



FRESNO STATE
Continuing and Global Education

FALL 2023 CATALOG

**Keynote Speakers
Short Courses
Book Club
Adventures**

**In-person and online
learning options for those
age 50 and better!**

Live Inspired!

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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 fall offerings are a mix of in-person, online and hybrid.
- 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 first use the online registration system, you will be prompted to provide information and you'll select a username and password.
- When you return to register in the future, all your information is already saved – just login and register!
- If you need help, please call 559.278.0008 and we will answer your questions. We cannot accept any registrations by phone.

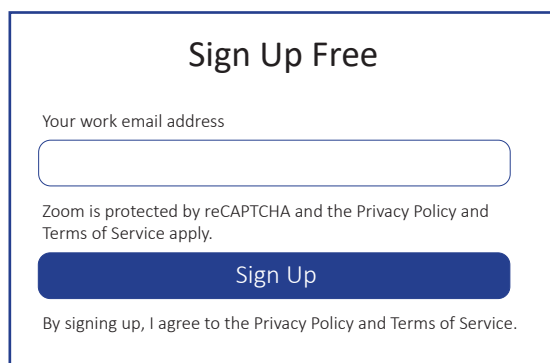
4

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".



The screenshot shows a 'Sign Up Free' form with a text input field for 'Your work email address', a 'Sign Up' button, and a disclaimer: '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.

KEYNOTE SPEAKERS



Faith Sidlow and Kim Stephens

Preparing Our Future Journalists

**SEPTEMBER 7 | Thursday | 3 - 4:30 p.m.
Satellite Student Union**

Whether they're writing a textbook for undergraduate journalism students and early-career professionals, building a class syllabus, or helping the students write a story for their live weekly student-run newscast, Faith Sidlow, and Kim Stephens are not afraid of a little hard work because it's creative and collaborative work. They use their combined 60+ years of broadcast journalism experience to prepare students to work in the modern digital TV newsroom giving detailed examples of how to become proficient, conversational writers, creative producers, respected anchors, thoughtful and productive storytellers, and ethical journalists both on-air and online. They bring their network of industry professionals into the classroom each semester to mentor students and do not shy away from sharing lessons they learned, and mistakes they made along the way. Now, more than ever, our world needs truth and integrity in journalism. Faith and Kim are helping to guide the next generation of journalists to do just that.

Elliott Balch

Downtown in Demand: Inside the Work to Build Out the Valley's Most Sustainable, Inclusive, Dynamic, and Exciting Urban Area

SEPTEMBER 21 | Thursday | 3 - 4:30 p.m. | Satellite Student Union

Visitor counts on Fulton Street are up 20% since 2019. Business revenue along Fulton has increased by 15 times since the building of the street in 2016. A 57-unit apartment building completed this March had 4,000 applicants before it even opened. Why is all this happening, and what's being done to sustain and build the momentum? I'll share the latest from Downtown Fresno — smiles and struggles — and give you a peek under the hood at the novel role the Downtown Fresno Partnership is starting to play as an agent of change.



KEYNOTE SPEAKERS



Mike Wurtz

John Muir's Grand Yosemite: Musings and Sketches

OCTOBER 4 | Wednesday | 3- 4:30 p.m. | ZOOM

Nineteenth-century naturalist John Muir made hundreds of drawings of Yosemite between 1869 and his death in 1914. Mike Wurtz, curator of the Muir collections at the University of the Pacific, will present some of Muir's drawings and tell Muir stories along with his own stories of finding Muir's drawing sites in Yosemite from his book, *John Muir's Grand Yosemite: Musings and Sketches*.

Mas Masumoto

Secret Harvests: A Hidden Story of Separation and the Resilience of a Family Farm

OCTOBER 18 | Wednesday | 3 - 4:30 p.m. | Satellite Student Union

Secret Harvests is the story of my "lost" aunt, Shizuko, and the resilience of a family farm. I am haunted and driven to explore my identity and the meaning of family—especially as farmers tied to the land. I uncover family secrets that bind us to a sense of history buried in the earth where we work and a sense of place that defines us. I hope to share this story and encourage others to explore their past and probe into the challenging relationships that define us. In my presentation, I hope to stimulate conversations and opportunities for engagement and a spirit of open dialogue with the tales from all our families and communities. Every family has secrets.



Dr. Jonathan Biggane

Understanding the Science of Happiness and Resilience

NOVEMBER 2 | Thursday | 3- 4:30 p.m. | Satellite Student Union

Drawing from over 50 years of research in psychology, sociology, neurobiology, medicine, and business, Dr. Biggane reviews the strongest predictors of psychological resilience and offers proven interventions to enhance it. During this talk, you'll also learn about the science of happiness and its surprising connection to resilience.

OLLI COURSES

Compost Happens!

TUESDAYS | Sept. 5, 12
10 - 11:30 a.m. | ED 140

\$20



Presenter: Calliope Correia

Stop throwing away all those beautiful kitchen and garden scraps and turn them into beautiful black gold! We will begin in the first class with the basics - what to compost, how to build a healthy compost pile, different types of composting

(including the magic of vermicomposting with worms!), how decomposition happens, and most importantly - why compost? In the second class, we will continue the conversation about maintaining a healthy compost pile and how to use the finished product.

What's Happening - Current Events

TUESDAYS | Sept. 5, Oct. 3, Nov. 7, Dec. 5
1 - 2:30 p.m. | ZOOM and ED 140

\$40



Presenter: Lanny Larson

Join the discussion with longtime journalist Lanny Larson and say what you think about what's happening in the news and what delights and infuriates you about the media that keeps us informed.

Celebrating Perfect Vocal Harmony Groups

WEDNESDAYS | Sept. 6, 13, 20, 27
10 - 11:30 a.m. | ZOOM

\$40



Presenter: Michael Agron

This course celebrates how vocal duos, trios, and groups are able to blend their voices to create unforgettable harmonies and performances. This musical journey explores both well-known and lesser-known vocal groups

while revealing their musical backstories, influences, and which other vocal groups they influenced. We'll listen to their recordings and watch classical video performances.

Understanding Central Valley Religions

THURSDAYS | Sept. 7, 14
MONDAY | Sept. 11
10:30 a.m. - 12 p.m.

\$30



Presenter: Ronald Orozco

The short course is part of a continuing series on "Understanding Central Valley Religions." It features a lecture on Hinduism by Ron Orozco, a retired religion writer at The Fresno Bee. The course also features field trips to the Fresno

State Peace Garden, where there is a bust of Mohandas Gandhi, and to BAPS Shri Swaminarayan Mandir, a Hindu temple in northeast Fresno. The trip to the mandir includes a tour and lunch. The course is designed to create a better understanding of central valley religions.

Wrongful Convictions, Part I

MONDAYS | Sept. 11, 18, 25, Oct. 2
1 - 2:30 p.m. | ZOOM

\$40



Presenter: Dr. Jenna Kieckhaefer

Although the American criminal justice system incorporates numerous safeguards to prevent the conviction of innocent individuals, an increasing body of evidence has shown that wrongful convictions occur. This class will focus on

current research regarding the variety of factors that may lead to erroneous conviction and how scientific research can assist with minimizing the potential for these errors in the future. To date, over 3,300 individuals in the U.S. have been exonerated for crimes they did not commit however the true number of people that have been wrongfully convicted is much larger and will never be known. In response to these errors, psychologists, criminologists, forensic scientists, journalists, and legal scholars have begun examining these cases for factors that may be responsible.

Using Your Smart Phone or Device for Photos or Videos

MONDAYS | Sept. 11, 18, 25, Oct. 2
3 - 4:30 p.m. | ED 140

\$40



Presenter: Ken McCoy

Learn how to take, edit and share photos and videos using your smartphone. We will also provide instruction on utilizing smartphones for Facetime and other photo and video applications that allow for interaction and the sharing of important events with friends and family near and far away.

The Mexican Mural Movement

MONDAYS | Sept. 18, 25, Oct. 2
10 - 11:30 a.m. | ZOOM and ED 140

\$30



Presenter: Susana Sosa

In the aftermath of the 1910 Mexican Revolution, government sponsorship of monumental public murals provided a new means of artistic expression to convey the ideals of the new nation. The course will focus on the contributions of "Los Tres Grandes" - Diego Rivera, David Alfaro Siqueiros, and José Clemente Orozco - who developed bold modern subject matter and imagery that drew upon indigenous cultural traditions.

The Murder of Rasputin

TUESDAY | Sept. 19
1 - 2:30 p.m. | ZOOM

\$15



Presenter: Asya Pereltsvaig

On the night of December 16, 1916, a group of conspirators murdered Grigori Rasputin, Russia's "Mad Monk". While meant to strengthen the Romanov dynasty, this murder brought on their downfall merely two months later and ushered in a year of two revolutions that ended with the Bolshevik takeover of Russia and the eventual murder of the Tsar and his family. In many ways, Russia and the rest of the world are still dealing with the consequences of that murder.

Hidden Gems of America's National Park System, Part II

WEDNESDAY | Sept. 20
1 - 2:30 p.m. | ZOOM

\$15



Presenter: David Kroese

We explore more of our national park system's stunning hidden gems, places largely unfamiliar to the public, and all but serious park enthusiasts and rangers. We cover sites from across the continent and into the Pacific and Caribbean, exploring lesser-known but spectacular natural and historical parks that remain some of our National Park Service's best-kept secrets. This session visits the balance of the fifty-one NPS locations featured in the book, Hidden Gems of America's National Park System.

Play Seminar for Fresno State's Production of "American Son"

TUESDAY | Sept. 26 | 3 - 4:30 p.m. | ED 140
THURSDAY | Oct. 3 | 7:30 p.m. | Dennis and Cheryl Woods Theatre
TUESDAY | Oct. 5 | 3 - 4:30 p.m. | ED 140

\$30

Presenter: Dr. Nicola Olsen

This course includes a pre and post-show seminar and attendance at a Fresno State Theatre production of "American Son" by Christopher Demos-Brown at the Dennis and Cheryl Woods Theatre. Learn more about the playwright, themes, and history of the play to help you more fully enjoy the performance in the pre-show seminar. Following attendance at the play, the post-show seminar invites you to share your views about the play, its interpretation, and design, and hear the views of others in a lively discussion. *Maximum capacity for this class is 30 members.*

OLLI COURSES

Elementary Bowling

TUESDAYS | Sept. 26, Oct. 3, 10, 17, 24, 31
9 - 10:30 a.m. | Bulldog Bowl

\$60



Presenter: Patricia Thomason

In this class you will learn the basics of bowling with hands-on practice and meet others that enjoy the sport. The Bulldog Bowl is located on the Lower Level of the University Student Union. *Maximum capacity for this class is 30 members.*

Random Acts of Writing

WEDNESDAYS | Oct. 4, 11, 18, 25
1 - 2:30 p.m. | ED 140

\$40



Presenter: Armen Bacon

Journey into the heart of your creative voice in this memoir writing course. Flex your writing muscles using new, experimental forms, micro/flash memoirs, humor, and family stories - ultimately creating a powerful

self-portrait of words on the page. Together we will celebrate life's extraordinary adventure - because everyone has a story.

Maximum capacity for this class is 20 members.

Italian Food and Cinema

THURSDAYS | Oct. 5, 12, 19, 26
10 - 11:30 a.m. | ZOOM

\$40



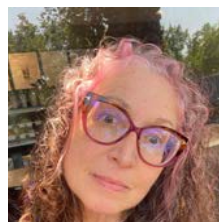
Presenter: Dr. Andrea Polegato

Food and cinema are two of the most loved and recognizable aspects of Italy. Authentic Italian pasta, pizza, bread, wine, and sumptuous desserts hide secrets and stories that will surprise you! In this cultural adventure, we will look at food through cinema as a way to understand Italian culture.

More Than Duck and Cover: Rethinking the Cold War

THURSDAYS | Oct. 5, 12, 19
1 - 2:30 p.m. | ED 140 and ZOOM

\$30



Presenter: Dr. Lori Clune

We've all lived through what was known as the Cold War, but what do we know about it now? Historians - responding to newly discovered documents and uncovered stories - have fleshed out a far more nuanced, and fascinating, view of this significant and relevant period in American history. This course will divide the Cold War into three periods: causes (1940s - early 1950s), the middle (late 1950s-1970s), and the final years (1980-1990s).

Paul Williams: Architect to the Stars

MONDAY | Oct. 9
3:30 - 5 p.m. | ZOOM

\$15

Presenter: Eleanor Schrader

Often described as "Architect to the Stars," Paul Williams left an indelible mark on architecture during a prolific career that spanned almost 60 years. The first African American member and Fellow of the American Institute of Architects, he became known for designs that were stylized and elegant. His vast body of work stretches from Beverly Hills and New York to Paris and Colombia, including such luminary clients as Lucille Ball and Desi Arnaz, Tyrone Power, and Lon Chaney.

Creating Community Through the Art of Collage

MONDAYS | Oct. 9, 16, 23, 30
10 - 11:30 a.m. | ED 140

\$40



Presenter: Calvin Hoff

Combining practical art instruction with my experience as a theatre teacher, I'll create an opportunity for people to connect with one another and build relationships. Let's recycle your old magazines into not only beautiful collage art but also the chance to create community.

NOTE: Members are asked to bring 6-10 magazines to recycle into collage art. Other materials will be supplied.

Beyond the Songs: The Six Wives of Henry VIII

THURSDAYS | Oct. 12, 19, 26
3 - 4:30 p.m. | ED 140

\$30

Presenter: Micheline Golden

"Six: The Musical" has taken Broadway by storm and made modern pop stars of Henry VIII's wives, but they really were celebrities in their own time. We'll take a look behind the songs to see how these Tudor influencers shaped international fashion, politics, religion, and education, leaving their mark on both Renaissance and Modern Europe. There will also be plenty of juicy stories from the Tudor Court and possibly even some music from the show!

Hitler Mania: Representations of WWII and the Holocaust in Popular Media

MONDAY | Oct. 16
1 - 2:30 p.m. | ZOOM and ED 140

\$15



Presenter: Dr. Amila Becirbegovic

This course explores how contemporary culture and society frame the history of World War II and the Holocaust through popular representations, such as social media, comedies, comics, films, and video games. Can we

represent the past through this contemporary lens? What constitutes appropriate historical representation? This course will explore these questions and introduce audiences to new forms of representation.

Winter Sowing: Starting Seeds Without Fancy Equipment

WEDNESDAY | Oct. 18
10 - 11:30 a.m. | ZOOM and ED 140

\$15

Presenter: Karen Baker

Gardening can be an expensive hobby. Sowing seeds using the Winter Sowing method is inexpensive and easy. Seeds are planted in recycled milk, juice, or water jugs and put outside in the winter, early spring, or even summer depending on the seed variety. This course will cover the details you need to have transplants ready to add to your garden.

Basic Mandarin Chinese

FRIDAYS | Oct. 20, 27, Nov. 3, 17
11:30 a.m.- 1 p.m. | ZOOM

\$40

Presenter: Dr. Jidong Chen

Mandarin Chinese is among the most spoken languages in the world. It has unique characteristics different from many Western languages (e.g., it has four tones and uses characters in writing). This course is for those who are interested in learning Mandarin Chinese for traveling or for personal curiosity. It focuses on conversational skills in Mandarin about theme-based topics such as self-introductions, families, hobbies, food, shopping, ordering at restaurants, asking for directions, etc. Basic characters will be introduced and discussed. This course will also cover relevant cultural aspects around those conversational themes.

The Art of Downsizing a Home

FRIDAYS | Oct. 20, 27, Nov. 3, 17
1 - 2:30 p.m. | ED 140

\$40

Presenter: Holly Sowles

As our population ages, many will move from large-family homes to smaller residences. This course will discuss how one edits the years of accumulated things into a smaller home with the intention of maintaining the aesthetic, style, and memories of the previous address or starting from scratch.

OLLI COURSES

Surviving Genocide

MONDAYS | Oct. 23, 30

1 - 2:30 p.m. | ZOOM and ED 140

\$20

Presenter: Dr. Amila Becirbegovic

The Bosnian genocide was the worst genocide in Europe since the Holocaust. What were we all doing, and did we do enough? Dr. Amila Becirbegovic shares her experiences during the 1990s genocide in Bosnia and recounts her experiences in hiding during the war, her escape, and her journey as a refugee. Learn about the challenges that refugees face and what it means to survive genocide.

Stories in Ceramics:

A Thousand Years of Decorative Tiles

MONDAY | Oct. 23

3:30 - 5 p.m. | ZOOM

\$15

Presenter: Eleanor Schrader



From exotic sultans' palaces to sleek Art Deco apartments, ceramic tiles have adorned structures all over the world and transformed building facades and their interiors into remarkable works of art. Through lecture and slide illustration, this course explores the visual richness

of decorative tiles, featuring the variety of techniques and infinite color palette of ceramic glazes used. Design influences from around the world inspire these stories in ceramics from the Middle Ages to modern times, and the stories of the contributions of influential patrons, tile manufacturers, and tile artisans are woven against the artistic times in which they lived and practiced.

Breath and Health

TUESDAY | Oct. 24

3:30 - 4:30 p.m. | ZOOM

\$15

Presenter: Dr. Ting-Fen Lin

Have you ever experienced how altering your breathing pattern improves your state of mind? Come experience the intimate link between our breath and our emotions. During this one-hour session, we will do some light gentle stretches, breathwork, and guided meditation. Come prepared to leave this virtual session afresh, anywhere you are!

Luna - Earth's Moon and its Evolution

THURSDAYS | Oct. 26, Nov. 2, 9, 16

1 - 2:30 p.m. | ZOOM

\$40

Presenter: Larry Parmeter

With the United States, and other countries, poised to send people to Luna, the Moon, within the next few years and build permanently inhabited bases on it in the 2030s, what do we know about our only natural satellite and how will we use it? This presentation will look at how humanity has regarded and studied Luna over the ages, how it originated and has evolved to be what it is today, and what its future will look like.

Revolutionary Middle Eastern Women in the Recent Decade of Uprisings

WEDNESDAYS | Nov. 1, 8, 15, 29

10 - 11:30 a.m. | ZOOM

\$40

Presenter: Dr. Kathleen Sutherland



"All of us were there.... We did everything. There was no difference between men and women." So said Asma Mahfouz, an Egyptian woman activist in 2010. This course explores the roles of Middle Eastern women leaders in these uprisings of the 2009-2022 period

and in the aftermath of these Uprisings.

Chair Yoga

TUESDAYS | Nov. 7, 14, 21, 28

9:30 - 11 a.m. | ZOOM and ED 140

\$40

Presenter: Crystal Uyeno



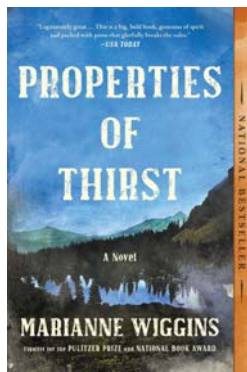
This chair yoga course is designed for individuals with limited mobility or those who prefer a gentler form of yoga. The class includes seated and standing poses that use a chair for support, along with breathing exercises, and relaxation

techniques. Participants will improve flexibility, balance, and range of motion while reducing stress and tension in the body.

► FRIDAY, SEPTEMBER 8

Properties of Thirst *by Marianne Wiggins*

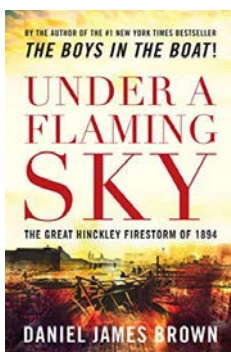
Rockwell “Rocky” Rhodes has spent years fiercely protecting his California ranch from the L.A. Water Corporation. It is here where he and his wife Lou raised their twins, Sunny and Stryker, and it is here where Rocky has mourned Lou in the years since her death. As Sunny and Stryker reach the cusp of adulthood, the country teeters on the brink of war. Stryker decides to join the fight, deploying to Pearl Harbor. Soon, Rocky and his family find themselves facing yet another incomprehensible tragedy. Rocky is determined to protect his remaining family and the land where they’ve loved and lost so much. But when the government decides to build a Japanese American internment camp next to the ranch, Rocky realizes that the land faces even bigger threats than the L.A. watermen he’s battled for years.



► FRIDAY, OCTOBER 6

Under a Flaming Sky *by Daniel James Brown*

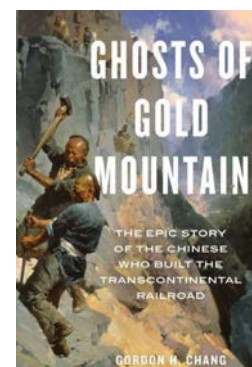
On September 1, 1894, two forest fires converged on the town of Hinckley, Minnesota, trapping more than two thousand people. The fire created its own weather, including hurricane-strength winds, bubbles of plasma-like glowing gas, and 200-foot-tall flames. As temperatures reached 1,600 degrees Fahrenheit, the firestorm knocked down buildings and carried flaming debris high into the sky. Two trains—one with every single car on fire—became the only means of escape. In all, more than four hundred people would die, leading to a revolution in forestry management and the birth of federal agencies that monitor and fight wildfires.



► FRIDAY, NOVEMBER 3

Ghosts of Gold Mountain: The Epic Story of the Chinese Who Built the Transcontinental Railroad *by Gordon Chang*

From across the sea, they came by the thousands, escaping war and poverty in southern China to seek their fortunes in America. Converging on the enormous western worksite of the Trans-continental Railroad, the migrants spent years dynamiting tunnels through the snow-packed cliffs of the Sierra Nevada and laying tracks across the burning Utah desert. Their sweat and blood fueled the ascent of an interlinked, industrial United States. But those of them who survived this perilous effort would suffer a different kind of death: a historical one, as they were pushed first to the margins of American life and then to the fringes of public memory.



► FRIDAY, DECEMBER 8

Secret Harvests: A Hidden Story of Separation and the Resilience of a Family Farm *by David “Mas” Masumoto*

The author discovers a “lost” aunt, separated from the family due to racism and discrimination against the disabled. She had a mental disability due to childhood meningitis. She was taken away in 1942 when all Japanese Americans were considered the enemy and imprisoned. She then became a “ward” of the state. They believed she had died, but 70 years later found her alive and living a few miles from their family farm. How did she survive? Why was she kept hidden? How did both shame and resilience empower my family to forge forward in a land that did not want them?



ADVENTURES

Fresno County Historical Society Ag Tour

SEPTEMBER 15 | Friday | 8:15 a.m. - 1:15 p.m.

- ▶ **Price:** \$120 per person
Includes registration, transportation and lunch.
- ▶ **Location:** Kearney Mansion Museum
7160 W. Kearney Blvd.,
Fresno, CA 93706
- ▶ **Capacity:** 40
- ▶ **NOTE:** This event requires much walking and standing.

Join us for a private half-day Ag tour of the Valley starting and ending at the Kearney Mansion Museum along with door prizes and wine giveaways on the bus. The tour includes lunch, wine tasting, and taking a guided tour of three different Ag sites including a local winery, the Ag history at the Kearney Mansion, and a local farm. Tour Director Candice Hill will join our group on the bus upon arrival to guide us on this lively immersive Ag tour experience.

Additional details will be sent after registration.



Simply Seasonal Cooking with Sarah Deavitt

OCTOBER 6, 13, 20, 27 | Fridays | 3 - 4:30 p.m.

- ▶ **Price:** \$40 per person
- ▶ **Location:** October 6, 13, 20 - ZOOM
October 27 - ED 140

Join Certified Holistic Nutritionist, Sarah Deavitt for weekly classes demonstrating fresh, healthy recipes which feature the abundance of seasonal produce our valley has to offer.

Learn how to create beautiful and flavorful dishes that promote vitality! The first three sessions will be held via Zoom. The fourth and final session will be held in person in our classroom, ED 140.



Colonel Allensworth State Historic Park Tour

OCTOBER 13 | Friday | 8 a.m. - 3 p.m.

- ▶ **Price:** \$80 per person
Includes transportation and registration.
- ▶ **Location:** 4011 Grant Drive, Earlimart
CA 93219
- ▶ **Capacity:** 50
- ▶ **NOTE:** This event requires much walking and standing.

Allensworth is a historic California town founded, financed, and governed by African Americans. In the southern San Joaquin Valley, a collection of restored and reconstructed building marks the location of the historic town now known as Colonel Allensworth State Historic Park.

A schoolhouse, a Baptist church, businesses, homes, a hotel, a library, and various other structures symbolize the rebirth of Colonel Allen Allensworth's dream of an independent, democratic town where African Americans could live in control of their own destiny.

Join us for a 90-minute guided walking tour of the park to visit several buildings and learn more about some pioneers who helped establish the community. We will go into the buildings and learn a little about what life was like at the turn of the 20th century in small rural towns in California.

Additional details will be sent after registration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 LABOR DAY HOLIDAY	5 10 AM Compost Happens 1 PM Current Events	6 10 AM Prefect Vocal Harmony Groups	7 10:30 AM Central Valley Religions 3 PM Preparing Future Journalists	8 9:30 AM Book Club
11 10:30 AM Central Valley Religions 1 PM Wrongful Convictions 3 PM Using Your Phone	12 10 AM Compost Happens	13 10 AM Perfect Vocal Harmony Groups	14 10:30 AM Central Valley Religions	15 8 AM Ag Tour
18 10 AM Mexican Mural Movement 1 PM Wrongful Convictions 3 PM Using Your Phone	19 1 PM The Murder of Rasputin	20 10 AM Perfect Vocal Harmony Groups 1 PM Hidden Gems Part II	21 3 PM Downtown in Demand	22
25 10 AM Mexican Mural Movement 1 PM Wrongful Convictions 3 PM Using Your Phone	26 9 AM Elementary Bowling 3 PM Play Seminar of American Son	27 10 AM Perfect Vocal Harmony Groups	28	29

Please invite your friends and neighbors to join OLLI. The more members we have, the more courses we can offer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10 AM Mexican Mural Movement 1 PM Wrongful Convictions 3 PM Using Your Phone	3 9 AM Elementary Bowling 1 PM Current Events 7:30 PM Play Seminar - American Son Viewing	4 1 PM Random Acts of Writing 3 PM John Muir's Grand Yosemite	5 10 AM Italian Food and Cinema 1 PM The Cold War 3 PM Play Seminar	6 9:30 AM Book Club 3 PM Simply Seasonal Cooking
9 10 AM The Art of Collage 3:30 PM Paul Williams	10 9 AM Elementary Bowling	11 1 PM Random Acts of Writing	12 10 AM Italian Food and Cinema 1 PM The Cold War 3 PM The Six Wives of Henry VIII	13 8 AM Allensworth Tour 3 PM Simply Seasonal Cooking
16 10 AM The Art of Collage 1 PM Hitler Mania	17 9 AM Elementary Bowling	18 10 AM Winter Sowing 1 PM Random Acts of Writing 3 PM Secret Harvests	19 10 AM Italian Food and Cinema 1 PM The Cold War 3 PM The Six Wives of Henry VIII	20 11:30 PM Mandarin Chinese 1 PM Art of Downsizing 3 PM Simply Seasonal Cooking
23 10 AM The Art of Collage 1 PM Surviving Genocide 3:30 PM Stories in Ceramics	24 9 AM Elementary Bowling 3:30 PM Breath and Health	25 1 PM Random Acts of Writing	26 10 AM Italian Food and Cinema 1 PM Earth's Moon 3 PM The Six Wives of Henry VIII	27 11:30 PM Mandarin Chinese 1 PM Art of Downsizing 3 PM Simply Seasonal Cooking
30 10 AM The Art of Collage 1 PM Surviving Genocide	31 9 AM Elementary Bowling			



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 online 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.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10 AM Middle Eastern Women	2 1 PM Luna – Earth's Moon 3 PM Happiness and Resilience	3 9:30 AM Book Club 11:30 AM Mandarin Chinese 1 PM Art of Downsizing
6	7 9:30 AM Chair Yoga 1 PM Current Events	8 10 AM Middle Eastern Women	9 1 PM Earth's Moon	10 VETERANS DAY HOLIDAY
13	14 9:30 AM Chair Yoga	15 10 AM Middle Eastern Women	16 1 PM Earth's Moon	17 11:30 AM Mandarin Chinese 1 PM Art of Downsizing
20	21 9:30 AM Chair Yoga	22	23 THANKSGIVING	24
27	28 9:30 AM Chair Yoga	29 10 AM Middle Eastern Women	30	

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 1 PM Current Events	6	7	8 9:30 AM Book Club
11	12	13	14	15



OLLI Registration Form

FALL 2023

- New Member
- Returning Member

- ▶ Register online at: www.fresnostate.edu/olli
- ▶ 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+ Other _____

How did you hear about the Fresno State OLLI?

Previously a member Friend Newspaper Catalog Online Other: _____

FALL 2023 Selections

Membership Fee \$40 _____ x \$40 \$ _____

Total for OLLI Courses (from side 2) \$ _____

Total for Book Club (from side 2) \$ _____

Total for 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 _____

OLLI Courses

Select	Start	Course	Fee	Total
	9/5	Current Events IN PERSON	\$40	
		Current Events ZOOM	\$40	
	9/5	Compost Happens	\$20	
	9/6	Perfect Vocal Harmony Groups	\$40	
	9/7	Central Valley Religions	\$30	
	9/11	Using Your Smart Phone	\$40	
	9/11	Wrongful Convictions Part I	\$40	
	9/18	Mexican Mural Movement IN PERSON	\$30	
		Mexican Mural Movement ZOOM	\$30	
	9/19	The Murder of Rasputin	\$15	
	9/20	Hidden Gems, Part II	\$15	
	9/26	Elementary Bowling	\$60	
	9/26	Play Seminar "American Son"	\$30	
	10/4	Random Acts of Writing	\$40	
	10/5	Rethinking the Cold War IN PERSON	\$30	
		Rethinking the Cold War ZOOM	\$30	
	10/5	Italian Food and Cinema	\$40	
	10/9	Paul Williams, Architect to the Stars	\$15	
	10/9	Creating Community Through Collage	\$40	
	10/12	The Six Wives of Henry VIII	\$30	
	10/16	Hitler Mania IN PERSON	\$15	
		Hitler Mania ZOOM	\$15	
	10/18	Winter Sowing IN PERSON	\$15	
		Winter Sowing ZOOM	\$15	
	10/20	The Art of Downsizing a Home	\$40	
	10/20	Basic Mandarin Chinese	\$40	
	10/23	Stories in Ceramics	\$15	
	10/23	Surviving Genocide IN PERSON	\$20	
		Surviving Genocide ZOOM	\$20	
	10/24	Breath and Health	\$15	
	10/26	Luna - Earth's Moon	\$40	
	11/1	Revolutionary Middle Eastern Women	\$40	
	11/7	Chair Yoga IN PERSON	\$40	
		Chair Yoga ZOOM	\$40	
		BOOK CLUB	\$15	
	9/8	___ IN PERSON ___ ZOOM		
	10/6	___ IN PERSON ___ ZOOM		
	11/3	___ IN PERSON ___ ZOOM		
	12/8	___ IN PERSON ___ ZOOM		

TOTALS:
 COURSES \$ _____ BOOK CLUB \$ _____ ACTIVITIES \$ _____

Color Codes

Please note the color coding of each course, keynote talk, activity and book club on this registration form to determine whether it is offered in person only, online via Zoom only, or via a hybrid of both. If the item is offered as a hybrid, please register for either the in person option OR Zoom option.

BLUE = IN PERSON
RED = ZOOM
GREEN = HYBRID

Keynote Talks

Available only to current members - included in membership.

- ___ 9/7 **Preparing Our Future Journalists**
- ___ 9/21 **Downtown in Demand**
- ___ 10/4 **John Muir's Grand Yosemite**
- ___ 10/18 **Secret Harvest**
- ___ 11/2 **Happiness and Resilience**

Adventures

Available only to current members.

- | Date | Activity |
|-------|---|
| 9/15 | Fresno County Historical Society Ag Tour
___ \$120/Member \$_____ Total |
| 10/6 | Simply Seasonal Cooking
___ \$40/Member \$_____ Total |
| 10/13 | Colonel Allensworth State Historic Park Tour
___ \$80/Member \$_____ Total |

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.



Leaving a Legacy

Did you know that you can leave a future gift to Osher Lifelong Learning Institute?

Make a statement by remembering Fresno State's Osher Lifelong Learning Institute through your will, trust, retirement plans or life income gift. The office of Planned Giving can help you identify creative giving strategies that provide for you and your loved ones, while also leaving a legacy that will bring new resources for a future of living inspired.

fresnostate.giftlegacy.com

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FRESNO STATE

Continuing and Global Education

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Fresno, CA 93740-8025

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559.278.0008

email: osher@csufresno.edu

www.fresnostate.edu/olli

Live Inspired!