

# Live Inspired!

## News and Updates from the Fresno State OLLI

### First Keynote Address for Fall

If you're a member, be sure to attend our first keynote talk on Thursday, September 10. If you've already registered online, THANK YOU! If not, there's still time. Click [HERE](#).



*Dr. Jonathan Biggane*

**The Happiest People**

SEPTEMBER 10 | Thursday | 1 - 2:30 p.m.

Join Dr. Jonathan Biggane as he discusses his new book, *The Happiest People*, and learn about current research on positive emotions, what makes a life worth living, and how to cultivate happiness. His book is a practical guide to well-being that uses interventions and research from the fields of positive psychology, neuroscience, and business. Dr. Biggane is an Associate Professor in the department of management at Fresno State whose research focuses on intra-organizational relationships, with a particular emphasis on employee well-being.

### Fall OLLI Online

Our first classes are underway and our instructors are marvelous! Have you registered for Fall OLLI yet? It's not too late! The catalog is posted online (click [HERE](#)) and you'll find many of your favorite instructors and welcome some new instructors, too.

Even if you don't plan on participating in OLLI Online, we'd be grateful for your membership as it helps sustain our OLLI during uncertain times.



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## Fresno State Online Events

The Fresno State Alumni Association has gathered information on nearly all Fresno State events that are online and open to the public. You'll find all the OLLI courses listed, plus lots of other opportunities to learn and get more familiar with Fresno State. See the listing of events [HERE](#).



## Local Activities

If you've cleaned your garage and need to **safely dispose of paint or stain**, a free event on Sept. 12 saves you a trip to the county hazardous waste site in Kerman. Info [HERE](#).

There's no **Fresno Greek Fest** this year, but you can order yummy Greek meals for drive-through pick-up Sept. 19. Click [HERE](#).

**Fish for free at Sycamore Island on Saturday, Sept. 5** for CA Fish and Wildlife free fishing day. Click [HERE](#)

And speaking of the outdoors, the San Joaquin River Parkway is still offering **river trips and tours** so you can kayak or canoe to connect with nature and breathe. Info is [HERE](#).

September

## ZOOM Info!

Zoom is a great platform to video conference, video chat and video learn and it's what we will 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](http://www.zoom.us) and click the blue box that says "sign up".

A screenshot of the Zoom 'Sign Up Free' form. The form has a title 'Sign Up Free' and a text input field for 'Your work email address'. Below the input field, there is a small text line: 'Zoom is protected by reCAPTCHA and the Privacy Policy and Terms of Service apply.' A blue button labeled 'Sign Up' is positioned below the text. At the bottom of the form, there is a line of text: 'By signing up, I agree to the Privacy Policy and Terms of Service.'

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.

**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 get started, here is a great video you can watch on YouTube. Click [HERE](#) to view.**

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.