

OLLI at Fresno State Monthly

Keynotes | Adventures | Courses

November 2024

This Fall, OLLI Takes Action: Join Us in Giving Back!

OLLI Gives Back Benefiting the Fresno State Clothing Closet Donation Drive

Do you still have professional clothing from your working days? How about donating those items to the Fresno State Clothing Closet to aid students in being career-ready and dressing for success!?

When: Monday, October 28th through Friday, November 22nd

Where: There are two drop-off locations:

- OLLI Classroom, Kremen Education Building Monday through Friday, Room 140
- Satellite Student Union (SSU) on Keynote Speaker days, October 29th and November 14th

What: Please bring gently used professional, workplace-appropriate attire that is ready to wear. Clothing must be in good condition, laundered or dry-cleaned prior to donation. Accessories are also welcome, like jewelry, scarves, purses, watches, belts, shoes, and ties.



If you need assistance unloading, we can help on the following dates, times, and locations:

Satellite Student Union

October 29th and November 14 from 2:00 to 3:00 p.m.

Kremen Education Building

October 31st from 2:30 to 3:00 p.m.
November 1st from 11:30 a.m. to 12:30 p.m.
November 6th from 12:00 to 1:00 p.m.
November 7th from 2:30 to 3:00 p.m.
November 18th from 9:00 to 10:00 a.m.

Let's give our future leaders a hand and help them on their way to successful careers!

For questions please call the OLLI office at 559.278.0008.

Keynote Speakers

Alzheimer’s Disease: Minimizing Risk and Maximizing Treatment by Dr. Ellen Woo, Dr. David Lent and Dr. Loren Alving



Thur. | Nov. 14 | 3 - 4:30 p.m.
Satellite Student Union
and Zoom

An interdisciplinary panel of experts, led by Fresno State psychology professor Ellen Woo, will discuss Alzheimer’s disease, managing risk factors, and what treatments are available. Dr. Woo will introduce us to the university’s Brain Health and Sciences Program, whose experts in neuroscience study impairments in brain health that lead to difficulties functioning in everyday life. Because, underserved populations have a disproportionately higher prevalence rate of neurological diseases, the program focuses on the significant health, psychological, and economic impacts of such diseases in medically underserved Central California. chair of Fresno State’s Department of Chicano and Latin-American Studies,

Adventures

Plant Talk with the Fresno American Indian Health Project

Tue. | Nov. 19 | 10 - 11:30 a.m.
1937 N. Winery Ave., Fresno, CA
93703 | **ONLY 9 SPOTS LEFT**



Presenter: Michelle Pipkin

Michelle Pipkin, the garden coordinator for the Fresno American Indian Health Care Program, headquartered just south of the Fresno State campus, will teach us about native California plants that we can add to our own yards. OLLI adventurers will visit the program’s garden, across the street from the Discovery Center, for a close-up look at the range of native plants that are available and hear Michelle’s tips obtaining, planting and nurturing them.

Happening in December: A Proper Holiday Tea

Wed. | Dec. 11 | 3 - 5 p.m.
Clovis Veterans Memorial
District | **ONLY 12 SPOTS LEFT**



Presenter: Micheline Golden

Get ready for a fabulous afternoon at A Proper Holiday Tea—a delightful celebration for everyone, men and women alike! Join us for a festive event that blends the elegance of British tradition with all the joy of the holiday season. Our wonderful presenter, Micheline Golden, will guide you through a variety of exquisite teas while you savor scrumptious treats. Want to add a bit of flair? Fancy hats and white gloves are optional but totally encouraged! Grab your friends and make it a fun outing to remember. Don’t miss out on this charming experience—reserve your spot today and get ready for an afternoon filled with laughter and cheer!

Once A Month

Let's Talk Sports

Wed. | Nov. 6, Dec. 4
1 - 2:30 p.m.
ED 140



Presenter: Ken Robison

If you like watching, participating in, and talking about sports, join retired Fresno Bee sports writer Ken Robison at a monthly forum and chime in on the latest hot topics. Ken has plenty of stories to share from his lifelong love of athletics and of the people he's gotten to know over the decades. This is an opportunity for OLLI members to share their athletics passions past, present, and future. Be sure to ask Ken about coaching 9-year-old boys' basketball.

Book Club

Fri. | Nov. 1, Dec. 6
9:30 - 11 a.m.
ED 140 and Zoom



Presenter: Kay Davies

OLLI members have been reading a book a month since 2012 and discussing each title in a lively, informative session led by avid reader and educator Kay Davies. This time the list – which is selected by OLLI Book Club participants from fiction and nonfiction books they nominate – offers insights into the Palestinian-Israeli conflict; a little-heralded mid20th-century woman who had major influence over American policies; pre-Civil War America; and

the Vietnam War's impact on American life.

November 1: The Confidante: The Untold Story of the Woman Who Helped Win WWII and Shape Modern America by Christopher Gorham tells the story of Anna Rosenberg, whose accomplishments include being President Roosevelt's special envoy to Europe in World War II and being involved in the G.I. Bill of Rights and the Manhattan Project.

Games You'll Love to Play

Fri. | Oct. 11, Nov. 8,
Dec. 13 | 1 - 3:00 p.m. | ED 140



Presenter: Cathy Self

OLLI members requested a fall replay of our summer session class on card games to play and share with family and friends. OLLI aims to please, so the second Friday each month, player and coach Cathy Self returns to teach us about Phase 10; Five Crowns; Left, Right, Center; Thirty-One; 7-Up; and Ninety-Nine. Deal yourself in and take a break from devices and chores for a couple of hours of fun social interaction. You'll also get a copy of each game's rules to take home.

Short Courses

Germany and Israel: A Story of Guilt and an Unlikely Friendship

Tue. | Nov. 5 | 3:30 - 5 p.m.
Zoom



Presenter: Anette Isaacs

In 1965, Germany and Israel reluctantly entered into diplomatic relations. What at first glance seems to be a rather unlikely relationship – especially in light of the shared history – has evolved over time into a blossoming friendship and successful economic bond. German historian Anette Isaacs will help us understand how Germany faced up to its Nazi legacy and has attempted to cope with the guilt of causing the Holocaust, which heralded a new era in German-Israeli relations.

Janka from Sighet to Auschwitz to America



Wed. | Nov. 13
 2:30 - 4:30 p.m.
 Alice Peters Auditorium,
 PB 191

“Janka” is a 90-minute movie about Janka Festinger’s journey through the Holocaust; from Sighet, Romania, to Auschwitz, slave labor in Germany, liberation, marriage to a G.I. and immigration to the United States to live the American Dream. The film’s producer, director, writer and editor is Fresno TV director Oscar Speace, Janka Festinger’s son. The movie is based on “Janka,” a play staged offBroadway and around the globe with his wife, Fresno actor and singer Janice Noga, portraying Janka. OLLI members will have an opportunity to ask questions of Speace about “Janka” after viewing the film.

Understanding Grief



Mon. | Nov. 18
 10 - 11:30 a.m. | ED 140

Presenter: Kathy Cromwell

The journey of grief can bring an array of confusing, painful, and unpredictable feelings. Kathy Cromwell, a licensed clinical social worker, is our guide to understanding. A part-time Fresno State faculty member, Kathy brings more than 20 years of experience at Hinds Hospice’s Center for Grief and Healing to this workshop at which we’ll learn about the unique challenges, opportunities, and dynamics of grief. We’ll also discuss strategies for coping through rituals, self-care, and ongoing support.

Office Closure Dates

The OLLI office will be closed on the following dates:

- **Veterans Day** - Monday, November 11, 2024
- **Thanksgiving** - Thursday, November 28, 2024, and Friday, November 29, 2024

The office will reopen on Monday, December 2, 2024.



Thankful for Our OLLI Family!

This Thanksgiving, we are especially thankful for you—our members—who make every event a joy. We want to express our heartfelt gratitude to each of you for being an essential part of the OLLI program. Your support and participation have enriched our program and fostered a warm, vibrant community. Here’s to many more years of growth and togetherness!

A Message to Our Veterans

We express our appreciation to all the courageous men and women who have served our country. Your dedication, sacrifice, and commitment to protecting our freedoms are deeply appreciated! Thank you for your service, your contributions to our community and nation are invaluable! We wish you all a day of recognition and respect.



Calendar

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9:30 a.m. Book Club
4	5	6	7	8
10 a.m. How to Write a Poem	10 a.m. The Magic of Motown		11 a.m. Great Discoveries	
		1 p.m. Let's Talk Sports	1 p.m. The Herschels - The First Family of Astronomy	1 p.m. Games You'll Love Play
3 p.m. Religious Architecture and Design	3:30 p.m. Germany and Israel	3 p.m. Adapting Your Life Story	3 p.m. Three Mountains: Simplicity, Compassion, and Hope	
11	12	13	14	15
Veterans Day <i>Happy Veterans Day</i>			11 a.m. Great Discoveries	
		2:30 p.m. Janka from Sighet to Auschwitz to America	3 p.m. Alzheimer's Disease: Minimizing Risk and Maximizing Treatment	
18	19	20	21	22
10 a.m. Understanding Grief	10 a.m. Plant Talk with the Fresno American Indian Health Project		11 a.m. Great Discoveries	
		3 p.m. Adapting Your Life Story	3 p.m. Three Mountains: Simplicity, Compassion, and Hope	
25	26	27	28	29
			Thanksgiving 🦃	