Guide to Planning and Enjoying the Retirement You’ve Earned*.

How to Flourish in Your Retirement - Kevin Nourse

Tuesday, May 21 from 5:30 PM - 7:00 PM, PDC, free, open to the community
 A fulfilling retirement is more than just financial planning. Too many people focus only on their financial goals but neglect to consider other life domains. As a result, they enter retirement and either flounder or return to their full-time jobs! People who flourish in retirement intentionally design their third act based on their core values, considering wellness, community and support, learning, achievement, fun, and their legacy. In this interactive course, we will explore the most recent research on flourishing in retirement, identify and explore core values, and explore various domains of successful retirement. You can exchange ideas with others in the class about how to retire with intention. This course is ideal for those facing retirement or who are recently retired.



Let's Go Travel Tours

All tours listed below include round trip transportation from Palm Desert

April 2: The Flower Fields at Carlsbad Ranch - \$139 PP

For over sixty years, Mother Nature has transformed the rolling hills of North San Diego County into one of the most spectacular and coordinated displays of natural color and beauty anywhere in the world. Highlights include the Miniature Rose Garden, Sweet Pea Maze, the American Flag of Flowers, Poinsettia Display, and acres of beautiful flowers. Lunch afterwards at the nearby Premium Outlets.

May 15: Griffith Observatory - \$125 PP

Join us on a day tour of Southern California's gateway to the cosmos! Look through telescopes, explore exhibits, see an included live show in the Samuel Oschin Planetarium, and enjoy spectacular views of Los Angeles. There is time for lunch on your own at *Cafe at the End of the Universe*, the Observatory's eatery operated by Wolfgang Puck.

May 21 - 23: Rollin' on the River - \$399 PPDO

The Aquarius Casino Resort offers the best of Laughlin, Nevada! Your riverfront room with floor-to-ceiling windows overlooking the Colorado River includes a refrigerator, free wi-fi, and access to the pool and other resort amenities. We'll travel by deluxe motorcoach from the desert, arriving in Laughlin in the early afternoon. Included is an excursion to nearby Oatman to visit the wandering donkeys and their wild west town.

June 1: The Hit Broadway Musical Funny Girl - \$198 PP

This tour includes tickets to the show at the Segerstrom Center in Costa Mesa (preferred Orchestra Terrace seating for the 2 PM show, and a no host lunch at the adjacent South Coast Plaza Mall prior to the show.

To book these tours, contact Kathy Day at (760) 320-3009. Don't forget to let her know OLLI sent you! For more information email letsgotravelkathy@gmail.com



Off The Beaten Path Travel

Unique Santa Fe from May 16 - 21, 2024

\$3,150 PP, based on double occupancy. Space is limited!

This special tour will include a welcome dinner, a round-the-city tour of the sights of the city – including some you probably have never even heard of; a docent-led, private tour of the best of the Canyon Road art galleries (Festival 2024 – a ½ mile stroll); breakfast at the world-famous Café Pasqual's (or The Pantry); and a visit to one of the nearby pueblos for pottery, sculpture, and paintings. Experience a "Frito Pie Walking Taco" as we visit and shop the Indian Market at The Palace of the Governors. This special trip will also include a privately led walking tour through the "Flavors of New Mexico"; a special visit to the Kakawa Chocolate House to sample the rich, complex, and somewhat decadent chocolate elixirs representative of the Maya, Aztec, and other pre-Columbian cultures; and a docent-led visit to the La Cieneguilla site, home to one of the largest collections of Native rock art (called glyphs) in the American West. And...a private docent tour of the Georgia O'Keefe Museum. Optional excursions are available! Contact Barry for more information!

To book this trip, contact Barry Schoenfeld at barry123@gmail.com or call (323) 314-5420

SPRING 2024 APRIL - JUNE

3-Week Courses, April 8 - April 26, \$30 per course

	Time	Location	Title	Instructor
Mon	9:00 AM - 10:30 AM	PDC	Beginning Tai Chi for Seniors	Maureen Dowling
	1:00 PM - 3:00 PM	PDC	Tools to Overcome Anxiety When Speaking to a Group	Cindy Sardo
Tues	1:00 PM - 3:00 PM	PDC	Formation of Our Valley	Kerry Berman
Wed	10:00 AM - 11:30 AM	Zoom	The Art of Breathing	Katherine Robinson
	1:00 PM - 2:30 PM	Zoom	Music Controversies and Curiosities	Emanuel Abramovits
Thurs	10:00 AM - 12:00 PM	PDC	The Science of Oppenheimer	Fred Abramson
	1:00 PM - 3:00 PM	Zoom	Stop Procrastinating and Get Your Decluttering Done	Jamie Novak
Fri	10:00 AM - 12:00 PM	Hybrid	Currents Events Discussion Forum	Lara Bloomquist
	1:00 PM - 3:00 PM	PDC	Promise/Peril: Three Documentaries on the Jewish Journey to America and Palestine	Butch Epps Jr.

6-Week Courses, April 30 - June 20, \$50 per course

	Time	Location	Title	Instructor
Mon	10:00 AM - 12:00 PM	PDC	Traditional Chinese Medicine for Achieving Wellness & Alleviating Pain	Sheryl Martin
	1:00 PM - 2:30 PM	Zoom	Cynology 101: Introduction to Canine Studies	Stephenie Slahor
Tues	10:00 AM - 11:30 AM	Zoom	Religious Architecture & Design: From the Roman Catacombs to Modern Times	Eleanor Schrader
	1:00 PM - 3:30 PM	PDC	Classic Coming of Age Films	Frank Furino
Wed	10:00 AM - 12:00 PM	PDC	Open Drawing and Painting Studio	Jack Flanigan
	1:00 PM - 2:30 PM	PDC	What Is Next for Me?	Barbara Stenning
Thurs	10:00 AM - 12:00 PM	PDC	Getting What We Need: How U.S. Diplomats Deliver Our Nation	Joseph Manso
	1:00 PM - 4:00 PM	PDC	Crisis and Greatness: The U.S. Presidency in Film	Butch Epps Jr.
Fri	10:00 AM - 12:00 PM	Hybrid	Current Events Discussion Forum	Lara Bloomquist

Spring Events at a Glance

Date	Time	Location	Title	Instructor
April 3	2:00 PM - 4:00 PM	PDC	Corner's Last Case - Performed by OLLI's Reader's Theater	Jeff Fisher
April 5	1:00 PM - 2:30 PM	Hybrid	Hollywood Secrets and Scandals	Sue Cameron
April 9	10:00 AM - 12:00 PM	Hybrid	CSUSB Aging Well Series: Optimizing Your Health Journey - Insights & Benefits with a Nurse Advocate	Dr. Tammy Porter
April 10, 17, 24	9:00 AM - 10:15 AM	PDC	CSUSB Aging Well Series: CSUSB Intergenerational Project	Dr. Sarah Dunn
April 17	10:00 AM - 11:30 AM	PDC	Making Retirement Work Series: Strategies for Financial Freedom	Robert Schein
April 25	4:00 PM - 4:45 PM	Zoom	Making Retirement Work Series: How to Squeeze all the Juice out of Retirement	Ken Shultz
May 21	5:30 PM - 7:00 PM	PDC	Making Retirement Work Series: How to Flourish in Your Retirement	Kevin Nourse

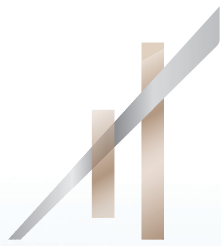
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