WHERE DO I START?

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. Come learn for the love of learning!

1 BECOME A MEMBER

You can join OLLI anytime of the year. Memberships for summer are only $15 while spring and fall semesters are $40 each. Membership fees are non-refundable and non-transferable.

Members Receive:
- Admission to all Keynote Talks for the term of the membership
- One guest pass per Keynote Talk
- Opportunity to register for OLLI courses and activities
- Information on Fresno State events

2 REGISTER FOR OLLI COURSES

- Our summer offerings are a mix of in-person, online and hybrid. We know that gas prices and the summer heat make staying in more attractive.
- Courses and activities are open ONLY to OLLI members.
- Enjoy a wide variety of interesting topics.

Registrations processed on a first-come, first-served basis. Some activities may have participant cap.
- OLLI Courses and activities are self-supporting - a minimum enrollment is required.
- Course fees vary according to course length and are mostly non-refundable and non-transferable.

You will notice that some courses are in-person AND online. We will do our best to offer these hybrid classes; however, those participating online may not be able to fully participate in the discussion due to technology limitations. We will do our best to provide the best experience possible, recognizing that glitches may happen. We thank you for your understanding.

3 REGISTER ONLINE

- It’s super quick and easy to register and pay online. No paperwork to complete or mailing to do – just register online, pay through the secure payment portal, and you’ll be registered in a flash.
- When you return to register in the future, all your information is already saved – just login and register!
- When you first use the online registration system, you will be prompted to provide information and you’ll select a username and password.
- If you need help, please call 559.278.0008 and we will answer your questions. We cannot accept any registrations by phone.
4

INSTALL ZOOM

Zoom is the platform we use for our OLLI offerings. It takes just a minute to get a FREE Zoom account. Please do not be intimidated: You can learn anything!

From your desktop or laptop computer:
- Go to www.zoom.us and click the blue box that says “sign up”.

   ![Sign Up Free]

   Your work email address
   Zoom is protected by reCAPTCHA and the Privacy Policy and Terms of Service apply.
   By signing up, I agree to the Privacy Policy and Terms of Service.

From your phone or tablet:
- Apple device (iPhone, iPad):
  Download Zoom from the Apple App store
- Android device (phone or tablet that’s not an Apple product):
  Download Zoom from the Google Play Store
- To participate in live video, Zoom will use the camera on your device (phone, laptop, tablet) if it has one.
- If you do not have a camera on your device, you can listen in by phone but others won’t be able to see you.

NOTE: You do not need to upgrade or pay for your account to participate in the OLLI Zoom. Our license is through the university and allows you to participate fully. If you decide to host your own Zoom meetings with family, friends or interest groups, you may wish to upgrade someday - but there is no need to for OLLI.

If you cannot log in to a video platform, you can listen to classes via telephone. The phone number to dial in to will be provided once you register.

5

SHARE YOUR OLLI ENTHUSIASM

- Invite your friends and family to join OLLI
- Post about your OLLI classes on your social media and tag “us” Fresno State OLLI on Facebook
- Follow the Fresno State OLLI on Facebook at www.facebook.com/FresnoStateOLLI/

GUIDANCE FOR IN-PERSON OLLI OFFERINGS

When you register, you will be asked to select “in-person” or “online” for our hybrid classes.

If you register for an in-person course and change your mind to attend online, please notify us so we can offer your in-person seat to those on the in-person waiting list.

We will follow campus health safety guidelines for in-person offerings and will notify you of any changes to the health protocol.
**Terry Tumey**

State of Athletics

**JUNE 21 | Wednesday | 1 - 2:30 p.m. | Satellite Student Union**

Join Director of Athletics Terry Tumey for an engaging discussion on the state of Fresno State Athletics. Terry will provide valuable insights on the current state of athletics in an ever-changing transforming climate. He will also discuss the athletics department’s goals and investments in students, offering a glimpse into the evolving landscape of the industry. Don’t miss this opportunity to learn about the future of athletics and its inclusivity here at Fresno State and within our community.

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**David Misch**

Comedy vs. The Apocalypse

**JUNE 28 | Wednesday | 2 - 3:30 p.m. | ZOOM**

Comedy vs. The Apocalypse looks at how comedy fights tragedy with a different kind of distancing: lightening frightening things by making them seem ridiculous. And laughter’s benefits are more than just psychological; physicians have long known that humor has real health effects. And not just doctors: “A merry heart doeth good like a medicine,” says no less an authority than God.
Fresno Art Museum Tour

JUNE 20 | Tuesday | 1 p.m.

- **Price:** $10
- **Location:** 2233 N. First Street, Fresno, 93703
- **Space is limited:** First come, first served

Enjoy an informative and inciteful tour of the Fresno Art Museum with one of our art instructors. This is the last chance to explore the exhibit featuring local architect Arthur Dyson in Arthur Dyson, Organic Architect: A Retrospective, 1960 to Present, along with exhibitions entitled Nathan Oliveira: Rare Works from the Private Collections of His Children and Bruce Beasley: A New Direction: Aural Wall Works and Sculpture, both internationally known Bay Area artists, all curated by FAM Executive Director and Chief Curator Michele Ellis Pracy. Also showing are Remaking Boundaries: Caroline Harris and Cay Lang from the Permanent Collection and award-winning New York illustrator Raúl Colón’s exhibition based on the children's book “Light for All” by local author Margarita Engle.

Fresno County Historical Museum Tour

JULY 11 | Tuesday | 1 p.m.

- **Price:** $10
- **Location:** Fresno Fairgrounds
  1121 S. Chance Avenue, Fresno, 93702
- **Space is limited:** First come, first served

In 2015 the award-winning Fresno County Historical Museum debuted making it the only museum of its kind to showcase the vast history of Fresno County. One of the biggest capital improvement projects in the last decade at the Fairgrounds, the $3.2 million, 14,000 sq. ft. two-story building provides a place where visitors can learn about historic events and places, cultures, and contributions, plus enjoy incredible artifacts and photos. Enjoy a docent-led tour providing visitors with a window to Fresno County’s past.
Current Events - What's Happening
THURSDAYS | June 22, July 20
9 - 10:30 a.m.
LOCATION: ZOOM and ED140

Presenter: Lanny Larson
It's summer but that doesn't mean the events that we talk about the rest of the year stop happening. Join retired writer and editor Lanny Larson for thought-provoking, respectful discussions about current events. Share your opinions about what's going on and about the ever-changing media that try to keep us informed.

$20

George Hale and the Great Palomar Telescope
THURSDAY | June 22
1:30 - 3 p.m.
LOCATION: ZOOM

Presenter: Larry Parmeter
Although no longer the largest telescope in the world, the 200” Hale Telescope at Palomar is still, almost one hundred years after its conception, one of the best-known and most famous scientific instruments on Earth. This class will examine the life of George Hale, an eccentric but visionary scientist and promoter, and how he came to develop and build the great telescope that bears his name.

$15

Personality Psychology
THURSDAY | June 22
11:00 a.m. - 12:30 p.m.
LOCATION: ZOOM

Presenter: Dr. Lynda Mae
What makes you unique? Different from your best friend, different from your parents, different from your sibling(s)? In preparation for this class, you will take a number of short, scientific personality tests. They are quick and easy because you already know the answers! There are no wrong answers! Join this interactive class to interpret your results and learn more about yourself in the process.

$15

The Life and Times of Martin Luther
TUESDAY | June 27
2 - 3:30 p.m.
LOCATION: ZOOM

Presenter: Anette Isaacs
2023 is an important year for all Protestants: Humankind’s most rebellious monk, Martin Luther, was born 540 years ago. Join German Historian Anette Isaacs as she explores Luther’s colorful and riveting life story. Ms. Isaacs also offers captivating insights into daily life in the 16th century, painting a fascinating picture of this highly dramatic episode in the history of civilization.

$15
Shopping for Happiness: Five Ways Money Can Buy Happiness
THURSDAY | June 29
11 a.m. - 12:30 p.m.
LOCATION: ZOOM

Presenter: Dr. Lynda Mae
We have all heard that money can’t buy happiness, but research to-date has confirmed five exceptions to this rule (and maybe even more)! In this lecture, we will explore how happiness is defined and studied in social psychology, what research has revealed about happiness, ways we can “manufacture” happiness, and, yes, five ways in which money can buy happiness. Come join us and learn how to get the biggest happiness bang for your buck!

Masters in Glass: Glassmakers of the Arts and Crafts, Art Nouveau, and Art Deco Periods
THURSDAYS | June 29, July 6, 13, 20
1 - 2:30 p.m.
LOCATION: ZOOM

Presenter: Eleanor Schrader
The glasswork of the Arts and Crafts, Art Nouveau, and Art Deco periods is among the most elegant and extravagant in decorative art history. The prolific glass designers of the late 19th and early 20th-century artists such as Louis Comfort Tiffany, Emile Gallé, René Lalique, and others exemplify the outstanding contributions made to works of art in glass during this period. Their opulent designs in vases, goblets, lamps, stained glass, and other objets d’art set artistic standards in creativity, beauty, and luxury in the art of glassmaking. The course will also explore the lives of these artists as trendsetters surrounded by the social and artistic influences of these periods.

More Chemistry of You
MONDAYS | July 3, 10, 17, 24
12 - 1:30 p.m.
LOCATION: ZOOM

Presenter: Dr. Kjir Hendrickson
Humans are fascinating animals! Our unusual physiology allows us to be capable of running long distances, but also means we’re especially sweaty animals. Our particular throat anatomy allows us to talk, but also makes us uniquely prone to choking relative to other animals. We are, as animals go, relatively itchy, for reasons that fascinate scientists. This course will explore these and other chemical, anatomical, physiological, and psychological quirks that make us—human animals one and all—such interesting creatures.
Cognition in Society: Processing Thoughts and Observations in a Rapidly Changing World
WEDNESDAYS | July 5, 12, 19, 26
2 - 3:30 p.m.
LOCATION: ZOOM
$40
Presenter: Dr. Vadim Keyser
How do cognitive processes change with new social and technological landscapes? We will explore topics like awareness, teamwork, and “flow”/meditative states of cognition in a rapidly changing world. We will attempt to introduce and apply cognitive processes with a focus on visualizing those concepts.

Preparing to Age-in-Place
THURSDAYS | July 6, 13, 20, 27
11 a.m. - 12:30 p.m.
LOCATION: ZOOM and ED140
$40
Presenter: Holly Sowles
This course discusses how the aging population may adapt a residence so one may inhabit a home as long as possible through aging-in-place design strategies. The discussions will include modifications that serve the intended purpose and are aesthetically pleasing while increasing the value of the property.

Basic Conversational Italian
MONDAYS | July 10, 17, 24, 31
10 - 11:30 a.m.
LOCATION: ZOOM
$40
Presenter: Dr. Andrea Polegato
Are you planning a trip to Italy or simply interested in the dolce vita lifestyle? Learn essential phrases, vocabulary, and pronunciation tips, as well as authentic Italian culture. Course materials and methods are focused on creating a relaxed atmosphere in which you can enjoy learning and practicing Italian. NO prior knowledge of Italian is required.

The Television Canon of Norman Lear
MONDAYS | July 10, 17, 24, 31
2 - 3:30 p.m.
LOCATION: ZOOM
$40
Presenter: Jim McKairnes
Norman Lear has shaped the American television landscape for more than 70 years, from live 1950s TV to All in the Family in the 1970s to specials and streaming series in the 2000s. THE TELEVISION CANON OF NORMAN LEAR is a video-intensive look at the hits and misses (and headlines and controversies) of one of TV’s most important figures.

Following Ulysses S. Grant Through Our National Park System
TUESDAY | July 18
9 - 10:30 a.m.
LOCATION: ZOOM
$15
Presenter: David Kroese
This class will retrace different periods and events in Grant’s life through the parks that tell his story.
TO PV OR NOT TO PV: IS SOLAR THE ANSWER?

**WEDNESDAY | July 19**

9:30 - 11 a.m.

**LOCATION: ED140**

**$15**

**Presenter: Dr. Ajith Weerasinghe**

Learn how to size up your solar power system. How many kW units, kWh units or PV panels? Should you oversize or undersize? Should you add battery storage? Is it important to go solar? What is the next best solar power system? All these questions will be answered in layman's terms. This class is presented from a technical/academic perspective without any financial strings attached.

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**THE BERNARD OSHER FOUNDATION**

Supported by the Bernard Osher Foundation, our OLLI is a vibrant learning community offering a rich array of lectures, short courses, and adventures of particular interest to retired or semi-retired adults.

Lifelong learning enriches your mind and will nourish your curious spirit as you embark on a discovery of topics you’ve always wanted to learn about.

---

**TEACH FOR OLLI:**

Share your expertise with our OLLI members who are interested in a wide variety of topics. Teach about your interests, expertise or talents! We will support you in teaching for OLLI in person or via ZOOM.

Download and complete the Course Proposal Form at: www.fresnostate.edu/cge/olli.

For more information please call 559.278.0008.

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**POPULAR SUPPLEMENTS: CBD, VITAMIN D, FISH OIL, AND MORE!**

**MONDAY | July 31**

12 - 1:30 p.m.

**LOCATION: ZOOM**

**$15**

**Presenter: Dr. Kjir Hendrickson**

Adults in the U.S. spend billions on supplements each year. Are they safe and effective alternatives to the pills “Big Pharma” sells at a tremendous profit? We will look at what the research says about some of the most popular dietary supplements, including the astronomically popular CBD (which is illegal as a dietary supplement). We'll also talk about consumer protections in the U.S., and how savvy healthcare consumers can ensure they're spending money wisely.
### June

<table>
<thead>
<tr>
<th>MONDAY</th>
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<td>19 CAMPUS CLOSED</td>
<td>20 1 PM Chemistry of You</td>
<td>21 1 PM State of Athletics</td>
<td>22 9 AM Current Events, 11 AM Personality Psychology, 1:30 PM Hale and Palomar Telescope</td>
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<td>26</td>
<td>27 2 PM Life and Times of Martin Luther</td>
<td>28 2 PM Comedy vs. The Apocalypse</td>
<td>29 11 AM Shopping for Happiness, 1 PM Masters in Glass</td>
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### July

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<td>10 10 AM Conversational Italian, 12 PM Chemistry of You, 2 PM Norman Lear</td>
<td>11 1 PM Fresno Art Museum Tour</td>
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OLLI Registration Form

SUMMER 2023

☐ New Member
☐ Returning Member

Register online at: www.fresnostate.edu/olli
It’s quick, safe and easy to register online!

NOTE: Most of our Summer 2023 courses are online.
NOTE: Please provide a unique email address for each individual registration.

Member Information

Name(s)

Mailing Address

City
State
Zip

Email Address (1)
Email Address (2)

Phone
Cell Phone

If retired, what was your occupation?

Are you a Fresno State Alumna/us?  ☐ Yes  ☐ No
Year of graduation
Degree

Your Age Group  ☐ 50-60  ☐ 61-70  ☐ 71-80  ☐ 81-90  ☐ 90+

How did you hear about the Fresno State OLLI?

☐ Previously a member  ☐ Friend  ☐ Newspaper  ☐ Catalog  ☐ Online  ☐ Other:

Summer 2023 Selections

Membership Fee $15  ___ x $15  $_________

Total for OLLI Courses (from side 2)  $_________

Total for OLLI Adventures (from side 2)  $_________

Any Additional Gift to OLLI  $_________

TOTAL DUE  $_________

OLLI Members and friends of the Osher Institute are encouraged to consider making a tax deductible gift to the Osher Lifelong Learning Institute. Yours is a gift of learning that helps us continue to provide excellent lifelong learning opportunities and to keep OLLI fees affordable.

PAYMENT

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

We cannot accept any registrations by phone.

Please return this form and payment to:
Fresno State OLLI
5005 N. Maple Avenue  M/S ED76
Fresno, CA  93740-8025

Questions?
559.278.0008  |  osher@csufresno.edu

Credit Cards: If you are paying by credit card, please complete the form below. This information will be destroyed after registration is processed.

Card Type  ☐ Visa  ☐ MasterCard  ☐ AmEx
Name on card

Card Number

Expiration Date
Security Code
### Keynotes

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<tr>
<td></td>
<td>6/21</td>
<td>Terry Tumey: State of Athletics</td>
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<td>David Misch: Comedy vs. The Apocalypse</td>
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### Adventures

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<td>Fresno Art Museum</td>
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<td>Fresno County Historical Museum</td>
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**TOTAL FOR ADVENTURES $_______**

### OLLI Courses

**HYBRID COURSES**

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**IN PERSON COURSES**

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**ONLINE COURSES**

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<td>Television Canon of Norman Lear</td>
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<td>Ulysses S. Grant - National Parks</td>
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<td>Popular Supplements</td>
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**TOTAL FOR COURSES $_______**

By participating in online OLLI offerings, when you register you agree that you grant permission for your name and likeness to be visible to OLLI staff, other members and the instructor - just like when you attend offerings in person.
OLLI Advisory Council

Nancy Busch  Judy MacDonald
Dawn Diestelkamp  MaryEllen Ogle
Alcidia Freitas Gomes  Lois Rigsbee
Nancy Kast  Valerie Vuicich
Lanny Larson

Scott Moore, PhD
Dean, Continuing and Global Education

Kristi Johnson
Executive Director

Rikki Alvarez
Program Manager

Live Inspired!

559.278.0008
email: osher@csufresno.edu
www.fresnostate.edu/olli