

ENRICHMENT ACTIVITIES FOR SENIORS: RESOURCES

NATIONWIDE PROGRAMS

Osher Lifelong Learning Institutes (OLLIs) • <http://www.osherfoundation.org/index.php?olli>

The 121 Osher Lifelong Learning Institutes (OLLIs) span all 50 states and the District of Columbia. Each is a part of a college or university and is funded in part by The Bernard Osher Foundation. Each Institute is unique and operates as an independent initiative of its host institution with offerings tailored to meet the needs and interests of its community. All Osher Institutes offer a wide variety of intellectually stimulating, university-level, non-credit courses and learning opportunities designed for people “50 and better.” Many offer lectures and educational travel opportunities as well as study groups and events that build a sense of community and camaraderie among their participants. There are no tests and no grades. It is learning solely for the joy of learning.

California Colleges & Universities with OLLI Programs

Cal State Monterey Bay • CSU Channel Islands • CSU Chico • CSU Dominguez Hills • CSU East Bay • CSU Fresno • CSU Fullerton • CSU Long Beach • CSU San Bernardino • CSU San Marcos • Dominican UC • Humboldt State University • San Diego State University • San Francisco State University • Santa Clara University • Sierra College • Sonoma State University • UC Berkeley • UC Davis • UC Irvine • UC Los Angeles • UC Riverside • UC San Diego • UC Santa Cruz • University of the Pacific

Oasis Lifelong Adventure • <https://www.oasisnet.org>

Founded in 1982, Oasis is a non-profit educational organization that is active in 40 cities and reaches more than 50,000 individuals each year. Their mission is to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. California locations are Los Angeles and San Diego.

Online Courses & Resources

Many accredited universities offer free or low-cost massive open online courses (MOOC). There are also plenty of casual online resources for lifelong learning. Depending on the program, courses may include videos, audio lectures, written lessons, slideshows, quizzes, forums to converse with fellow learners, and more. Below are a few examples of the many online resources available. (List organized alphabetically.)

- **Academic Earth** <https://academicearth.org/>
Curated lists of online courses, hand selected by staff to show you the very best offerings by subject area.
- **Canvas Network** <https://www.canvas.net/>
Free online courses and classes from the world's leading universities.
- **Coursera** <https://www.coursera.org>
Universal access to the world's best education, partnering with top universities and organizations to offer courses online.
- **EdX** <https://www.edx.org>
Founded by Harvard University and MIT in 2012, EdX is an online learning destination, offering high-quality courses from the world's best universities and institutions.
- **FutureLearn** <https://www.futurelearn.com>
A diverse selection of courses from leading universities and cultural institutions from around the world. These are delivered one step at a time, and are accessible on mobile, tablet and desktop, so you can fit learning around your life.
- **Howcast** <https://www.howcast.com/>
Howcast offers high-quality, expert-hosted videos on topics ranging from hair and makeup, sports and fitness, and food and family, to dance and recreation, arts and crafts, and health and relationships, just to name a few.
- **MIT Open Courseware** <https://ocw.mit.edu/index.htm>
MIT OpenCourseWare (OCW) is a web-based publication of virtually all MIT course content. OCW is open and available to the world and is a permanent MIT activity.
- **Open2Study** <https://www.open2study.com/>
Open2Study provides free, specialised short courses, entirely online, across the world, in a range of subject areas.
- **TED Talks** <https://www.ted.com/>
TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less).
- **Udacity** <https://www.udacity.com>
World-class higher education opportunities that are accessible, flexible, and economical.
- **Udemy** <https://www.udemy.com/>
An online learning and teaching marketplace with over 80000 courses and 24 million students. (Most courses have a small fee. Courses are rated by participants.)

ENRICHMENT ACTIVITIES FOR SENIORS: RESOURCES

CALIFORNIA PROGRAMS

California State University (CSU) Fee Waivers for CA Residents 60+

<http://calstate.edu/budget/student-fees/fee-waivers/discretionary.shtml#age>

The "Over 60 Program" waives tuition for Californians 60+. This program is at the discretion of each CSU campus, and is based on space available and other factors. Contact your local CSU for more information.

Adult Education • California Department of Education: <https://www.cde.ca.gov/sp/ae>

Adult schools offer free to low-cost classes for adults 18 and older. In addition to GED programs and job training, many institutions offer community courses and some even specifically cater to older adults. To find additional locations, search <https://www.otan.us/caaeproviders> or contact your local school district.

Alameda	<ul style="list-style-type: none"> Castro Valley Adult & Career Education – Community Interest Courses http://www.cvadult.org/for-students/programs/community-interest
Contra Costa	<ul style="list-style-type: none"> West Contra Costa Adult Education – Older Adult Classes http://www.wccae.info/older.html Mt. Diablo Adult Education – Lifelong Education https://mdae-mdusd-ca.schoolloop.com/lifelongeducation
Fresno	<ul style="list-style-type: none"> Fresno Unified School District (select Community Education) https://www.fresnounified.org/schools/fas Clovis Adult Education – Community Education http://cloviscommunityed.com/
Imperial	<ul style="list-style-type: none"> Robert F. Morales Adult Education Center http://www.calexico.k12.ca.us/site/index3.php?page2=&u_id=53&menu_id=
Kern	<ul style="list-style-type: none"> Bakersfield Adult School – Older Adult Program https://bas.kernhigh.org/
Los Angeles	<ul style="list-style-type: none"> Los Angeles City College Community Services http://www.lacitycollege.edu/Community-Business/Community-Services
Marin	<ul style="list-style-type: none"> Marin Adult Education https://marinadulthoodeducation.org/
Mendocino	<ul style="list-style-type: none"> Mendocino College – Community Extension Program https://www.mendocino.edu/academics/community-extension-program
Merced	<ul style="list-style-type: none"> Merced College – Adult Education & Noncredit http://www.mccd.edu/offices/noncredit/schedule.html
Orange	<ul style="list-style-type: none"> Santa Ana College School of Continuing Education https://www.sac.edu/ContinuingEducation
Sacramento	<ul style="list-style-type: none"> Sacramento State College of Continuing Education https://www.cce.csus.edu/non-credit-information
San Bernardino	<ul style="list-style-type: none"> San Bernardino City Unified School District – Adult School
San Diego	<ul style="list-style-type: none"> San Diego Continuing Education Emeritus Program (55+) http://sdce.edu/ Grossmont Adult School https://www.ed2go.com/grossmontadult/
San Joaquin	<ul style="list-style-type: none"> San Joaquin Delta College – Stockton Institute for Continued Learning http://www.deltacollege.edu/department/stockton-institute-continued-learning
San Mateo	<ul style="list-style-type: none"> San Mateo Adult School – 50Plus Program https://www.smuhsd.org/domain/816
Santa Barbara Sonoma	<ul style="list-style-type: none"> Santa Barbara City College School of Extended Learning – Older Adults https://www.sbccc.edu/extendedlearning/olderadults.php Napa Valley College – Community Education http://www.napavalley.edu/CommEd
Stanislaus	<ul style="list-style-type: none"> Modesto Junior College – Community Education https://www.mjc.edu/instruction/commed/ Turlock Adult School – Community Education http://tas-turlockusd-ca.schoolloop.com/
Tulare	<ul style="list-style-type: none"> Tulare Adult School http://www.tulareadultschool.net/ College of the Sequoias – Community Education http://www.cos.edu/Admissions/CommunityEducation
Ventura	<ul style="list-style-type: none"> Venture Adult and Continuing Education – Lifelong Learning for Savvy Seniors http://www.adulthoodventura.edu/programs_older.html