



FRESNO STATE
Continuing and Global Education

SUMMER 2023 CATALOG

Keynote Speakers
Short Courses
Adventures

*In-person and online
learning options*

**For those
age 50
and better!**

Live Inspired!

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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 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.

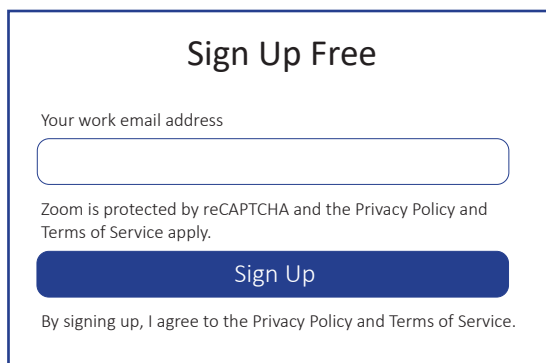
4

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".



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

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.



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: Aurai 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.



OLLI COURSES

Current Events - What's Happening

THURSDAYS | June 22, July 20

9 - 10:30 a.m.

LOCATION: ZOOM and ED140

\$20

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.



George Hale and the Great Palomar Telescope

THURSDAY | June 22

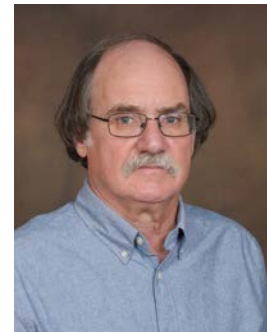
1:30 - 3 p.m.

LOCATION: ZOOM

\$15

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.



Personality Psychology

THURSDAY | June 22

11:00 a.m. - 12:30 p.m.

LOCATION: ZOOM

\$15

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.



The Life and Times of Martin Luther

TUESDAY | June 27

2 - 3:30 p.m.

LOCATION: ZOOM

\$15

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.



Shopping for Happiness: Five Ways Money Can Buy Happiness

THURSDAY | June 29

11 a.m. - 12:30 p.m.

LOCATION: ZOOM

\$15

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

\$40

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

\$40

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.



OLLI COURSES

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.

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.



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.



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
12	13	14	15	16
19 CAMPUS CLOSED	20 1 PM Fresno Art Museum Tour	21 1 PM State of Athletics	22 9 AM Current Events 11 AM Personality Psychology 1:30 PM Hale and Palomar Telescope	23
26	27 2 PM Life and Times of Martin Luther	28 2 PM Comedy vs. The Apocalypse	29 11 AM Shopping for Happiness 1 PM Masters in Glass	30

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12 PM Chemistry of You	4 	5 2 PM Cognition in Society	6 11 AM Aging In Place 1 PM Masters in Glass	7
10 10 AM Conversational Italian 12 PM Chemistry of You 2 PM Norman Lear	11 1 PM Fresno County Historical Museum Tour	12 2 PM Cognition in Society	13 11 AM Aging In Place 1 PM Masters in Glass	14
17 10 AM Conversational Italian 12 PM Chemistry of You 2 PM Norman Lear	18 9 AM Grant through National Parks	19 9:30 AM To PV or Not to PV 2 PM Cognition in Society	20 9 AM Current Events 11 AM Aging In Place 1 PM Masters in Glass	21
24 10 AM Conversational Italian 12 PM Chemistry of You 2 PM Norman Lear	25	26 2 PM Cognition in Society	27 11 AM Aging In Place	28
31 10 AM Conversational Italian 12 PM Chemistry of You 2 PM Norman Lear				



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

▶ Included with membership

Select	Date	Keynote
	6/21	Terry Tumey: State of Athletics
	6/28	David Misch: Comedy vs. The Apocalypse

Adventures

▶ Available only to current members

Select	Date	Course	Fee	Total
	6/20	Fresno Art Museum	\$10	
	7/11	Fresno County Historical Museum	\$10	

TOTAL FOR ADVENTURES \$_____

OLLI Courses

▶ Available only to current members

HYBRID COURSES IN PERSON COURSES ONLINE COURSES

Select	Start	Course	Fee	Total
		HYBRID COURSES		
	6/22	Current Events - IN PERSON	\$20	
	6/22	Current Events - ZOOM	\$20	
	7/6	Aging In Place - IN PERSON	\$40	
	7/6	Aging In Place - ZOOM	\$40	
		IN PERSON COURSES		
	7/19	To PV or Not to PV	\$15	
		ONLINE ZOOM COURSES		
	6/22	Personality Psychology	\$15	
	6/22	George Hale and Palomar Telescope	\$15	
	6/27	Life and Time of Martin Luther	\$15	
	6/29	Shopping for Happiness	\$15	
	6/29	Masters in Glass	\$40	
	7/3	More Chemistry of You	\$40	
	7/5	Thoughts and Observations	\$40	
	7/10	Basic Conversational Italian	\$40	
	7/10	Television Canon of Norman Lear	\$40	
	7/18	Ulysses S. Grant - National Parks	\$15	
	7/31	Popular Supplements	\$15	

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.



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Continuing and Global Education

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