



# OSHER LIFELONG LEARNING INSTITUTE

at Cal State San Bernardino, Palm Desert Campus

## WINTER 2024

January - April



*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**



## Message From The Director For Winter 2024

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 as well as with university students. Through events, lectures, travel, and group activities, we bring people together, combat social isolation, and create a supportive community. Beyond that, this Osher institute is a hub of cultural preservation and innovation. We offer courses that explore science, history, art, literature, and other cultures, ensuring traditions and knowledge are passed down. Simultaneously, we foster creativity and innovation by encouraging exploration and experimentation. By becoming an OLLI member, you are investing in the well-being and prosperity of individuals, communities, and society as a whole. Lifelong learning is not a luxury; it is a necessity, and its importance cannot be overstated.

*Kind regards,*

*Angela Allen, CSUSB OLLI Director*

### Women in the White House

*Janet Weil, MA, ESL teaching credential*

One First Lady saved a famous painting during a war; one was awarded the Congressional Gold Medal. Another was a famous flirt, and one was called "The First Woman President." Who were the Women in the White House, and why don't we know more about them? Prepare to be surprised and inspired by this illustrated lecture on First Ladies.

**Monday, 10:00 AM - 12:00 PM**

**January 22**

**Palm Desert Campus**



### I Saw It on the Radio: The Voices of the Summer Game

*Lou Gorfain, MA, documentary television producer, writer*

Baseball and Radio go together like peanuts and Cracker Jacks. Hear again the vivid word pictures crafted by baseball's radio announcers and projected into the theaters of our young minds. Replay the indelible voices we grew up with: Mel Allen, Red Barber, Russ Hodges, Jack Graney, Harry Caray, Jack Buck, Curt Gowdy, Dizzy Dean, Jack Brickhouse, Ray Scott, Bob Prince, Vin Scully, et al..... "Pull up a chair!"

**Monday, 1:00 PM - 3:00 PM**

**January 22**

**Palm Desert Campus**



## Meet Your OLLI Staff



**Angela Allen**

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Mascot**

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## The Amazing Sound and Legacy of the Brill Building

*Emanuel Abramovits, MBA, Mechanical Engineer, concert promoter*

The Brill Building is known for its contributions to the music industry. Specifically, it helped shape pop and rock music in the 1950s and 1960s. We'll describe the cosmopolitan musical textures that defined the best works of an unforgettable period when gifted young songwriters huddled in midtown Manhattan, creating enduring entries in the Great American Songbook. Stories, anecdotes, and audiovisuals will illustrate this golden era of the 50s and 60s that integrated audiences, eclectic multicultural sounds, and brought social consciousness to pop music.

**Tuesday, 1:00 PM - 2:30 PM**

**January 23**

**Online via Zoom**

## Demystifying Hypnosis - Fact from Fiction

*Kevin Richardson, PhD, Occupational Therapist retired, Aging in Place Specialist, Certified Hypnotherapist*

Unlock the secrets of the human mind in "Demystifying Hypnosis." Explore the science and art behind this fascinating phenomenon, shedding light on its history, psychology, and practical applications. Discover how hypnosis works, its ethical considerations, and how to separate fact from fiction. Gain a deeper understanding of the power of suggestion, trance states, and therapeutic uses. The last part of this course will be a hypnosis session focusing on relaxation.

**Wednesday, 1:00 PM - 3:00 PM**

**January 24**

**Online via Zoom**

## Optimizing Your Health Journey: Insights and Benefits with a Nurse Advocate

*Tammy Porter, DNP (Doctorate of Nursing Practice), CCM (Certified Case Manager), and CPHQ (Certified Professional in Healthcare Quality)*

Facing a new diagnosis or urgent health issue is deeply challenging. 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.

**Friday, 10:00 AM - 12:00 PM**

**January 26**

**Palm Desert Campus**

## Feel Better Now! The Science Behind Activating the Body's Own Healing Powers

*Kerry Abram, BA, Harvard University, Certified Instructor from Deepak Chopra*

Enjoy an experiential introduction to the 21st-century science behind activating the body's own healing powers. Feel noticeably better immediately...right in class! And keep feeling better and better with simple yet powerful daily techniques for activating long-term immune system and body-wide improvements. Smile and relax! Kerry takes an easy, lighthearted approach to understanding the newest scientific discoveries for disease prevention, vitality, and longevity. Plus, discover how wellness and longevity prescriptions from the latest Nobel Prize-winning research match those of the 5,000-year-old health wisdom tradition of India.

**Wednesday, 10:00 AM - 11:30 AM**

**January 24**

**Palm Desert Campus**

## Marijuana Pharmacology: What it Does and How it Does it

*Fred Abramson, PhD, chemist, pharmacology, George Washington University School of Medicine*

Marijuana dates back to antiquity. In 1964, an Israeli scientist discovered  $\Delta$ -9 tetrahydrocannabinol (THC), the active ingredient in marijuana. Then, two receptors for THC were found in the brain. Surprisingly, anandamide, an endocannabinoid (a natural THC receptor activator), was discovered in 1992. Beyond THC, cannabidiol, another of the 113 known cannabinoids, was discovered. Its actions are not psychedelic, but they are alleged to have a myriad of benefits. There is lots to learn about marijuana, some true, some less so. Be sure to join this class to get better informed.

**Thursday, 10:00 AM - 12:00 PM**

**January 25**

**Palm Desert Campus**

## "Flags of Our Fathers" (2006): Screening and Discussion

*Bernard (Butch) Epps Jr, MFA, Film aficionado, academic liaison, writer*  
This well-received Clint Eastwood directed movie tells the story behind the iconic photograph of marines raising the flag on the island of Iwo Jima during WWII and the personal toll on the group of soldiers who were asked to continue to carry the flag in the ensuing public relations and war bonds push back home in the States. This will serve as a prelude for the upcoming six-week Winter offering: "Creating an Image - American Imaginators: A Documentary Course".

**Friday, 1:00 PM - 4:00 PM**

**January 26**

**Palm Desert Campus**



## Beginning Tai Chi for Seniors

*Maureen Dowling, retired Correctional Sergeant, Certified Tai Chi instructor*

Benefits of Tai Chi practice 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. Please note that this class will be offered outside.

**Monday, 9:00 AM - 10:30 AM**

**January 29 - March 4**

**Palm Desert Campus**

## A Closer Look at Downunder: Australia and New Zealand

*Gordon Williams, B-Mus, librettist, journalist, editor and former arts administrator*

"Australia's on my bucket list" is often said in the US by those who have not been. What might a closer examination reveal, even without going there? This course delves into "a land of droughts, fires, and flooding rains," examining each mainland state and territory from the point of view of history, geography, industry, demography, languages, creative endeavors, populations, and pastimes. We'll 'visit' the Great Barrier Reef and Southwest Tasmania, the vast deserts and beautiful cities, from, dare I say, "sea to shining sea". And, while in the neighborhood, we'll check out New Zealand, too!

**Mondays 1:00 PM - 3:00 PM**

**January 29 - March 4**

**Online via Zoom**

## Armchair Travelers II

*Barry Schoenfeld, BS, marketing, consulting, OLLI instructor*

There are so many places to visit in this wonderful world, but there is not nearly enough time to visit them all! So sit back and join your guide, Barry Schoenfeld, (in this follow-up to his popular Armchair Travelers I), as we fly off to locations such as Cairo, Cape Town, Dubai, and Kiev -- just to name a few -- and delight in drone footage, walks through the markets, visits to the vineyards, and a "deep dive" into the food!

**Tuesday, 1:00 PM - 2:30 PM**

**January 30 - March 5**

**Online via Zoom**



## Exploring Caran d'Ache Pastels

*Jack Flanigan, MFA, resident artist, La Quinta Resort & Club*

If you like mixing colors, drawing, or painting, come join in our imaginative fun. The medium used will be water-soluble pastel crayons that can be manipulated with water and a brush. Once the applied colors have dried, more colors can be added on top of the existing colors. Supply list: Caran d'Ache Neocolor II Aquarelle pastels (may be ordered from Dick Blick, size of your choice), large pad of good quality watercolor paper, watercolor brushes, blue painters tape to secure watercolor paper to a firm surface (masonite or plastic board), paper towel, and a container for water.

**Mondays, 10:30 AM - 12:30 AM**

**January 29 - March 4**

**Palm Desert Campus**

## Art of the Tale II: More Mid-Century Short Stories

*Robert Weibezahl, MA, writer, editor, author*

We continue to explore the mid-century short fiction collected in *The Art of the Tale: An International Anthology of Short Stories*. Reading an array of stories by some of the world's finest writers, published from 1945 to 1985, we will investigate the ways these authors touch upon both culturally specific and universal themes as they use fiction to explore life, love, change, and what it means to be human. As with my past classes, the stories will be grouped and discussed thematically. There is no prerequisite. Participants should purchase the book and read the assigned stories in advance of each class.

**Tuesdays, 10:00 AM - 11:30 AM**

**January 30 - March 5**

**Online via Zoom**

## Workshop on the Environment

*Fred Abramson, PhD, chemist, pharmacology, George Washington University School of Medicine*

Be ready to engage your mind. This will be a group-based, interactive set of discussions. But realize the environment is broader than just climate change, which will be the first topic. Other topics may include: water (sources, conservation strategies, desalinization), pollution (industrial emissions, hazards in the air and water, environmental contaminations), energy production (renewable and non-renewable, advantages and disadvantages), regulation (the rules and activities of the US EPA, especially their scientific foundations), recycling, and the politics of climate change: what are the political benefits and hindrances to legislative approaches? The enrollment is limited to 12 students who will be interactive participants.

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

**January 30 - March 5**

**Palm Desert Campus**



## International Cinema

*Dale Knorr, BA, communications, theater, Temple University*

Experience the creativity and cinematic artistry of filmmakers from around the world. International cinema allows us to discover and appreciate cultures, lifestyles and stories of people from all walks of life in films that are produced without profit-driven incentives or a need to create formulaic blockbusters. We'll view and discuss one film per week, including critically acclaimed classics, overlooked gems, and the very best of contemporary world cinema. The films will be presented in their language of origin with English subtitles.

**Wednesday, 10:00 AM - 12:30 PM**  
**January 31 - March 6**  
**Palm Desert Campus**

## Innovation in the Real World

*Scott McKnight, PhD, Political Science*

This course provides you with a sweeping overview of what innovation is, how innovation takes place, and why it succeeds in certain places and at certain times but fails in others. This course is inter-disciplinary because understanding innovation cannot easily fit into one subject matter or academic discipline. This course also goes in-depth into various country-case studies, including innovation in the United States, China, Canada, Taiwan, and Israel-places we all consider 'innovative' but for different reasons and for doing different things. We'll touch on many other cases, too, including Germany, South Korea, and Japan, among others.

**Thursdays, 10:00 AM - 11:30 AM**  
**February 1 - March 7**  
**Online via Zoom**

## Deepak Chopra's Perfect Health: Ayurvedic Lifestyle Program

*Kerry Abram, BA, Harvard University, Certified Instructor from Deepak Chopra*

Based on Deepak Chopra's *Perfect Health*, this program teaches simple yet profound skills for promoting healing, vitality, and longevity. Beginning with Kerry's *Feel Better Now!*, students learn a powerful regimen of health practices, backed by the latest science, orchestrated to balance the body and mind, enhance nutrition, and reduce emotional turbulence. By design, our bodies continually seek perfect health. They naturally progress toward this goal in the ideal environment. As we apply new life skills, we are empowered to make nourishing life choices, achieving the changes we seek. Textbook included! More details are in the online course description!

**Friday, 10:00 AM - 12:30 PM**  
**February 2 - March 8**  
**Online via Zoom**

## Civics in Society 101

*Marc Saxe, BA, University of Houston, Political Science*

Civics in Society is a discussion of the relationship between the individual citizen and civil society. It's comprised of gaining an understanding of basic terms used in discourse about government, when used both accurately and as misinformation or propaganda. We will discuss the role of both citizens and the state, looking at various types of government and the evolution of modern democracies. We'll look at public opinion, the factors that influence, persuade, or attempt to persuade, including the media, and how statistics are used to clarify or manipulate citizen behavior.

**Wednesday, 1:00 PM - 3:00 PM**  
**January 31 - March 6**  
**Palm Desert Campus**

## If You Can Speak, You Can Write

*Lucy Smith, MFA, specialty in memoir and creative writing*

Honestly, it's really just about getting started. THEN, voila! Dialogue, poetry, ekphrastic writing (what IS that?), encomium (and that?), journalism, memoir, playwriting, nature writing, team writing, frantic, flash, foolish, and the list goes on and on. You just have to be willing to take some chances. In my class, you feel safe doing just that while having a lot of fun. Various writing assignments occur both in class and out, including several ongoing challenges throughout the six-week term. All that's required is a pen and notebook, or your laptop, if you prefer and a wide-open mind.

**Thursdays, 10:00 AM - 12:00 PM**  
**February 1 - March 7**  
**Palm Desert Campus**

## Religions of China & Their Impact on its Historical Development

*Arlette Poland, PhD, retired lawyer, theologian, professor, artist*

Explore China's spiritual heritage in "Religions of China & Their Impact on its Historical Development." Study Confucianism, Taoism, Buddhism, and folk beliefs and unravel their profound influence on China's history. This course uncovers how these religions shaped governance, culture, and society. Dive into China's past and grasp the connections between its religious traditions and historical development. Gain a concise yet comprehensive understanding of the spiritual tapestry that weaves through China's rich history.

**Thursday, 1:00 PM - 3:00 PM**  
**February 1 - March 7**  
**Palm Desert Campus**

## 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.

**Friday, 10:00 AM - 12:00 PM**

**February 2 - March 8**

**Hybrid, Palm Desert Campus & Zoom**

## Creating an Image - American Imagemakers: A Documentary Course

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

This course will focus on important figures in the visual arts that were influential in creating many iconic images that played an instrumental role in shaping how Americans would see themselves from the mid-1800's to the middle of the twentieth century and beyond. The documentaries we will watch and discuss in the following order are: "The American Artist - The Life and Time of George Caleb Bingham" (2016), "Frederic Remington: The Truth of Other Days" (1991), "Directed by John Ford" (1971/2009), "Dorothea Lange: Grab A Hunk of Lightning" (2014), "Norman Rockwell: Painting America" (1999), and "Frank Capra's American Dream" (1997).

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

**February 2 - March 8**

**Palm Desert Campus**

## OLLI Events Winter 2024

### Enchanted Valley: Palm Springs & Beyond - Kerry Berman

Monday, January 8 from 1:00 PM – 3:00 PM, PDC, Free

Join Kerry for a presentation on our enchanted surroundings, all within 60 minutes of Palm Springs. From Pioneer Town in the North to the Salton Sea and Salvation Mountain in the South. This afternoon is sure to be full of discovery!

### Lox & Laffs - Harry Schaffner

Friday, January 12 from 11:00 AM – 1:00 PM, PDC, Free

From Alan King to Chris Rock, many of the finest and funniest stand-up comics deliver hilarious insights into their Jewish, Italian, and African/American heritages. Come join the laffs and recognize everyone's ethnic roots and commonalities. We are, after all, much the same, a needed message in these divisive times. (Along with the laffs, we'll also serve some very tasty lox and, who knows, other treats.)

### Wines Around the World - WineWoman PSP

Sunday, January 14 from 5:00 PM – 9:00 PM, Palm Springs, \$135 PP

Drink wine and support OLLI! Join us for our annual fundraiser dinner with Wine Women PSP. Proceeds from the event will go back to OLLI! To RSVP, please call Kathleen at (760) 880-5010.

### Looking for Water in All the Wrong Places? - David Sandino

Wednesday, January 17 from 6:00 PM – 8:30 PM, PDC, Free

The presentation will discuss recent water stories about the development of three water projects: a commercial bottled water supply from the Bernardino National Forest, a groundwater project in the Mojave Desert, and an urban supply from the Mono Lake watershed.

### What Does it Take to Be a War Correspondent? - Jane Ferguson

Thursday, January 25 from 4:00 PM – 5:30 PM, PDC, Free

Jane Ferguson has over 13 years of experience living and reporting in the Middle East and reporting from the Arab world, Africa, and South Asia. Her work focuses on US foreign policy and defense, conflict, diplomacy, and human rights. With an emphasis on in-depth, magazine-length broadcasting, Jane's reporting is characterized by exclusive, ground-breaking access, thoughtful story-telling, and character-driven reporting. Please join us for this special event, in partnership with the World Affairs Council of the Desert.

### The LGBTQ Struggle for Equality - Vinny Stoppia

Wednesday, February 7 from 3:00 PM – 5:00 PM, Palm Spring, \$10 PP

This presentation highlights queer history in the United States from the end of the late 1940s to the current time. It describes a period of turbulent shifts in public opinion concerning beliefs about sexual identity and expression.

### Hollywood at Home in Palm Springs - Vinny Stoppia & Jim Cook

Saturday, March 9 from 1:00 PM – 3:00 PM, PDC, \$10 PP

Don't miss this special multimedia experience created specifically for fans of the Silver Screen who want to learn more about the connection between Hollywood and Palm Springs. Join showbiz aficionado Jim Cook and history enthusiast Vinny Stoppia as they take you through the timeline of how Palm Springs became the Playground of the Stars.

### OLLI Encore: ChatGPT & AI - Michael Casadonte

Monday, March 11 from 1:30 PM – 3:00 PM, PDC & Zoom, Free

Join CSUSB Director of Digital Transformation as he delves into ChatGPT. What is it? How do you use it? What are its benefits, and what are the dangers of this technology?

For information on how to register for an event, email us at [OLLI@CSUSB.EDU](mailto:OLLI@CSUSB.EDU)

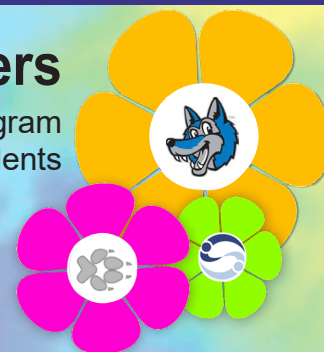




@ Cal State San Bernardino

## Sages & Seekers

An Intergenerational Program  
OLLI & CSUSB Students



CSUSB PDC Instructor Dr. Leo, facilitator  
Amanda Reigle and OLLI Director Angela Allen

This 6-week class is a unique opportunity to bridge the age gap and be a part of the intergenerational awakening that is currently underway across America. It is the first time in our history that five generations are coexisting in the corporate world, and there are generational differences that create a divide, impacting the smooth and productive communications between the generations.

Designed after the successful National Sages and Seekers program, OLLI now owns the license and is including it in our academic offerings. We are the first OLLI program to include Sages & Seekers in our program. It promises a rich experience for both Sages (OLLI members) and Seekers (CSUSB students), with CSUSB faculty interest and support.

*What an amazing experience for both young and old! Sages and Seekers just finished its integral program, pairing 16 Seekers (college students) with 16 Sages (those of us with more life experiences). The program is a credit class for the Seekers, and by the end of the course, they are expected to write and verbally present their experience with their Sage. After an initial meeting as a group, the students chose one of the Sages whom they felt would be a good fit for them. Everyone benefited from their choices, and knowledge was passed between the age gaps. We older folk learned as much as those we mentored. Isn't this the way life goes on and improves!? We met each week one-on-one as Sages & Seekers. The sitting and dialogue were very informal. There were no "set questions" to be asked and answered. The partnership played out over five weeks with sometimes soul-searching interactions, but mostly just attempting to learn from one another. This program should move on with flying colors! Who doesn't love something new to learn – be it a Sage or a Seeker!*

*Rick Ferrera, OLLI member & Sage*



Karyme & Rick



'Speed dating' where Seekers (students) interview Sages (OLLI Members) to match Sages to Seekers.



Sandra and Frank



Jacob and Jared



Lindsey and Jeffery



David and Ellen



Marcy & Kassandra



Sages and Seekers farewell photo



## Beginning Tai Chi for Seniors

*Maureen Dowling, retired  
Correctional Sergeant, Certified Tai  
Chi instructor*

Benefits of Tai Chi practice 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. Please note that this class will be offered outside.

**Monday, 9:00 AM - 10:30 AM**  
**March 11 - March 25**  
**Palm Desert Campus**

## So, You Think You Know What Love Is?

*Ken Zanca, PhD, professor emeritus,  
Marymount California University*

When was the last time you changed your thinking on love, loving, and being loved? Do you think about it today the way you did five or ten years ago? What fresh insights have you had on understanding this very human, very complex activity of the heart and mind? In this course, we will think about what we think about this subject, drawing on classical and contemporary philosophy and world religions, science, and our own experience.

**Tuesday, 12:00 PM - 2:00 PM**  
**March 12 - March 26**  
**Palm Desert Campus**



## Food: Ordinary, Surprising and Amazing

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

Uncover the multifaceted world of "Food: Ordinary, Surprising, Amazing!" Beyond basic sustenance, food influences culture, health, and emotion. This course explores food diversity, freshness, the balance between domestic and imported fare, food safety, processing, transportation, and the art of cooking. Moreover, we delve into the intriguing realm of how what we eat impacts our mood and well-being. Discover the sensory and emotional dimensions of food. This culinary journey promises to enrich your gastronomic experiences, making you see food not only as sustenance but as a key player in shaping our lives. Join us and savor the extraordinary in the ordinary.

**Tuesday, 10:00 AM - 11:30 AM**  
**March 12 - March 26**  
**Online via Zoom**

## The Search for an American Sound

*Emanuel Abramovits, MBA,  
Mechanical Engineer, concert  
promoter*

Since the 1890s, when Americans were beginning to develop their own traditions in classical music, composers have recognized the dilemma of creating the American sound. This course will explore how not only classical musicians but also Broadway and Hollywood composers of different origins and ethnicities alternated in creating a sound that has been defined as evocative of these lands and their people. Aaron Copland, George Gershwin, William Grant Still, Florence Price, Alex North, Elmer Bernstein, and others will be the protagonists of this lecture, supported with audiovisuals and anecdotes.

**Tuesday, 1:00 PM - 2:30 PM**  
**March 19 - April 2**  
**Palm Desert Campus**

## Birth of American Modernist Photography - From Gallery 291 - Group f.64

*Gary Smaby, BA, Entrepreneur*

This art history course explores the 1930s cultural and stylistic clash between East and West Coast artist and photographers who espoused divergent views on photography as an art form. The course will focus on the work of renowned artists and photographers such as Alfred Stieglitz, Georgia O'Keeffe, Edward Weston, and Ansel Adams, as well as the influences of a tangled web of muses, critics, and patrons. The course format will incorporate lectures, projected images, and documentary clips, as well as an opportunity to view actual works of art in a gallery or museum setting.

**Wednesdays, 10:00 AM - 12:00 PM**  
**March 13 - 27**  
**Palm Desert Campus**

## Speaking Easy: Flexing your Conversation Muscles to Build Mutual Understanding

*Marilyn Solomon, MBA, five-time  
Emmy Award-winning producer*

Conversations are the ideal form of human social connection. They are interactive, person-to-person. Using the proven practice of active listening - listening on purpose - everyone can be a good conversationalist. Such conversations can enhance social, business, family, personal, and community life. This course offers a lively, thought-provoking personal experience in listening, observing verbal and nonverbal messaging, and feeding back acknowledgement and understanding - key elements of active listening conversations. Each session features a demo conversation between the instructor and a guest, student practice conversations, class discussion and fun "home-work". Note-taking materials are encouraged.

**Wednesday, 12:00 PM - 2:00 PM**  
**March 13 - 27**  
**Palm Desert Campus**



## Reader's Theater

*Jeff Fisher, BA, Theater Arts*

Reader's Theater is a no-stress way to enjoy drama without any drama! No memorization and no acting skills are required. This will be a three-week course in Reader's Theater culminating in a fourth date for a public performance in the Oliphant Auditorium. We'll concentrate on one short comedy play. This course will present a way of exploring characters, dialogue, and emotions through the power of one's voice and imagination. This course is perfect for theater enthusiasts, storytellers, and anyone intrigued by the idea of bringing life to the written word through expressive reading. There is no pre-requisite for this class.

**Wednesday, 2:00 PM - 4:00 PM**

**March 13 - March 27**

**Palm Desert Campus**

**Plus public performance**

**Wednesday, 2:00 PM - 4:00 PM**

**April 3**

**Oliphant Auditorium**

## When Change Results in Grief: Coping Mechanisms Explored

*Arlette Poland, PhD, retired lawyer, theologian, professor, artist*

Life is a continuous journey of change and often brings grief, whether it's a significant transition or a devastating event. This course is your guide to understanding the various coping mechanisms we employ when facing life-altering changes. We'll scrutinize these methods, pondering their kindness and healthiness in the face of emotional upheaval. But we don't stop at the analysis. Throughout the course, we'll unearth and share coping mechanisms that are not only effective but also compassionate. These are tools you can carry with you. Join us in this exploration of the human response to change and the pursuit of resilient and nurturing coping strategies that will serve you well throughout your life's journey.

**Thursdays, 1:00 PM - 3:00 PM**

**March 14 - 28**

**Palm Desert Campus**

## Memory and the Corners of the Mind in Film: Part Two

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

You can only keep a good person and a bad memory down for so long. In this continuing series of films that examine the recesses of the mind in relation to memory, we will keep our focus narrow and dive deep into three films that represent people struggling with repressed memories. The films we will watch, analyze, and discuss are Alfred Hitchcock's multi-Oscar-nominated "Spellbound" (1945) - winner of Best Music Score, Robert Redford's multiple Oscar-winning "Ordinary People" (1980) including Best Picture, and the multi-Oscar-nominated "Lion" (2016). Now let me tell you about my mother.

**Friday, 1:00 PM - 4:00 PM**

**March 15 - March 29**

**Palm Desert Campus**

## The Enneagram Part II

*Mary Melbo, PhD, executive coach, Psychologist Emeritus*

We will continue our learning about the Enneagram. This course assumes you have some knowledge, including awareness of your Enneagram type. We will explore various aspects of the Enneagram, including its history, stress and security points, sub-types, and tools for self-development. Your understanding of the richness and complexity of the Enneagram will be enhanced. It is an interactive course, and there will be class participation.

**Thursday, 10:00 AM - 12:00 PM**

**March 14 - March 28**

**Palm Desert Campus**



## 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.

**Friday, 10:00 AM - 12:00 PM**

**March 15 - March 29**

**Hybrid, Palm Desert Campus & Zoom**

## Was the Supreme Court Right?

*Michael Worsoff, JD, lecturer, speaker at the St. James Literary Society*

Stay engaged with this thought-provoking course, "Was the Supreme Court Right?" a comprehensive examination of recent landmark rulings. We'll dissect pivotal cases like *Dobbs v. Mississippi* (redefining reproductive rights), the Harvard University Admissions case (affirmative action), and the Colorado wedding website case (LGBTQ+ rights). Our expert lecturer will demystify the Court's rationale, exploring majority and minority viewpoints. Engage in lively, interactive discussions where your questions are encouraged. Gain profound insights into these decisions' legal and social impact. Join us for an insightful journey into the heart of the U.S. legal system, exploring how it shapes contemporary society.

**Saturday, 10:00 AM - 11:30 AM**

**March 16 - March 30**

**Palm Desert Campus**

**Let's Go Travel! Tours & Cruises with Kathy Day: 760-320-3009 • [letsgotravel.us](https://letsgotravel.us)**

## Day Trips

*Each tour begins in Palm Desert on a luxury motorcoach roundtrip and includes museum or venue admissions.*

- Jan. 24: The Getty Center - \$110 pp
- Feb. 8: The Academy Museum of Motion Pictures - \$129 pp
- Feb. 21: Temecula Wine Tour - \$169 pp
- Feb. 28: Autry Museum of the American West - \$115 pp
- Feb. 29: Queen Mary Tour and Lunch - \$159 pp
- Mar. 13: East Valley Discovery Tour with Kerry Berman - \$115 pp
- Mar. 20: The Huntington Library and Gardens - \$129 pp
- Apr. 2: The Flower Fields at Carlsbad - \$139 pp

## Multi-Day Trips, Cruises, and International Trips

*These trips are land-only with airline tickets available upon request.*

- Jan. 27 - Feb. 3: **Mexican Riviera Cruise** Roundtrip transfers from the desert \$598 pp fare + taxes
- Mar. 7 - 17: **10 Day Eastern Caribbean Cruise** Roundtrip from Ft. Lauderdale  
\$1,399 pp (Taxes & Port Fees \$202 additional pp), land only
- Apr. 7 - 13: **Historic Charleston & Savannah** \$1,995 pp land only, \$900 ss
- May 24 - Jun. 1: **9 Toronto, Ottawa, Quebec City & Montreal Tour with Niagara Falls** Only \$2,549 pp double
- Aug. 30 - Sep. 15, 2025: **"The Best of Alaska"** Princess Cruise to Alaska from Los Angeles is here!  
16 Day Inside Passage with Glacier Bay National Park. Round trip from LA (No Flying!) \$1,998 pp + taxes double



**Let's Go Travel! Kathy Day**  
[letsgotravel.us](https://letsgotravel.us)

## Collette Travel Trips 2024 - [Collette.com](https://collette.com)

Email [OLLI@CSUSB.EDU](mailto:OLLI@CSUSB.EDU) to receive direct booking link.

**Apr. 21 - 25: Spotlight in New Orleans:** 5 Days • 6 Meals: 4 Breakfasts, 2 Dinners Royal Sonesta Hotel in New Orleans, Louisiana. Double Occupancy: \$2,229pp Single: \$2,729pp Triple: \$2,199pp, Round trip air from LAX

**For Reservations** <https://gateway.gocollette.com/link/1193162>

**May 15 - 26: Alaska Discovery Land & Cruise:** 12 Days, 26 Meals Included: 11 Breakfasts, 7 Lunches, 8 Dinners. Inside Double \$4,829pp - Single \$6,429pp - Triple \$4,679pp Ocean-View Double Rate \$5,429 Ocean-View Single Rate \$8,429 Veranda Double Rate \$6,129- Single Rate \$9,529

<https://gateway.gocollette.com/link/1211464>

**July 19 - 27: Western Canada's Rockies, Lakes & Wine Country** 9 Days • 13 Meals: 8 Breakfasts, 2 Lunches, 2 Dinners: Double Occupancy: \$4,129 pp Single: \$5,629 pp Triple: \$3,979 pp

Book before March 30, 2024 and save \$100 per person. <https://gateway.gocollette.com/link/1193111>

**Sep. 30 - Oct. 7: Discover the Colors of New England:** 8 Days • 12 Meals: 7 Breakfasts, 1 Lunches, 4 Dinners. Double Occupancy: \$4,129 pp Single: \$5,629 pp Triple: \$3,979 pp. Book before March 30, 2024 and save \$100 per person. <https://gateway.gocollette.com/link/1194761>

**Off The Beaten Path Travel...Go Wander** with Barry Schoenfeld 323-314-5420 [barry123s@gmail.com](mailto:barry123s@gmail.com)

Feb. 17: Joshua Tree Plus: 8:30 AM - 5:00 PM - \$129 (max 20)

Jun. 27 - Jul. 1: **Save The Date!** Unique Santa Fe! Price TBD

**OLLI TRAVEL INFORMATION: [WWW.CSUSB.EDU/OLLI/TRAVEL](https://www.csusb.edu/olli/travel)**



# WINTER 2024 January - April

## 1-Week Courses, January 22-26, \$10 per course

	Time	Location	Title	Instructor
Mon	10:00 AM - 12:00 PM	PDC	Women in the White House	Janet Weil
	1:00 PM - 3:00 PM	PDC	I Saw It on the Radio: The Voices of the Summer Game	Lou Gorfain
Tues	1:00 PM - 2:30 PM	Zoom	The Amazing Sound and Legacy of the Brill Building	Emanuel Abramovits
Wed	10:00 AM - 11:30 AM	PDC	Feel Better Now! The Science Behind Activating the Body's Own Healing Powers	Kerry Abram
	1:00 PM - 3:00 PM	Zoom	Demystifying Hypnosis - Fact from Fiction	Kevin Richardson
Thurs	10:00 AM - 12:00 PM	PDC	Marijuana Pharmacology: What it Does and How it Does it	Fred Abramson
Fri	10:00 AM - 12:00 PM	PDC	Optimizing Your Health Journey: Insights and Benefits with a Nurse Advocate	Tammy Porter
	1:00 PM - 4:00 PM	PDC	"Flags of Our Fathers" (2006): Screening and Discussion	Butch Epps

## 6-Week Courses, January 29-March 8, \$50 per course

	Time	Location	Title	Instructor
Mon	9:00 AM - 10:30 AM	PDC	Beginning Tai Chi for Seniors	Maureen Dowling
	10:30 AM - 12:30 AM	PDC	Exploring Caran d'Ache Pastels	Jack Flanigan
	1:00 PM - 3:00 PM	Zoom	A Closer Look at Downunder: Australia and New Zealand	Gordon Williams
Tues	10:00 AM - 11:30 AM	Zoom	Art of the Tale II: More Mid-Century Short Stories	Robert Weibezahl
	1:00 PM - 2:30 PM	Zoom	Armchair Travelers II	Barry Schoenfeld
	1:00 PM - 3:00 PM	PDC	Workshop on the Environment	Fred Abramson
Wed	10:00 AM - 12:30 PM	PDC	International Cinema	Dale Knorr
	1:00 PM - 3:00 PM	PDC	Civics in Society 101	Marc Saxe
Thurs	10:00 AM - 12:00 PM	PDC	If You Can Speak, You Can Write	Lucy Smith
	10:00 AM - 11:30 AM	Zoom	Innovation in the Real World	Scott McKnight
	1:00 PM - 3:00 PM	PDC	Religions of China & Their Impact on its Historical Development	Arlette Poland
Fri	10:00 AM - 12:30 PM	Zoom	Deepak Chopra's Perfect Health: Ayurvedic Lifestyle Program	Kerry Abram
	10:00 AM - 12:00 PM	Hybrid	Current Events Discussion Forum	Lara Bloomquist
	1:00 PM - 3:30 PM	PDC	Creating an Image - American Imagemakers: A Documentary Course	Butch Epps

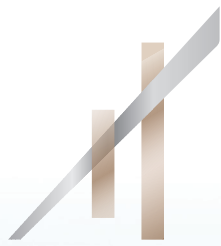
## 3-Week Courses, March 11-April 2, \$30 per course

	Time	Location	Title	Instructor
Mon	9:00 AM - 10:30 AM	PDC	Beginning Tai Chi for Seniors	Maureen Dowling
Tues	10:00 AM - 11:30 AM	Zoom	Food: Ordinary, Surprising and Amazing	Stephenie Slahor
	12:00 PM - 2:00 PM	Zoom	So, You Think You Know What Love Is?	Ken Zanca
	1:00 PM - 2:30 PM	PDC	The Search for an American Sound	Emanuel Abramovits
Wed	10:00 AM - 12:00 PM	PDC	Birth of American Modernist Photography - From Gallery 291 to Group f.64	Gary Smaby
	12:00 PM - 2:00 PM	PDC	Speaking Easy: Flexing your Conversation Muscles to Build Mutual Understanding	Marilyn Solomon
	2:00 PM - 4:00 PM	PDC	Reader's Theater	Jeff Fisher
Thurs	10:00 AM - 12:00 PM	PDC	The Enneagram Part II	Mary Melbo
	1:00 PM - 3:00 PM	PDC	When Change Results in Grief: Coping Mechanisms Explored	Arlette Poland
Fri	10:00 AM - 12:00 PM	Hybrid	Current Events Discussion Forum	Lara Bloomquist
	1:00 PM - 3:30 PM	PDC	Memory and the Corners of the Mind in Film: Part Two	Butch Epps
Sat	10:00 AM - 11:30 AM	PDC	Was the Supreme Court Right?	Michael Worsoff

## Winter Events at a Glance

	Time	Location	Title	Instructor
8-Jan	1:00 PM - 3:00 PM	PDC	Enchanted Valley: Palm Springs & Beyond	Kerry Berman
12-Jan	11:00 AM - 1:00 PM	PDC	Lox & Laffs	Harry Schaffner
14-Jan	5:00 PM - 9:00 PM	PS	WineWomenPSP	WineWomen
17-Jan	6:00 PM - 8:30 PM	PDC	Looking for Water in All the Wrong Places?	David Sandino
25-Jan	4:00 PM - 5:30 PM	PDC	What Does it Take to Be a War Correspondent?	Jane Ferguson
7-Feb	3:00 PM - 5:00 PM	PS	The LGBTQ Struggle for Equality	Vinny Stoppia
9-Mar	1:00 PM - 3:00 PM	PDC	Hollywood at Home in Palm Springs	Vinny Stoppia & Jim Cook
11-Mar	1:30 PM - 3:00 PM	Hybrid	OLLI Encore: ChatGPT & AI	Michael Casadonte

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