

SUMMER 2018 CATALOG



FRESNO STATE®
Continuing and Global Education

Dive In!

\$10 Summer Membership Special!

- * University-level Courses**
- * Fascinating Keynote Speakers**
- * Activities**



Light Summer Learning!

The Osher Lifelong Learning Institute (OLLI) at Fresno State offers learning opportunities to those age 50 or better. No entrance requirements, tests, grades or papers – just learning for enjoyment, personal growth and intellectual stimulation with like-minded people.

Join us as we live inspired!

Membership Information

\$10 Summer Special

At Fresno State's OLLI, you choose how involved you wish to be, depending on your availability and interests.

Seating is limited for all courses so be sure to send in your registration as soon as possible. General Sessions and Short Courses are open ONLY to OLLI members. Non-members may attend Activities by paying the non-member registration fees for those individual activities (see details under the Activities listing in this brochure).

Membership fees are non-refundable and non-transferable. Members who must cancel their Activities or Short Courses will be refunded only if their space can be filled. Any refunds will be processed in August. No membership fees will be refunded.

You will receive a confirmation letter once we receive your registration and payment. We cannot hold space without a paid registration.

Parking

OLLI incurs a parking charge; however, we do not want to pass this cost on to you. Members may request a parking permit by checking the option on the registration form. If you request a permit, parking details will be mailed to you. We respectfully ask that you request a permit only if necessary. If there are multiple OLLI members in your household or social group, please consider carpooling to events. Your consideration maintains OLLI's ability to offer quality programs at an affordable price.

OLLI is not responsible for parking citations received by those not in compliance with campus parking regulations.

If you need a disability-related accommodation or wheelchair access information, please contact the OLLI office at 559.278.0008 or send us an email at osher@csufresno.edu. Requests should be made at least one week in advance of the event.

General Membership

\$10 Per Person (Summer only)

- Admission to all scheduled General Sessions during Summer 2018.
- Opportunity to register for Short Courses as outlined on the schedule.
- Optional on-campus parking during all General Sessions and Short Courses.
- Privileges to use and check out materials at the Henry Madden Library, if requested.

Short Courses

Fee Varies

- Open only to OLLI members.
- A wide variety of interesting topics is offered.
- Registration is processed on a first-come, first-served basis.
- Short Courses are self-supporting. A minimum enrollment is required or courses may be canceled.

Activities

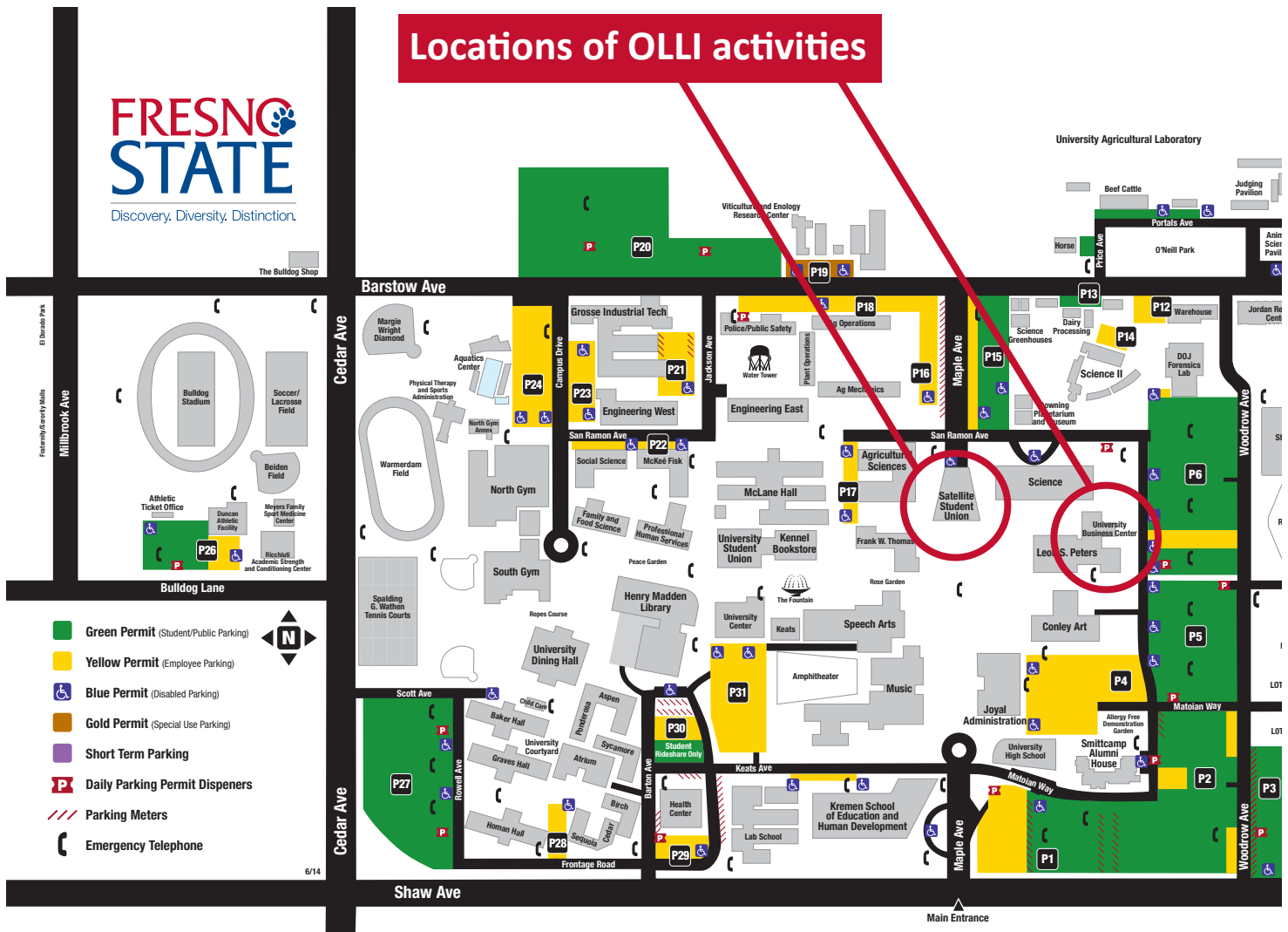
Fee Varies

- Open to members and non-members.
- Members get a lower price.
- Registration is processed on a first-come, first-served basis.
- Activities are self-supporting. A minimum enrollment is required or activities may be cancelled.

Construction Alert

The area where we host our classes is undergoing construction. We are hopeful that loud noise will not be a distraction, and apologize if it is. If the noise causes you to be very unhappy, we ask that you drop from the class as we have no control of the construction or its impact.

Locations of OLLI activities



Osher Lifelong Learning Institute

5245 N. Backer Avenue, M/S PB5 Fresno, CA 93740
559.278.0008 Email osher@csufresno.edu
www.FresnoState.edu/olli

Disabled Parking: Fresno State parking lots have clearly designated parking spaces for the disabled. A valid DMV placard or disabled license plate, **as well as a campus parking permit, is required to be displayed.** The Osher Lifelong Learning Institute is not responsible for parking violations.

OLLI Advisory Council

- | | |
|-----------------------|-----------------|
| Nancy Busch | Lanny Larson |
| Leticia Reyna Cano | Judy MacDonald |
| Kay Davies | MaryEllen Ogle |
| Dawn Diestelkamp | Lois Riggsbee |
| Alcidia Freitas Gomes | Valerie Vuicich |
| Nancy Kast | Jim Wilson |

Scott Moore, PhD
Dean, Continuing and Global Education

Jill Wagner, APR
Executive Director

Katie Bewarder
Development Director

Please note: Should you register for a specialized class, you should have access to the materials/equipment needed for the class. Examples: If you register for an iPhone class, you should have an iPhone to learn on; if you register for a digital photography class, you should have access to a digital camera.

Classroom Temperature: The temperatures in rooms of OLLI classes may vary and we often don't have local control of the thermostats. If you are sensitive to ranging temperatures, we suggest you dress in layers so you can make adjustments to ensure personal comfort.

General Sessions

AUGUST

2

Thursday

10 - 11:30 am Satellite Student Union

Policing at Fresno State

Chief David Huerta

Chief David Huerta oversees the Fresno State Police Department which includes 27 sworn officers, 16 community service specialists, dispatchers and a support staff dedicated to making and keeping Fresno State safe. Chief Huerta will discuss modern police operations on a college campus and the challenges presented by neighboring communities. He'll also discuss how the department's motto of Spirit, Service and Solution drives their work.



AUGUST

15

Wednesday

10 - 11:30 am Satellite Student Union

Living and Working with Adelie Penguins in Antarctica

Jean Pennycook

Jean has lived in the Adelie penguin breeding colony during the last 15 austral summers in Antarctica. During that time, her team's research has unraveled many secrets of these remarkable birds. Come hear her description of how these birds live and thrive in the harshest environment on Earth. She'll also share her learnings about Antarctic seals and other animals and about glaciers.



Live Inspired!

Short Courses

July August
9, 16, 23, 30 6, 13
MONDAYS
\$40

12:30 - 2 pm PB192

Basics of Acting

Laurie Pessano and Emily Pessano

Come learn the basics of acting, whether you plan to audition or not. The skills you learn through acting can improve your life including communication, the ability to deliver an authentic message, overcoming shyness, and awareness of how you are perceived. You'll gain a greater understanding of acting, expression and movement. You'll learn what directors seek in casting and from their actors' performances. This isn't just a lecture class - participation is key! Come learn from the best!

July
9
MONDAY
\$5

10 am - 12 pm PB192

Netflix & Hulu

Cristian Juarez

Why give cable companies hundreds of dollars when the future is here? Netflix is the world's leading subscription service for watching TV episodes and movies on your TV, mobile or tablet device. Stream full seasons of exclusive series, hit movies, current episodes with no hidden fees, equipment rentals, or installation appointments. You can simply access it with a click of a button. For a better experience, please have your Netflix and YouTube TV account(s) established before the session as that will not be covered.

July
10, 17, 24
TUESDAYS
\$10

10 - 11:30 am PB194

Harnessing Your Sixth Sense

Aaron Drake

This course covers the indescribable sixth sense we all have. We'll cover various aspects of precognition, intuition, remote viewing, empathic abilities and energetic healing. You'll learn a basic technique to connect with and cultivate your own sixth sense super powers. There will be fun in class practice sessions using your newly found gifts. Please join us on this journey into the metaphysical realm. The course is taught by a 30-year veteran energy practitioner and teacher Aaron Drake.

July
12
THURSDAY
\$5

10:30 am - 12 pm PB192

Making Your Voice Heard with Elected Officials

Darren Rose

It really is possible for your elected officials to hear your opinions. Darren Rose is a government relations expert who will guide you through the methods for best reaching local, state and national elected officials.

July
11 (PB191) & 18 (PB192)
WEDNESDAYS
\$10

10 - 11:30 am PB191 and PB192

First Impressions - What You Don't Know About How Others See You

Gia Kazarian

How do others perceive you? First impressions are very important and in this course we'll review the psychology of first impressions, and the seven fundamentals of first impressions. We'll also discuss Social Generosity, which is a focus on how you make others feel. We'll take a self-assessment and create an action plan. This course is based upon proven social psychology research and the book, First Impressions: What You Don't Know About How Others See You, by Dr. Ann Demarais & Dr. Valerie White.

July August
13, 20 3, 10
FRIDAYS
\$10

10 - 11:30 am PB192

Learn to Play Bridge

Mary Lou Pease

Bridge is a super fun card game that's at the center of many social activities. Come learn how to play bridge if you have never played before and know little or nothing about the game. Learn in a supportive and stress-free environment from a bridge expert. Bridge sharpens your memory and is a great social game where you will meet many interesting people. Not only is bridge is competitive and great fun, you'll improve your strategic skills!

July
16
MONDAY
\$5

10 am - 12 pm PB192

Uber & Lyft

Cristian Juarez

It's almost like having a chauffeur! Hire a private driver to pick you up and take you to your destination at a very reasonable rate with the tap of a button on your phone. You can even track your driver's location, as they are en route. You must install the free Uber and Lyft apps onto your phone, and create an account for yourself before the class. Get them online from the iTunes store, Google Play or other application provider.

July
19
THURSDAY
\$5

10 - 11:30 am PB191

Advanced Directives - What, Why and How

Carolyn Jameson

Give your family a true gift. Have a voice in your care. Advanced directives are legal documents that allow you to tell the medical community and your family what you want in your medical care should you not be able to speak for yourself. We will discuss why you want one, how to complete one and how to use one. We'll provided a form, "Prepare for Your Care", that is a legal document centered on your requests.

July
23, 30

MONDAYS

\$10

10 am - 12 pm PB192

iOS

Cristian Juarez

Get the most out of your iPhone or iPad and learn about iOS 12 - Apple's operating system. Discover the functionality and potential of your iPhone or iPad with the newest updates to the operating system. For a better experience, make sure to bring your Apple device with you.

July
31

TUESDAY

\$45

Includes art journal and some supplies

10 am - 12:30 pm PB194

Art Journaling

Laura Fraedlich

You don't have to be a seasoned writer or a professional artist to enjoy the benefits of keeping an art journal. Art journaling is an easy way to incorporate more creativity into everyday life. It's the perfect portable art form, so you can enjoy making art wherever you go. There are no rules that need to be followed, so it's fun for everyone! In this workshop, we will talk about the different types of journals you can choose from, the wide range of art supplies you can use in them, and a variety of prompts that will inspire your pages. You'll get your very own journal to keep and will use a variety of supplies to complete several pages during the workshop.

August
1

WEDNESDAY

\$5

10 - 11:30 am PB192

Maximizing Your Biggest Investment: Your Home

Jared Kim

If you are thinking about moving, downsizing or selling your home, this course will help you. Learn how to objectively look at your home and to only make improvements that have the most return. Learn the do's and don'ts of home staging so that your home is as attractive to buyers as possible. And if you are thinking about your next property, get information on how to use all available resources to ensure that your next home is truly a dream home.

August

2, 9

THURSDAYS

\$10

8 - 9:30 am PB192

Current Events Discussion

Lanny Larson

Come bring your thinking for a civilized and respectful group discussion about current events and issues, elections and whatever we have time to discuss. This is a participation activity lead by Lanny Larson, a longtime, respected reporter and editor retired from The Fresno Bee.

August

7

TUESDAY

\$10

10 am - 12:30 pm PB191

A Summer Place Movie and Discussion

Paul Kaser

Join us to view and discuss the popular 1959 film A Summer Place preparatory to enjoying our Monterey Movie Tour August 14. A Summer Place (the perfect summer vacation movie) includes spectacular views of Monterey, 17-mile Drive, and Carmel while displaying the award-winning talents of director Delmer Daves and master movie score composer Max Steiner. Starring Sandra Dee and Troy Donahue as the thwarted then triumphant young lovers and Dorothy McGuire and Richard Egan as mature, reunited lovers, the film explores social issues and attitudes of its time and ours. This course will work well with the preparation for the Monterey Film Tour activity but can be taken independently. We will cover some sights and tips on what to look out for on the tour. Instructor Paul Kaser will join us on the trip.

August

8

WEDNESDAY

\$5

10 am - 12 pm PB191

Preparing Your Fall Garden

Calliope Correia

In the heat of summer it may be hard to think about your fall garden, but it's the perfect time to do so. Come learn tips and techniques for preparing a bountiful fall garden, and enjoy the results of our lengthy growing season.

August

13

MONDAY

\$5

10 am - 12 pm PB192

Spotify & Pandora

Cristian Juarez

Do you like listening to music but hate paying for it? We do too! Join us in discovering ways to listen to the music you like and discover Yesterday USA, a great internet radio application that broadcasts old-time radio shows all day, every day. Enjoy the music you love with the help of today's technology.

Activities

July
20
Friday

1 - 3 pm at Paper Source

Greeting Card Making

Members \$45 Non-Members \$50

Price includes admission and materials.

Maximum Capacity: 8

Last Day To Register: July 13

If you're always buying greeting cards, why not make your own? Join us to craft a collection of bright, happy cards. In the class you will learn to make scalloped layers with tissue, create brushstroke patterns with inkpads, attain a resin-like finish with heat embossing techniques, construct dimensional elements like banners and paper bows, line envelopes and more!

July
27
Friday

1 - 3 pm at Paper Source

Gift Wrapping

Members \$45 Non-Members \$50

Price includes admission and materials.

Maximum Capacity: 8

Last Day To Register: July 20

You've selected the perfect gift. Why not present it in grand fashion. In this workshop, you'll learn the essentials of gift wrapping and how to create festive tags and elegant accents. We will teach you how to hide your seam, form pleat folds, make voluminous bows, heat emboss, and more. Materials provided along with some to take home.

August
6
Monday

10 am - 12 pm at Young Chef Academy

Crockpot Club: Freezer Meals Workshop

Members \$90 Non-Members \$95

Price includes admission and materials.

Maximum Capacity: 20

Last Day To Register: July 30

Join Chef Shayna in the kitchen to make 6 meals to take home and freeze to prepare at a later date. Each meal serves 4 people. Meals are intended to be prepped in slow cooker but can be prepared in the pressure cooker or oven, too. We aim to make healthy meals with seasonal produce and a protein. Gluten free and dairy free is an option. Please bring a cooler with ice to class, all else is provided.

August
14
Tuesday

8 am - 8 pm in Monterey

Monterey Film Tour

Members \$110 Non-Members \$120

Price includes transportation, tour fee and Pebble Beach entry fee. Food on your own.

Maximum Capacity: 30

Last Day To Register: July 30

This Scenic Movie Tour of Monterey showcases the many historic sites in the Monterey area that have appeared in countless films over the years. You'll travel by private bus to explore movie sites in downtown Monterey, Cannery Row, Monterey Bay, Pacific Grove, 17-mile Drive in Pebble Beach, and Carmel-by-the-Sea.

This tour begins in downtown Monterey where Colton Hall served as a girls boarding school in the movie *A Summer Place* and as a courthouse in the movie *The Big Bounce*. Travel through the charming little hamlet of Carmel-by-the-Sea. The downtown and residential areas of this quaint little resort community have been used for scenes in multiple movies.

*Join us for the course *A Summer Place Movie and Discussion* on August 7. See course details on page 8.*

OLLI Teaching Opportunities

Share your expertise with our OLLI members who are energized and interested in a wide variety of topics. Teach about your interests, expertise or talents! Download and complete Course Proposal Form at www.fresnostate.edu/cge/olli.

Please contact Jill Wagner (jiwagner@csufresno.edu) for more information.

CREDIT CARDS: If you are paying by credit card, please complete the information below and return with your registration form. This information will be destroyed after registration is processed.

Name on Card: _____

Credit Card Type: Visa MasterCard AmEx Expiration Date: _____

Card Number: _____ Security Code: _____

Osher Lifelong Learning Institute Registration – Summer 2018

Member(s) Name(s) _____

Mailing Address/City/Zip _____

Mode of contact: (in case of changes or cancellations)

Email address _____ Phone _____

How did you hear about the Fresno State OLLI?

Previously a member Heard from a friend Newspaper Catalog Other _____

Your age group 50-60 61-70 71-80 80+

■ SUMMER MEMBERSHIP FEE

General Membership \$10 per person (non-refundable).....\$ _____

Please check if you need an OLLI Parking Pass

■ SHORT COURSES – Available only with a paid membership

- Basics of Acting (six Mondays)..... x\$40/person \$ _____
- Netflix & Hulu (one Monday)..... x\$5/person \$ _____
- Harnessing Your Sixth Sense (three Tuesdays)..... x\$10/person \$ _____
- First Impressions (two Wednesdays)..... x\$10/person \$ _____
- Making Your Voice Heard with Elected Officials (one Thursday)..... x\$5/person \$ _____
- Learn to Play Bridge (four Fridays)..... x\$10/person \$ _____
- Uber & Lyft (one Monday)..... x\$5/person \$ _____
- Advanced Directives (one Thursday)..... x5/person \$ _____
- iOS (two Mondays) x\$10/person \$ _____
- Art Journaling (one Tuesday)..... x\$45/person \$ _____
- Maximizing Your Biggest Investment: Your Home (one Wednesday)..... x\$5/person \$ _____
- Current Events Discussion (two Thursdays)..... x\$10/person \$ _____
- A Summer Place Movie and Discussion (one Tuesday)..... x10/person \$ _____
- Preparing Your Fall Garden (one Wednesday) x\$5/person \$ _____
- Spotify & Pandora (one Monday)..... x\$5/person \$ _____

■ ACTIVITIES

- | | | | |
|--|---------------|-------------------|----------|
| <input type="checkbox"/> Greeting Card Making, July 20 | x\$45/member | x\$50/non-member | \$ _____ |
| <input type="checkbox"/> Gift Wrapping, July 27 | x\$45/member | x\$50/non-member | \$ _____ |
| <input type="checkbox"/> Crockpot Club, August 6 | x\$90/member | x\$95/non-member | \$ _____ |
| <input type="checkbox"/> Monterey Film Tour, August 14 | x\$110/member | x\$120/non-member | \$ _____ |

Total for Courses \$ _____

Total for Activities \$ _____

Please return this form with payment to:

Fresno State OLLI
5245 N. Backer Avenue, M/S PB5
Fresno, CA 93740
559-278-0008

TOTAL AMOUNT ENCLOSED \$ _____

Please note summer hours are 7 AM - 3:30 PM.

PAYMENT: We accept checks or money orders made payable to FRESNO STATE FOUNDATION.

Have a great summer! Look for our OLLI Fall Catalog to be mailed in August!

FRESNO STATE®

Continuing and Global Education

California State University, Fresno
5245 N. Backer Avenue, M/S PB5
Fresno, CA 93740

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Dive In!



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