

*Summer Fun for Everyone!*

With \$**10**  
Summer  
**MEMBERSHIPS**

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

# OLLI

## SUMMER 2016 CATALOG

*Meet. Learn. Grow.*

University-level non-credit courses, lectures  
and activities for those age 50 and better.

**FRESNO STATE**  
Continuing and Global Education

# Snack-sized Summer Learning!

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!



## Membership Information

### \$10 Summer Special!

At Fresno State's OLLI, you choose how involved you wish to be, depending on your availability and interests.

**General Sessions and Short Courses are open ONLY to OLLI members. Seating is limited for some events so be sure to send in your registration as soon as possible.** Non-members may attend Activities by paying the non-member registration fees for those individual activities (see details under the Activities listing in this brochure).

**Membership fees are non-refundable and non-transferable. Members who must cancel their Activities or Short Courses will be refunded only if their space can be filled. Any refunds will be processed in late July.**

You will receive a confirmation letter once we receive your registration and payment. We cannot hold space without a paid registration.

### Parking

OLLI incurs a parking charge; however, the OLLI leadership has decided not to pass this cost on to you. Members may request a parking permit by checking the option on the registration form. If you request a permit, parking details will be mailed to you. We respectfully ask that you request a permit only if necessary. If there are multiple OLLI members in your household or social group, please consider carpooling to events. Your consideration maintains OLLI's ability to offer quality programs at an affordable price.

**OLLI is not responsible for parking citations received by those not in compliance with campus parking regulations.**

If you need a disability-related accommodation or wheelchair access information, please contact the OLLI office at 559.278.0008 or send us an email at [osher@csufresno.edu](mailto:osher@csufresno.edu). Requests should be made at least one week in advance of the event.

## Photograph and Media Release

(and Guardian if participant is a minor)

This release grants permission to Fresno State and OLLI to use Participant's image appearing in any photographs, videotape, motion picture or any other media for any of Fresno State's advertising or promotional purposes whatsoever, in perpetuity throughout the world. If you do not agree, please notify OLLI in writing prior to your participation in any OLLI event or activity.

### General Membership \$10 Per Person (Summer only)

Admission to all scheduled General Sessions during Summer 2016.

Opportunity to register for Short Courses and Activities as outlined on the schedule.

Optional on-campus parking during all General Session events and Short Courses.

Privileges to use and check out materials at the Henry Madden Library.

### Short Courses

### Fee Varies

Open only to OLLI members.

A wide variety of interesting topics is offered.

Registration is processed on a first-come, first-served basis.

Short course are self-supporting. A minimum enrollment is required or courses may be cancelled.

### Activities

### Fee Varies

Open to members and non-members. Members get a lower price.

Registration is processed on a first-come, first-served basis.

Activities are self-supporting. A minimum enrollment is required or activities may be cancelled.

# OLLI Summer 2016 General Session Descriptions

1:30 - 3 p.m. Location: Satellite Student Union

**JUNE 9**  
THURSDAY  
**The Bitwise Movement: How Technology Can Fix America's Most Broken City**



Presenter: Jake Soberal

Jake Soberal is the CEO of Bitwise Industries (Bitwise), the mothership of technological education, collaboration and innovation in Fresno. Bitwise was founded in 2013 to move the region's technology industry forward through innovation, technological education, talent retention and job creation. The collective efforts of their first location (Bitwise Mural District) created one new technology job every ten days and generated over \$10 million in new revenue in its first year. Now a second location is online and Bitwise's success has poised it to propose an initiative to forever change the Fresno landscape.

1:30 - 3 p.m. Location: Satellite Student Union

**JULY 6**  
WEDNESDAY  
**Jordan College of Agricultural Sciences and Technology – More Than Corn and Wine**



Presenter: Dr. Sandra Witte

The Jordan College of Agriculture is the primary program for agriculture education in central California, with a goal of being the State's top ag education program. From farming to water management to sustainability, the work of the college has a significant impact on California and the world. The Jordan College has approximately 2,400 undergraduate and 100 graduate students from diverse backgrounds from throughout California, the U.S. and the world with multiple majors offered and instruction on a 1,000 acre on-campus agricultural laboratory. Come learn about the important work of the college and exciting plans for the future from its dean, Dr. Sandra Witte.

1:30 - 3 p.m. Location: Satellite Student Union

**JULY 28**  
THURSDAY  
**The Big Fresno Fair and Our Community**



Presenter: John Alkire, CEO, Big Fresno Fair;  
Lauri King, Deputy Manager

The Big Fresno Fair is more than just the Central Valley's largest annual event - it's a longstanding tradition for Valley residents that not only provides a fun, family atmosphere as a socially and culturally diverse reflection of the community, but also a platform to help inspire and celebrate community-driven and educational programs. The Fair provides a link between urban and rural California, educating Valley residents on our rich agricultural industry. Additionally, the Fair runs several community-driven and educational programs to bring awareness and support for issues such as hunger, unemployment, health and safety, education and much more. With its long history of service, the Fair is an integral part of the community providing critical economic impact and a prized facility for the more than 250 interim events held each year.

Come learn more about The Big Fresno Fair's importance in the landscape of Fresno County from Fair CEO, John Alkire, and Deputy Manager II, Lauri King. Prior to working at The Big Fresno Fair, John worked at the Kings County, Tulare County and The California Mid-State Fairs - all contributing to a more than 30-year career in the fair industry. Helping oversee all day-to-day operations, Lauri King has been at The Big Fresno Fair for more than 12 years and has been an invaluable member of the fair industry for more than 16 years.

# OLLI Summer 2016 Short Course Descriptions

THURSDAYS  
**JUNE 2 & 9** \$20

10:00 am to 11:30 am Location: PB91

**Comedy, Culture, and the Good Life**

Dr. Andrew Fiala

This course will consider the value of humor, laughter and comedy. Questions to be considered include: What makes us laugh and why? Are off-color jokes morally appropriate? Is comedy inferior to tragedy? What is the political function of satire, sarcasm, and parody? Dr. Andrew Fiala will discuss these questions and the history of thinking about them from Plato to Freud and beyond.

MONDAYS & FRIDAYS  
**JUNE 6, 10, 13 & 17** \$20

1:30 pm to 3:00 pm Location: PB192

**iPhone & iPad**

DiscoverE staff

Explore the basics and beyond of your iPhone and iPad to learn features that will help you get the most from these powerful little computers. Bring your iPhone or iPad to the class for maximum benefit. These four classes will provide meaningful, hands-on instruction so you'll master your device before you know it.

# OLLI Summer 2016 **Short Course Descriptions** *Continued*

MONDAYS

**JUNE 27, July 11, 18, 25 & August 1**

\$40

1:00 pm to 2:30 pm

Location: PB194

## Tai Chi

**David Ortiz**

A wellness exercise program for everyone and every "body", Tai Chi can benefit you by bringing awareness, and giving you needed focus. Tai Chi is an ancient Chinese style of Martial Arts that allows modification so all may enjoy, regardless of age. It is a set of exercises that emphasize breathing control, whole body movements with bent knees, and slow flowing movements. Tai Chi exercises can be modified according to physical conditions (i.e., sitting, standing, small steps, etc.), allowing each person to perform within their range of motion.

MONDAY

**JUNE 27**

\$10

10:00 am to 12:00 pm

Location: PB192

## Creating a Lighthearted Home

**Dianne Callahan**

Your home. It's where all the most important things happen. Is your home a retreat where you and your family find peace and a lighthearted sense of joy? Is it a place that welcomes visitors and helps them to feel comfortable and at ease? Is your home a place that reflects the things that are most important, most sacred and most enjoyable in your life? Join me to learn how to make your home more lighthearted, more organized and more YOU!

TUESDAY

**JUNE 28**

\$10

1:00 pm to 2:30 pm

Location: PB191

## Gardening: More Than Air

**Calliope Correia**

Plants provide us with the obvious - food, clothes and air - but what about more? What do plants do provide for us in other aspects of our lives? Learn how plants help us heal, make us happy and remind us of the past. Plants do amazing things for us! Learn about the therapeutic effects of plants and nature and how to incorporate some of their beneficial aspects into your life.

FRIDAY

**JULY 1**

\$5

1:00 pm to 3:00 pm

Location: PB192

## Apple Pay and Banking

**DiscoverE staff**

Paying in stores or within apps has never been easier or safer. Gone are the days of searching for the right card. Now you can use your credit cards, store credit cards or rewards cards with just a touch. Apple Pay is simple to use and works with the cards you already have on the devices you use every day.

TUESDAY

**JULY 5**

\$10

1:00 pm to 2:30 pm

Location: PB191

## Gardening For The Senses

**Calliope Correia**

Plants are so much more than something pretty to look at or even eat or wear! In this class you will learn how to plant a garden that is inviting and incorporates all the senses. Learn the basics of plant care, including nutrient requirements, light, plant varieties and what types of plants can be cultivated to encourage the full experience in the garden.

THURSDAY

**JULY 7**

\$10

10:00 am to 11:30 am

Location: PB192

## Wonderful New Experiences: Breaking Your Rut

**Jill Wagner**

While we can find comfort in our ruts and habits, there's a whole world of experiences waiting to be explored. Learn the simple steps for breaking out of your rut (occasionally or regularly) so you can have new experiences and fun. We'll explore both internal and external challenges and opportunities and create a plan to blaze the trail that you want to explore.

THURSDAY & FRIDAY

**JULY 7 & 8**

\$10

1:00 pm to 3:00 pm

Location: PB192

## Facebook and Instagram: A perfect couple!

**DiscoverE staff**

If you enjoy connecting with friends, neighbors and relatives on Facebook, come learn the advantages of pairing photo sharing application Instagram with your Facebook account.

# OLLI Summer 2016 **Short Course Descriptions** *Continued*

MONDAY & FRIDAY

**JULY 11 & 15**

\$20

10:00 am to 11:30 am

Location: PB192

## **Protecting Your Driver's Privileges**

**John Cullington**

An expert in the field of driver training, John Cullington explains the common mistakes senior drivers make when dealing with the DMV and how to prepare in advance to avoid DMV problems. A thorough explanation of the Cullington Driving Concepts® method will help you rehabilitate your own driving skills and avoid accidents in order to keep your driving independence.

TUESDAY

**JULY 12, 19, & 26**

\$25

1:30 pm to 3:00 pm

Location: PB191

## **Manifest Effectively**

**Aaron Drake**

This course covers how to manifest effectively by utilizing techniques derived from ancient shamanic practices. You'll learn the basics about manifesting, how to create an energetic embodiment of your wishes or desires and how to safely preview them before putting them into action. Each class has a brief discussion followed by a one-hour guided meditation. Please bring something in which you can take notes.

TUESDAY

**JULY 12**

\$10

9:00 am to 10:30 am

Location: PB191

## **Rightsize: Match your home and belongings with your lifestyle**

**Brenda McElroy**

With each new phase of life we adjust our interests, values and activities. Sometimes the belongings we accumulate and larger homes aren't compatible with these life changes. If you're feeling overwhelmed with the prospect of going through 40+ years of possessions or thinking about rightsizing your home to something more manageable, Brenda McElroy, owner of Organized By Choice, offers practical tips and tools to ease the process.

WEDNESDAY

**JULY 13**

\$10

1:00 pm to 3:00 pm

Location: PB191

## **Sentiments: Writing Meaningful Messages**

**Jill Wagner**

When you are writing to someone, do you sometimes feel like you aren't expressing exactly what you have to say? Are your messages more habit than meaning? Are your love notes lackluster? Does your kindness come out clunky? Are your words humdrum? This class will help you identify and capture your thoughts and provide resources so your sentiments will be meaningful and well-expressed. Join us for fun with words and writing!

FRIDAY

**JULY 15**

\$5

1:00 pm to 3:00 pm

Location: PB192

## **Snapchat: What is it and why should you be using it?**

**DiscoverE staff**

Snapchat, which has become hugely popular, lets you share images or video clips with your friends. But there's a twist: they can only be viewed for a matter of seconds and they are gone forever. So how exactly does Snapchat work and why is everyone using it? Join us in discovering the tricks and benefits to using Snapchat and ways it can benefit your social life.

FRIDAY

**JULY 22**

\$10

10:00 am to Noon

Location: PB191

## **Current Events Discussion**

**Lanny Larson**

Come bring your thinking for a civilized and respectful group discussion about current events and issues, elections and whatever we have time to discuss. This is a participation activity lead by Lanny Larson, a longtime, respected reporter and editor retired from The Fresno Bee.

FRIDAY

**JULY 22**

\$5

1:00 pm to 3:00 pm

Location: PB192

## **Best Music Applications: Pandora, Spotify & Yesterday USA**

**DiscoverE staff**

Do you like listening to music but hate paying for it? We do too! Join us in discovering ways to listen to the music you like and discover "Yesterday USA," a great internet radio application that broadcasts "old-time radio shows" all day, every day. Harken back to yesteryear's entertainment with the help of today's technology.

FRIDAY

**JULY 29**

\$5

1:00 pm to 3:00 pm

Location: PB192

## **iCloud vs Google Drive**

**DiscoverE staff**

Have you ever heard of the cloud? What is the cloud and where are your documents? Join us in the everlasting search for the "virtual" cloud and how you can benefit from its features, storage and easy access to help you save documents, photos and any kind of file on your computer.

OLLI Summer 2016

## Activity Descriptions

10:30 a.m. - 12:30 p.m.

June  
**10**  
Friday

### Whole Foods - Simple Summer Dishes

Members - \$25, Non Members - \$35  
Maximum Capacity: 20  
Last Day to Register - June 3, 2016

Price includes admission.

Zucchini Parmesan Rounds with Dill Crème Sauce  
Grilled Apricots with Honey Sweetened Yogurt and Toasted Pistachios  
Grilled Shrimp with a Corn and Avocado Salsa  
Summer Berry Crisp

10:30 a.m. - 12:30 p.m.

June  
**17**  
Friday

### Whole Foods - Sunday Brunch Fare

Members - \$25, Non Members - \$35  
Maximum Capacity: 20  
Last Day to Register - June 10, 2016

Price includes admission.

Lemon Mint Summer Fruit Salad  
Hand-made Breakfast Sausage  
Herb Infused Eggs with Roasted Tomatoes  
Strawberry Coconut Chia Pudding

10:30 a.m. - 12:30 p.m.

June  
**24**  
Friday

### Whole Foods - Eating Well In Season

Members - \$25, Non Members - \$35  
Maximum Capacity: 20  
Last Day to Register - June 17, 2016

Price includes admission.

Eggplant Caviar with Madras Curry Oil  
Caprese Salad with Balsamic Glaze  
Fig & Olive Roast Chicken  
Walnut Macaron Pie with Fresh Summer Fruit

# Help Us Grow Our OLLI!



You can help us to have a growing, vibrant OLLI at Fresno State.

Here's how:

- Invite friends and neighbors to be your guest at general sessions.
- Get catalogs from the OLLI office to share with others.
- Invite people to join! Sometimes all it takes is a person-to-person invitation.

For catalogs or more information contact OLLI at 559.278.0008 or [osher@csufresno.edu](mailto:osher@csufresno.edu)



## Teach for OLLI!

### Share Your Talents and Passion!

We need OLLI members to teach special interest groups in the Fall semester or in the future. You can teach a single session or several sessions on a topic of your choice.

#### Can you teach one of these?

Reader's Theatre: Reading Scripts for Fun! • Best Resources for Planning Trips  
Bridge Players • Hiking • Great Conversations • Bicycling • Mystery Lovers  
Movie Critique • Restaurant Reviews • Best Online Dating Sources

Or tell us your ideas!

Meet new people and share your expertise – all with the friendly members of Fresno State's OLLI.

We can't wait to hear from you!

[osher@csufresno.edu](mailto:osher@csufresno.edu) 559.278.0008



# Osher Lifelong Learning Institute Registration – Summer 2016

Member(s) Name(s) \_\_\_\_\_

Mailing Address/City/Zip \_\_\_\_\_

**Mode of contact: (in case of changes or cancellations)**

Email address \_\_\_\_\_  Phone \_\_\_\_\_

How did you hear about the Fresno State OLLI?

Previously a member  Heard from a friend  Newspaper  Brochure  Other

Your age group:  50-60  61-70  71-80  80+

**MEMBERSHIP FEE**

General Membership\* \$10 per person (non-refundable) ..... \$ \_\_\_\_\_

Please check if you need an OLLI Parking Pass .....  \_\_\_\_\_

ALL GENERAL SESSIONS ARE AT 1:30 P.M.

June 9 **The Bitwise Movement: How Technology Can Fix America's Most Broken City**

July 6 **Jordan College of Agricultural Sciences and Technology – More Than Corn and Wine**

July 28 **The Big Fresno Fair and Our Community**

**SHORT COURSES – Available only with a paid membership**

- Comedy, Culture and the Good Life** (two Thursdays) ..... x \$20/person \$ \_\_\_\_\_
- iPhone and iPad Class** (four sessions) ..... x \$20/person \$ \_\_\_\_\_
- Tai Chi for Everybody** (five sessions) ..... x \$40/person\* \$ \_\_\_\_\_
- Creating a Lighthearted Home** (one session) ..... x \$10/person \$ \_\_\_\_\_
- Gardening: More Than Air** (one session) ..... x \$10/person\* \$ \_\_\_\_\_
- ApplePay and Banking** (one session) ..... x \$5/person\* \$ \_\_\_\_\_
- Gardening for the Senses** (one session) ..... x \$10/person \$ \_\_\_\_\_
- Wonderful New Experiences: Breaking Your Rut** (one session) ..... x \$10/person\* \$ \_\_\_\_\_
- Facebook and Instagram: A Perfect Couple!** (two sessions) ..... x \$10/person\* \$ \_\_\_\_\_
- Protecting Your Driver's Privileges** (two sessions) ..... x \$20/person \$ \_\_\_\_\_
- Manifest Effectively** (three sessions) ..... x \$25/person \$ \_\_\_\_\_
- Rightsize: Match Your Home and Belongings with Your Lifestyle** (one session) ..... x \$10/person\* \$ \_\_\_\_\_
- Sentiments: Writing Meaningful Messages** (one session) ..... x \$10/person \$ \_\_\_\_\_
- Snapchat: What is it and Why You Should Use It** (one session) ..... x \$5/person \$ \_\_\_\_\_
- Current Events Discussion** (one session) ..... x \$10/person\* \$ \_\_\_\_\_
- Best Music Applications** (one session) ..... x \$5/person\* \$ \_\_\_\_\_
- iCloud vs. Google Drive** (one session) ..... x \$5/person\* \$ \_\_\_\_\_

\* = This special pricing is possible through partnership with the campus DiscoverE program

**ACTIVITIES – Available to members and non-members**

	Member	Non-Member
Whole Foods Cooking Class Simple Summer Dishes (June 10) .....	\$25	\$35
Whole Foods Cooking Class Sunday Brunch Fare (June 17) .....	\$25	\$35
Whole Foods Cooking Class Eating Well In-Season (June 24) .....	\$25	\$35

**TOTAL AMOUNT ENCLOSED** \$

**\*If you need a disability-related accommodation of wheelchair access information, please contact the OLLI office at 559.278.0008 or send an email to osher@csufresno.edu. Requests should be made at least one week in advance.**

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**PAYMENT:** We accept checks or money orders made payable to **FRESNO STATE**.

**Please return this form with payment to:**  
 Fresno State OLLI  
 5245 N. Backer Avenue, M/S PB5  
 Fresno, CA 93740

**FRESNO STATE**

Continuing and Global Education

California State University, Fresno  
5245 N. Backer Avenue, M/S PB5  
Fresno, CA 93740

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