An adventure in intellectual, cultural, and social exploration for adults age 50 and better

no homework, no tests, no grades!
experience the sheer joy of learning

OLLI@Pacific SUMMER 2013 SEMESTER DETAILS
Summer Courses held at several convenient locations:

In Stockton
University of the Pacific campus  ●  3601 Pacific Ave  ●  209.946.7658
Pacific’s Professional Development Center  ●  1776 W March Ln  ●  209.946.7658
O’Connor Woods Retirement Community  ●  3400 Wagner Heights Rd  ●  209.956.3400
The Haggin Museum  ●  1201 N Pershing Ave  ●  209.940.6315

In Lodi
Hutchins Street Square  ●  125 S Hutchins St  ●  209.333.6782
Cheese Central  ●  11 N School St  ●  209.368.3033

INTRODUCTION TO OUR SUMMER SESSION

Welcome Reception
11193  No cost, open to the public, RSVP requested
Fri 5/31  2-4pm  DeRosa University Center, Grand Ballroom, Pacific Campus

Bring a friend and introduce them to OLLI@Pacific at this social gathering. Meet current students, faculty, staff and volunteers at this fun event. Refreshments will be served. Please assist us with our planning and check ☑ Welcome Reception on your registration form or RSVP to 209.946.7658.

ART

Gourd Art
with Theresa Bayaca  Plant and Fiber Artist
11190  Cost $25
Wed 7/10  2-3pm  March Lane #330
Wed 7/17  2-4pm  O’Connor Woods, Garden Oaks Patio

Lagenaria siceraria, the hard shell gourd, makes the perfect art canvas for carving, shaping, polishing, painting, burning, etc. In this two-part class, several methods of working with gourds will be demonstrated. Each registrant will be given gourds to work with.

The first class will meet at March Lane to cover techniques and design. Materials required include soft pencils, erasers, and a sketchpad. The second class is lengthier and meets outdoors at O’Connor Woods for a hands-on experience wood burning the gourds. Materials required include all of the above and a wood burning tool (available at Hobby Lobby or Michaels). It is recommended that you bring an apron to protect your clothing.

Summer Drawing Camp
with Deanna Hunt, MFA  Artist, Former Head Art Teacher at the American Overseas School of Rome
11182  Cost $175
6/18, 6/19, 6/20, 6/21, 6/25, 6/26, 6/27, 6/28, 7/1, 7/2, 7/3, 7/5  9-noon – Powell Art Center, Pacific Campus

Take a break from the summer heat and explore the wonderful world of drawing in this workshop. The daily format allows participants to immerse themselves in the creative process and build on the momentum of learning, practicing, and drawing day by day. Focus on the expressive qualities of drawing and illuminate the way you look at the world around you. Deepen your experience through a host of stimulating projects and subject matter with both wet and dry media, and a range of scale and format. Although all levels are welcome, this course is geared toward those who have some drawing and/or painting experience.
CINEMA

Master Film Class
with Diane Borden, PhD  Professor and Chair, English
11167 FREE to registered OLLI members

The summer session focus is the Psychological Realism in Classic American Cinema. Two films will be shown and discussed.

A PLACE IN THE SUN: Stevens
Mon 6/17  1:30-3pm  Screening
Tues 6/18  1:30-3pm  Discussion
Wendell Phillips Center, Room 140, Pacific Campus

Synopsis~ Hal Erickson, Rovi

“Previously filmed in 1931 under its original title, Theodore Dreiser's bulky but brilliant novel An American Tragedy was remade in 1951 by George Stevens as A Place in the Sun. Montgomery Clift stars as George Eastman, a handsome and charming but basically aimless young man who goes to work in a factory run by a distant, wealthy relative. Feeling lonely one evening, he has a brief rendezvous with assembly-line worker Alice Tripp (Shelley Winters), but he forgets all about her when he falls for dazzling socialite Angela Vickers (Elizabeth Taylor). Alice can’t forget about him, though: she is pregnant with his child. Just when George’s personal and professional futures seem assured, Alice demands that he marry her or she’ll expose him to his society friends. This predicament sets in motion a chain of events that will ultimately include George’s arrest and numerous other tragedies, including a vicious cross-examination by a D.A. played by future Perry Mason Raymond Burr. A huge improvement over the 1931 An American Tragedy, directed by Josef von Sternberg, A Place in the Sun softens some of the rough edges of Dreiser’s naturalism, most notably in the passages pertaining to George’s and Angela’s romance. Even those 1951 bobbysoxers who wouldn’t have been caught dead poring through the Dreiser original were mesmerized by the loving, near-erotic full facial closeups of Clift and Taylor as they pledge eternal devotion. A Place in the Sun won six Oscars, including Best Director, Best Adapted Screenplay, and Best Cinematography, although it lost Best Picture to An American in Paris.”

SWEET SMELL OF SUCCESS: Mackendrick
Wed 6/19  1:30-3pm  Screening
Thurs 6/20  1:30-3pm  Discussion
Wendell Phillips Center, Room 140, Pacific Campus

Synopsis – Hal Erickson, Rovi

Ernest Lehman drew upon his experiences as a Broadway press agent to write the devastating a clef short story “Tell Me About Tomorrow.” This in turn was adapted by Lehman and Clifford Odets into the sharp-edged, penetrating feature film Sweet Smell of Success. Burt Lancaster stars as J. J. Hunsecker, a Walter Winchell-style columnist who wields his power like a club, steamrolling friends and enemies alike. Tony Curtis co-stars as Sidney Falco, a sycophantic press agent who’d sell his grandmother to get an item into Hunsecker’s popular newspaper column. Hunsecker enlists Falco’s aid in ruining the reputation of jazz guitarist Steve Dallas (Martin Milner), who has had the temerity to court Hunsecker’s sister Susan (Susan Harrison). Falco contrives to plant marijuana on Dallas, then summons corrupt, sadistic NYPD officer Harry Kello (Emile Meyer), who owes Hunsecker several favors, to arrest the innocent singer.

The real Walter Winchell, no longer as powerful as he’d been in the 1940s but still a man to be reckoned with, went after Ernest Lehman with both barrels upon the release of Sweet Smell of Success. Winchell was not so much offended by the unflattering portrait of himself as by the dredging up of an unpleasant domestic incident from his past. While Success was not a success at the box office, it is now regarded as a model of street-smart cinematic cynicism. The electric performances of the stars are matched by the taut direction of Alex Mackendrick, the driving jazz score of Elmer Bernstein, and the evocative nocturnal camerawork of James Wong Howe."
CULINARY EdVENTURES

Grandkids in the Kitchen
with Cindy Della Monica
11168 Cost $45
Tues 6/25 1-2:30pm Cheese Central, 11 N School St, Lodi
Learn how to create great memories spending time with your grandkids in the kitchen, teaching them how to cook with themed meals, kids' recipes, stories, jokes and local fun. Cooking is a skill that helps children read, do math, and organize their work logically. The session includes a light lunch and a booklet of themed ideas and recipes. Class size is limited to 10 adults.

Al Fresco Italia!
with Cindy Della Monica
11169 Cost $45
Tues 7/30 1-2:30pm Cheese Central, 11 N School St, Lodi
Outdoor dining, al fresco, is our choice for warm summer months. Prepared with locally produced foods where possible, we focus on presentation and technique, and present the dishes with Lodi-appellation, Italian-style wines. Join us, and mangia! Light meal, beverages and recipes are included. Class size is limited to 10.

EdVENTURES

Bird Safari
with David Yee Guest Lecturer, Author, “Checklist to the Birds of San Joaquin County,” Past President of the San Joaquin Audubon Society, Western Ornithologists, and Central Valley Bird Club
11191 Cost $15
Fri 6/14 9-11:30am Oak Grove Regional Park
This park near the intersection of I-5 and Eight Mile Road holds one of the best and largest remnant Valley Oak groves in the area. The park attracts many species that utilize the oak trees for food and shelter, and the beautiful lake brings in countless water birds that usually are found farther out in the Delta. Pack a picnic lunch to extend your stay. There is a $5 per car entry fee. The group will meet at the Nature Center. A map can be downloaded at: http://www.mgzoo.com/parks/oak-grove-park.htm To view a portion of one of Yee’s tours, go to: http://www.youtube.com/watch?v=p62HyL-I2g

Downtown Stockton Walking Tour
with Stockton Ambassador Manuel Laguna, Industry Professional of the Year, Downtown Stockton Alliance
11172 Cost $10
Wed 6/19 10-11:30am Bob Hope Theatre, 242 E Main Street
Beginning at the refurbished Bob Hope Theatre, our group will walk to the new County Administration Building, and then to the Hotel Stockton. Learn about the history and plans for the area and the Downtown Charter Schools. Visit the Farmer’s Market when the tour is over for fresh produce, local products and a bite to eat. The public parking lot on Sutter Street between Main and Market Streets is your best option for parking. For information on other parking options go to: http://www.stocktongov.com/discover/parkingmap.html

First Fridays at The Museum
with Museum Docents
Fri 7/5 and 8/2 2-4pm Haggin Museum
Discover the pleasures of in-depth conversations about art and history. There’s always something new to learn; each Friday, a new topic is featured. No registration necessary. Cost – museum admission ($7 for seniors, $8 for adults) or free for museum members. For more information please call The Haggin Museum Curator of Education Lisa Cooperman 209.940.6315.
LECTURE SERIES
FREE to registered OLLI members

Second Term Blues...Why Modern Presidents Struggle Their Last Four Years
with Dave Frederickson  Visiting Professor, Jacoby Center

Mon 6/10  3:30-5pm  O’Connor Woods
Tues 6/11  3:30-5pm  Hutchins
Wed 6/12  2:30-4pm  Leigh Theatre

From Nixon to Clinton...From Reagan to Obama, modern two-term presidents seem to have great turbulence and daunting challenges in their 2nd terms. From personal scandal; to economic woes; to abuse of power; these 2nd term presidents have had to deal with major issues, while the clock ticks and their potential successors are ramping up on the primary trail. Find out why this has become the pattern...the forces that drive the process, from a senior appointee of two such 2nd term presidencies; as well as a veteran, engaged observer of the other three."

The Science of Consequences
with Susan Schneider, PhD  Adjunct Professor and Visiting Scholar, Psychology

Mon 6/17  3:30-5pm  O’Connor Woods
Tues 6/18  3:30-5pm  Hutchins
Wed 6/19  2:30-4pm  Leigh Theatre

Actions have consequences and consequences are everywhere, influencing everything from the humblest flatworms to our most impressive human accomplishments. The science of consequences has incorporated their important role in nature and nurture while producing applications across the board, from everyday life to our biggest societal challenges.

Spider Silk
with Craig Vierra, PhD  Professor and Chair, Biological Sciences

Mon 6/24  3:30-5pm  O’Connor Woods
Tues 6/25  3:30-5pm  Hutchins
Wed 6/26  2:30-4pm  Leigh Theatre

Spider silk has extraordinary mechanical properties, containing a unique balance of high-tensile strength and extensibility. Spider silks outperform several well-known manmade materials including high-tensile steel, Kevlar (body armor) and nylon. Discover the potential use and development of synthetic spiders for a wide range of next generation engineering materials.

Music Therapy
with Eric Waldon, PhD, MT-BC  Assistant Professor, Music Therapy

Mon 7/1   3:30-5pm  O’Connor Woods
Tues 7/2   3:30-5pm  Hutchins
Wed 7/3   2:30-4pm  Leigh Theatre

Music traverses the lifespan, cuts across cultures, and has played a role in medicine and healing rituals since the dawn of humanity. Although music therapy has received increasing attention in recent years, the general public is largely unaware of it applications and benefits. This presentation will involve live and recorded music to highlight: the use of music in healing since antiquity; the training and preparation of music therapists; the research supporting music therapy; and ways you can use music to enhance your quality of life.
Latin America May Surprise (and Not Just Frighten) You
with Gene Bigler, PhD  Former Visiting Professor, School of International Studies

Lecture I: The Friendly Side of the Latin American Ledger
Lecture II: Cuba and the Decline of the Latin American Left

Mon 7/8 & 7/15  3:30-5pm  O'Connor Woods
Tues 7/9 & 7/16  3:30-5pm  Hutchins
Wed 7/10 & 7/17  2:30-4pm  Leigh Theatre

There is now a Latin American Pope. What’s going on in the hemisphere besides the drug wars and preparations for fun and games in Brazil? What will happen to the left in Venezuela with Chavez’ political heir Nicolas Maduro? Why are so many flights to Cuba getting cancelled? Will Mexico lead a group of pro-American countries into a more integrated relationship with the U.S. as President Peña Nieto has proposed? Has the violence finally begun to decline? How will demographic and political shifts in the U.S. influence U.S. relations with our Latin American neighbors?

Anatomy of a Stroke
with Cathy Peterson, PT, EdD  Associate Professor, Physical Therapy

Mon 7/22   3:30-5pm   O'Connor Woods
Tues 7/23   3:30-5pm   Hutchins
Wed 7/24   2:30-4pm   Leigh Theatre

When someone suffers a stroke, a blood vessel to part of the brain is occluded or ruptures which causes cells to die. Familiarize yourself with the risk factors and signs of a stroke and how to respond. Learn why some people experience language difficulties and little weakness post-stroke whereas others have no language impairments but have significant weakness. Discover, too, how the brain repairs itself in response to rehabilitation.

The Soong Sisters
with Daniel O'Neill, PhD  Assistant Professor, Political Science

Mon 7/29   3:30-5pm   O'Connor Woods
Tues 7/30   3:30-5pm   Hutchins
Wed 7/31   2:30-4pm   Leigh Theatre

Ai-ling, Ching-ling and May-ling Soong were members of, perhaps, the most influential Chinese family of the 20th century. Ai-ling married one of the wealthiest bankers in China; Ching-ling married Nationalist revolutionary leader Sun Yat-sen; May-ling married his successor, Chiang Kai-shek. Of the three, it is said that one loved money, one loved her country, and the other loved power. Stories of these three fascinating women touch on a wide range of 20th century political history, including, the Chinese revolutions, Sino-U.S. relations (and the “China Lobby” in Congress), World War II and the Cold War, U.S. immigration policy, and the establishment of the Republic of China on Taiwan.
**LITERATURE**

**Book Discussion - The Hemingway Book Club of Kosovo by Paula Huntley**
with Helen Gross  Retired Educator
11170  FREE to registered OLLI members
Thurs 7/18  1-2:30pm  Hutchins Street Square Senior Center

From Amazon:
"In the spring of 1999 the world watched as 850,000 ethnic Albanians poured over the borders of Kosovo, bringing with them horrific stories of rape, massacre and ethnic cleansing. A year later, Paula Huntley's husband signed on with the American Bar Association to help build a modern legal system in the rubble of Kosovo, and she reluctantly agreed to leave their California home to accompany him. Not sure how she could be of any service in a country that had suffered so much, Huntley found a position teaching English as a second language to a group of Kosovo Albanians. In this extraordinary journal -- all the more powerful because it was never intended to be published as a book - Huntley describes in rich, compelling detail her own experiences in Kosovo, the lives of the young Kosovar students she came to know and love, and the remarkable book club they created together.

The Hemingway Book Club of Kosovo by Paula Huntley is a moving testimony to the power of literature to bring people together in even the most difficult of circumstances. This book is the journal Huntley kept in scattered notebooks or on her laptop over the eight months that she lived and taught in Kosovo. When Huntley asked her students if they would like to form an American-style "book club," they jumped at the idea. After stumbling upon a stray English-language copy of Ernest Hemingway's The Old Man and the Sea, Huntley proposed it as the club's first selection. The simple fable touched all the students deeply, and the club rapidly became a forum in which they could discuss both the terrors of their past and their dreams for the future."

**Book Discussion - Behind the Beautiful Forevers: Life, Death and Hope in a Mumbai Undercity by Katherine Boo**
with Joyce McCallister  Writer
11200  FREE to registered OLLI members
Wed 7/24  1-2:30pm  1776 W March Lane #330

Behind the Beautiful Forevers: Life, Death and Hope in a Mumbai Undercity by Katherine Boo is a National Book Award winner. This is the first book for the Pulitzer Prize-winning author, a former staff writer at The New Yorker and the Washington Post. Boo also received a MacArthur "Genius" Grant and a National Magazine Award for Feature Writing.

From Amazon:
"In Boo's brilliantly written, fast-paced book, based on three years of uncompromising reporting, a bewildering age of global change and inequality is made human. Her landmark work of narrative nonfiction tells the dramatic and sometimes heartbreaking story of families striving toward a better life in one of the 21st century's great, unequal cities. With intelligence, humor, and deep insight into what connects human beings to one another in an era of tumultuous change, Behind the Beautiful Forevers carries the reader headlong into one of the 21st century's hidden worlds, and into the lives of people impossible to forget.

Katherine Boo spent three years among the residents of the Annawadi slum, a sprawling, cockeyed settlement of more than 300 tin-roof huts and shacks in the shadow of Mumbai's International Airport. From within this "sumpy plug of slum" Boo unearths stories both tragic and poignant--about residents' efforts to raise families, earn a living, or simply survive. These unforgettable characters all nurture far-fetched dreams of a better life. As one boy tells his brother: "Everything around us is roses. And we're like the s**t in between." A New Yorker writer and recipient of a Pulitzer Prize and a MacArthur "Genius" grant, Boo's writing is superb and the depth and courage of her reporting from this hidden world is astonishing. At times, it's hard to believe this is nonfiction.

Boo jolts the reader's consciousness with the opposing realities of poverty and wealth in a searing visit to the Annawadi settlement, a filmflam slum that has recently sprung up in the western suburbs of the gigantic city of Mumbai, perched tentatively along the modern highway leading to the airport and almost within a stone's throw of new, luxurious hotels."
SHORT COURSES

What are Your Six Words?
with Rev. Gary Putnam Former Pacific Chaplain
11186 Cost $15
Wed 7/10, 7/17, 7/24 10-11am 1776 W March Lane #330

Have you heard of six-word essays or flash fiction? It's a unique genre of writing that focuses on a meaningful story or idea in just a six-word sentence. A mere six words summing your point of view on self, environment, or life in general can be the pivotal point for dialog among peers. A simple question can provoke humorous, reflective, poetic, or even bizarre "food for thought" responses. Come to class with your response to:

7/10 – How would your six-word memoir read?
7/17 – Your six-word truths about retirement
7/24 – The six-word truth about four-legged companions

All Aboard the ACE Train!
with Laura Romero ACE Special Groups Coordinator
11178 FREE to the Public
Wed 6/12 1-2pm 1776 W March Lane #330

Information Session: Learn how you can connect to museums, go for lunch, enjoy shopping, or simply take a train ride and enjoy the mountains, canyon, or bayside views. Re-discover the beauty of Northern California aboard an ACE Train. With four round trips between Stockton and San Jose (Monday through Friday), ACE runs special Saturday trains on June 15 to California Great America and on August 10 to California Great America/San Jose Jazz Festival.

TECHNOLOGY

Making Your iPad Work for You
with Donald Jordan, EdD
11183 Cost $25
Fri 7/19 10-11:30am 1776 W March Lane #330

You have an iPad, but now what? Do you have more questions than answers? Learn more about settings, security, and navigation as well as explore various essential apps that will turn you into the family guru. Do you know how to download books from the library or borrow an eBook? You can with a valid library card for any local library. Don’t forget to bring your iPad to class fully charged.

You Have an iPhone, Now What?
with Donald Jordan, EdD
11185 Cost $25
Thurs 7/25 10-11:30am 1776 W March Lane, #330

Yes, it's friendly, but your iPhone has secrets. Do you have an iPhone but do not know how to use its basic functions? You will be texting, downloading apps, and using your iPhone for your basic needs. Become a confident user as we look at settings, security, and navigation as well as explore various apps from readers to photo and video sharing. Bring your iPhones and questions!
More Technology: Hands-On Computer Lab Classes

**Beyond Basics with Microsoft Windows 7**  
with certified Microsoft Office “Master” David Diskin, MCP  
11173   Cost $25  
Fri 6/14  10-noon  1776 W March Lane #290C  
Discover how to customize Microsoft Windows 7 with desktop backgrounds, screen savers, photo slide shows, and mouse settings, and how to make the display easier to read. Useful utilities such as Sticky Notes, the Calculator, and others will be demonstrated. File management, including saving your work, renaming and deleting files, backing up data, burning a CD, and creating organizational folders will also be discussed. Class is limited to 16 participants. Our laptop lab features large displays and full-size keyboards and mice. To ensure a consistent learning environment, please refrain from bringing your own laptop to class.

**Digital Photos 1: Technique, Transfer, Edit**  
with certified Microsoft Office “Master” David Diskin, MCP  
11174   Cost $25  
Fri 6/14  1:30-3:30pm  1776 W March Lane #290C  
Starting with easy-to-follow tips on digital camera equipment and technique, participants will learn everything they need to get started with digital photography. You will learn how to transfer photos to the computer and manage them, including deleting unwanted pictures, renaming files, and viewing photo properties. You will also learn how to edit pictures, including removing red eye, resizing, cropping, and adjusting color for a perfect photo. Class is limited to 16 participants. Our laptop lab features large displays and full-size keyboards and mice. To ensure a consistent learning environment, please refrain from bringing your own laptop to class.

**Digital Photos 2: Organize, Share, Print**  
with certified Microsoft Office “Master” David Diskin, MCP  
11175   Cost $25  
Fri 6/28  10-noon  1776 W March Lane #290C  
Do more with your digital photos. Learn how to organize your collection into folders, share them online with your friends and family, and print your favorites. Find out how to design and order custom calendars, magnets, and more using a variety of online services. Class is limited to 16 participants. Our laptop lab features large displays and full-size keyboards and mice. To ensure a consistent learning environment, please refrain from bringing your own laptop to class.

**Welcome to Windows 8**  
with certified Microsoft Office “Master” David Diskin, MCP  
11184   Cost $15  
Fri 6/28  1:30-3:30pm  1776 W March Lane #290B  
This is a demonstration lecture, not a hands-on class. Designed for anyone who has recently purchased a computer with Windows 8, and for those curious about the hype, this class will demonstrate Microsoft’s newest operating system. Learn the key changes in Windows 8, including the new start menu, shortcuts, applications, and more. Whether you’re using touch screen, mouse, or keyboard, this class will help you make the most of your new PC.

**Microsoft Excel 2010: Spreadsheet Basics**  
with certified Microsoft Office “Master” David Diskin, MCP  
11176   Cost $25  
Tues 7/2  10-noon  1776 W March Lane #290C  
Learn how to create effective spreadsheets that can be sorted, filtered, and totaled. Create a personal budget to track and manage your finances or manage a list of data such as addresses or your DVD collection. The basics will be covered including entering and changing data, simple formatting, adding numbers up, printing, and creating a simple chart. Class is limited to 16 participants. Our laptop lab features large displays and full-size keyboards and mice. To ensure a consistent learning environment, please refrain from bringing your own laptop to class.
Making a DVD Album
with certified Microsoft Office "Master" David Diskin, MCP
11177  Cost $25

Tues 7/2  1:30-3:30pm 1776 W March Lane #290C

Share your digital memories in an entirely new way by transferring them to a DVD photo album that can be played in any modern DVD player. Using free software built into Microsoft Windows 7, you will select from designer menus, add music, choose your photos, and more before “burning” your own DVD disc for playback. Class is limited to 16 participants. Note: The laptops in our lab are capable of writing to a DVD disc, however not all computers can. Confirm the capabilities of your personal computer prior to enrollment. To ensure a consistent learning environment, please refrain from bringing your own laptop to class.

WELLNESS

Balance Clinic
with Lauren Leporini, PT, DPT  Doctor of Physical Therapy and PT Students
FREE to registered OLLI members

11180  Tues 7/23  10-noon  OR
11181  Tues 7/23  3-5pm  Chan Family Health Sciences Learning Center, Room PHS 225, Brookside Rd.

Through a complex system of environmental feedback, cues from the bottom of your feet, the relation of your inner ear to gravity, and what you see, your body senses which muscles to activate or deactivate to maintain your desired position. It does this when you stand up from a chair, walk to the mailbox, or stand on your tiptoes to grab something from a cupboard. When the information received is too complex to translate, the system gets overwhelmed and you lose your balance. If you do not practice maintaining it, you can easily lose balance, possibly leading to a fall that could result in a serious injury.

Physical therapy students and their instructor are offering a FREE one-on-one personal balance assessment with activities for balance training and fall prevention. You are welcome to participate whether you walk with or without an assistive device. Participation is limited so early registration is advised.

Introduction to International Folk Dancing
with George Fairbrook  OLLI Member, Computer Programmer San Joaquin County
11188  FREE to registered OLLI members

Sat  6/22   2-3:30pm - O'Connor Woods Fitness Club

In anticipation of the 66th annual Folk Dance Camp held at the University, take a peek at what you might see. Folk dances are typically considered the products of cultural traditions; all you need is a sense of rhythm to learn a few steps.

Line Dancing
with Nanci Shaddy  Certified FallProof™ and Fitness Instructor
11189  Cost $45

Wed  6/26, 7/3, 7/10, 7/17, 7/24, 7/31  1-2pm - O'Connor Woods Fitness Club

When people think about their next workout, line dancing is usually not the first thing that comes to mind. But it is a great workout for both mind and body, and it can also help exercise memory every time one steps on the dance floor. Line dancing requires good mobility and the ability to remember dance steps and combinations.
WHERE WE LIVE: OUR CULTURAL DIVERSITY

I. Cambodian Communities
with Sovanna Koeurt, Executive Director, Asian Pacific Self-Development and Residential Association (APSARA)
Mon 6/17   10-11:30am  1776 W March Lane   #330

Learn more about Cambodian customs, culture, and the challenges immigrants faced during the Khmer Rouge regime and their escape to refugee camps before making the U.S. their new country. How does their language and traditions affect their assimilation into San Joaquin Valley life?

II. Wat Dharmararam Buddhist Temple Tour
with The Venerable Kong Tith  Buddhist Monk
Mon 6/24   10-11:30am  Wat Dharmararam  3732 Carpenter Road, Stockton

Over 90 colorful and larger than life jewel encrusted statues celebrate the life and story of the Cambodian Buddha. The temple, once highlighted in one of Huell Howser’s California’s Gold episodes boasts a 50-foot long recumbent Buddha. This excursion meets at the temple. Go to http://www.visitstockton.org/Things-to-Do/Arts-Entertainment/stockton-cambodian-buddhist-temple for directions, photos and additional information.

III. Filipinos in California’s Heartland
with Anita Bautista, President, Filipino American National Historical Society
Mon 7/15   10-11:30am  1776 W March Lane #330

Filled with chop suey houses, gambling dens, and dance halls, Little Manila was the area in Stockton notoriously called, "Skid Row," but it was also the closest thing Filipinos had to a hometown. In its ’30s heyday, this lively area had the largest population of Filipinos outside of the Philippines. View the PBS documentary that chronicles the immigrant story as Filipinos experienced it, and discover more about the Filipino-Americans who have contributed to the history of our community.

IV. Little Manila Tour
with Dawn Mabalon, PhD  San Francisco State University  Assistant Professor, History
Mon 7/22   10-11:30am  McDonald’s  322 S Center St. (corner of Lafayette and Center St) Stockton

The National Trust for Historic Preservation named Little Manila one of America’s eleven most-endangered historic places. It noted that many of the nation’s 1.5 million Filipino Americans trace their roots to Stockton. Urban renewal leveled much of Little Manila in the 1960s, and most residents and businesses moved on, giving way to transients and blight. But there remains a generation of Filipinos hoping to salvage the district’s three remaining buildings and bring new life to the beaten-down neighborhood while staking their ethnic heritage with a national museum. Our walking tour begins at McDonald’s Restaurant. Across from McDonald’s, Parking lot N under the freeway at 202 E Washington Street has 439 spaces and is in the shade. For information on other parking options go to: http://www.stocktongov.com/discover/parkingmap.html