



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

SPRING 2025



Cal Poly
Humboldt.

Join a vibrant community of lifelong learners.

At the **Osher Lifelong Learning Institute at Cal Poly Humboldt**, everyone age 18 and up can join as a valued member, and take part in lifelong learning.

Many benefits come with your OLLI membership:

- Reduced class fees and priority registration
- Access to members-only events, classes, and special interest groups
- University library access (with limitations)
- Receive the weekly emailed OLLI Newsletter
- Access to the university recreation center (for an additional fee)
- Shared opportunities with OLLI programs nationwide (see p. 13)

Members enjoy diverse year-round programs, and...

- join a thriving community of lifelong learners,
- explore opportunities to learn and connect with friends,
- discover new topics in classes designed for those 50 and better,
- and enjoy engaging instructors in a relaxed and friendly environment.

Your membership helps sustain this lifelong learning program.

Join today and become a part of the Cal Poly Humboldt community.

OLLI 2024-2025 Membership: Only \$35

Valid through June 30, 2025. Memberships are non-refundable.

humboldt.edu/olli/join

Open House

SAT., FEB. 1

See back cover

JOIN **OLLI**





OSHER
LIFELONG
LEARNING
INSTITUTE

Be one in a thousand.

For all of us, learning never ends. Designed for people over 50, but open to everyone in the community, OLLI at Cal Poly Humboldt supports your lifelong learning with programming, classes, presentations, and group meetings.

Through these opportunities, OLLI members create connections and have built a curious and vibrant community.

OLLI at Humboldt is able to offer these experiences via memberships. We have a goal: 1,000 memberships for the 2024-25 membership year. Please help us get there!

If you haven't joined yet, now is a great time. If you haven't renewed for awhile, OLLI would love to have you back.

If you are already a member, you can help grow OLLI membership by sharing your OLLI experiences with your circle of friends, family, and colleagues.

Join OLLI today and enjoy the gift of lifelong learning with excellent faculty and an engaged OLLI community.

Thank you for being one in a thousand!

OLLI ^{Cal Poly} Humboldt.

We acknowledge that Cal Poly Humboldt is located on the unceded lands of the Wiyot people, where they have resided from time immemorial. We encourage all to gain a deeper understanding of their history and thriving culture. As an expression of our gratitude, we are genuinely committed to developing trusting, reciprocal, and long-lasting partnerships with the Wiyot people, as well as all of our neighboring tribes.

Please consider contributing to the Wiyot Tribe at honortax.org and/or to the Rou Dalagurr Food Sovereignty Lab at nasp.humboldt.edu/fsl.

Cal Poly Humboldt is an AA/EO Employer.

Disability accommodation may be available.

Contact OLLI: (707) 826-5880

PHOTO CREDITS

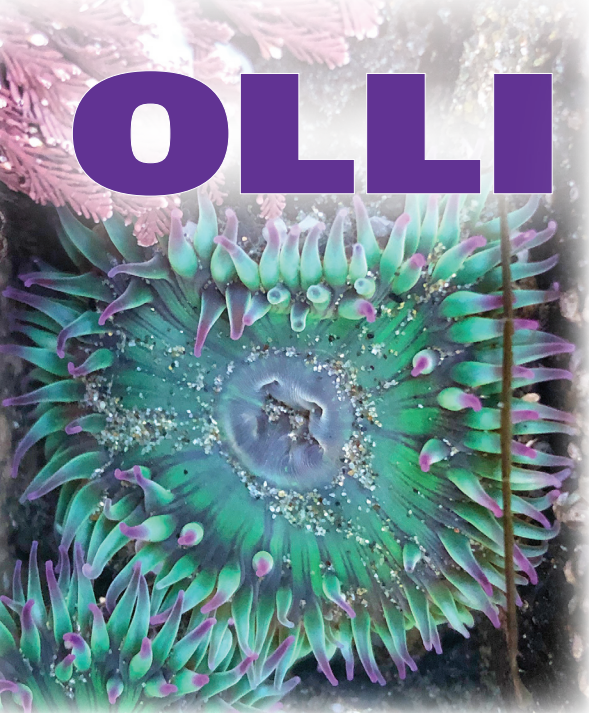
Front cover: Trinidad Beach by Annalisa Rush

Back cover: Laminaria setchellii (a brown algae), Trinidad, by Stephanie Strasser

Opposite page: Trinidad Beach by Annalisa Rush

This page: Sea star by Sei Hee Hwang

Next page: Anemones by Stephanie Strasser



OLLI





Classes for everyone!

Registration for classes closes at noon 3 BUSINESS DAYS before the class start date. (See page 18 for details.)

Before you register: Be sure to review the listings carefully for how the class will be delivered. After you register, watch your email for an enrollment confirmation with additional information about your class.

IN-PERSON: The class is held face-to-face in a university classroom or off-campus instructional space, or is a class that includes a field trip.

ONLINE: The class is delivered 100% online, in real time, via Zoom, a web-based video conferencing service. Recordings may be available, and may be viewed by registered students only. Classes are noted in this catalog as:

-  The class will be recorded.
-  No class recording will be available.

About class fees: Class fees in this catalog reflect the **OLLI member rate**. Non-members pay an additional \$25 per class. Classes are **open to anyone**, as space allows. For details, see "How to register for OLLI" on page 18.

Release of Liability forms are required for each field trip class, and a release form is also required once per term for participating in other in-person or online classes.

H. Signifies a class taught by Cal Poly Humboldt faculty.

Osher Lifelong Learning Institute at Cal Poly Humboldt

Web: humboldt.edu/olli
Facebook: @CalPolyHumboldtOLLI
Instagram: @calpolyhumboldtolli
YouTube.com/@ollihumboldt

Location: Cal Poly Humboldt Student & Business Services Building, Suite 211 (2nd floor)
1 Harpst St., Arcata, CA 95521-8299

Hours: Mon.-Thurs., 9 a.m.-4 p.m.,
Fri., 9 a.m.-3 p.m. (closed 12-1)

Phone: (707) 826-5880

E-mail: olli@humboldt.edu

OLLI Staff

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 Rollie Lamberson Linda West
 Maureen Murphy Jane Woodward
 Judith Rucker

OLLI CLASSES: SPRING 2025

Below are all OLLI classes and special interest groups offered this spring.

* Members only.

Start Date	Class Title	Mode	Page
Jan. 15	Special Interest Group: Book Club *	Online	9
Jan. 8	Special Interest Group: Issues in Public Policy *	Online	9
Jan. 13	Special Interest Group: Live & Local Concerts *	Online/In person	9
Feb. 10	Practical Beekeeping	In person	3
Feb. 13	Embracing Sustainability in Your Life	In person	4
Feb. 16	Beginning Pickleball: Skills & Drills	In person	4
Feb. 16	Bee Yard Experience	In person	3
Feb. 18	Becoming a Zoom Wiz *	In person	3
Feb. 20	Exploring Slow Stitching	In person	4
Feb. 24	Windows Into Earth's Past	In person	5
Feb. 25	Chair Pilates	In person	5
Feb. 25	Ancient Chinese Philosophy: The Daodejing	In person	14
Feb. 25	Special Interest Group: Healthy Humboldt and the Science of Aging *	In person	9
Feb. 26	Three Public Monuments	Online	14
March 1	The Science of Everyday Things	In person	5
March 4	Mitochondrial Theory of Aging, Cellular Health, & Inflammaging	Online	14
March 5	Seeking Balance	In person	6
March 5	Body Wisdom Exercises	Online	15
March 11	Some Thoughts on Color	Online	15
March 13	Social Media Made Simple	In person	3
March 16	Advanced Pickleball: Skills & Drills	In person	7
March 17	Special Interest Group: Beyond the Checkered Board *	In person	9
March 18	A Photographic Exploration of Wigi (Humboldt Bay)	Online	15
March 22	The Armchair Traveler: Touring the Unknown Coast	Online	16
March 26	Acting Up: The Fundamentals of Acting	In person	6
March 26	Tai Chi Chuan Eight Brocade	In person	6
March 27	Non-Western Art in the Western Art Museum	Online	16
March 27	Latest Treatment of Migraine Headaches	Online	16
March 28	Indian Cuisine & Cultural Immersion: Session 1	In person	7
April 1	Mainstreaming the Margin: History of LGBTQ+ America (Osher) *	Online	13
April 1	The Human Microbiome Across the Lifespan	Online	17
April 2	People with a Purpose	Online	17
April 2	Future Proofing Your Healthspan & Longevity (Osher) *	Online	13
April 2	Crossword Puzzle Creation (Osher) *	Online	13
April 3	All You Need is Creativity: The Beatles' Creative Process Part 2	In person	7
April 4	Indian Cuisine & Cultural Immersion: Session 2	In person	7
April 5	Hike & Sketch: Ferndale	In person	2
April 5	A Picture is Worth 500 Words	Online	17
April 8	Civil Discourse	In person	8
April 8	Aging with Your Pelvic Floor	In person	8
April 10	Neurology in Nutshell: The Brain Explained (Osher Online)	Online	13
April 10	"A Case Of You," Joni Mitchell: Her Life, Her Music, Her Art	In person	8
April 11	Indian Cuisine & Cultural Immersion: Session 3	In person	7
April 12	Climate Change on the California Coast	In person	2
April 15	Etegami: Japanese Postcard Art	In person	9
April 18	The Geology of California Coast National Monument	In person	2
April 25	The Geology of California Coast National Monument at Trinidad Head	In person	2
April 25	Indian Cuisine & Cultural Immersion Session: 4	In person	7
April 30	The Kinetic Sculpture Race, aka the Kinetic Grand Championship	In person	9

SPRING 2025 • FIELD TRIP CLASSES

Hike & Sketch: Ferndale

Margaret Kellermann, Hiking Artist

Beginning and experienced artists will appreciate taking a fresh look at historic Ferndale. We'll discover lesser-known paths looping around Main Street, with sketching during stops along the way. Learn fresh drawing techniques in a fun, non-judgmental setting. In the third hour, we'll debrief over a no-host lunch at a local café. Register by April 2.

Sat., April 5 • 9:30 a.m.-12:30 p.m.

In person: Ferndale

\$60 • Class #: 24060



COURTESY OF MARGARET KELLERMANN

Climate Change on the California Coast

**Paul Bourdeau, Marine Biologist,
& Keana Richmond, Grad Student**

Rapid global climate change is not unusual. But the current warming is unprecedented, because it is primarily caused by humans. We will review scientific evidence on climate change, how it will influence the ocean, marine life, and ocean-related activities on the California coast, as well as local research being done. Register by April 9.

Sat., April 12 & 19 • 10-11:20 a.m.

In person: Trinidad

\$75 • Class #: 24049

H.

The Geology of California Coast National Monument

Elliot Dabill, BLM Volunteer Docent

This slideshow presentation will explore the geology of the California Coastal Monument. We will take a close look at an ancient convergent plate boundary and associated faults that have since been pushed up to the surface, and are clearly evident on many of the rocky beaches in Humboldt County. Register by April 15.

Fri., April 18 • 11:30 a.m.-1:30 p.m.

In person: Arcata

\$45 • Class #: 24061

The Geology of California Coast National Monument at Trinidad Head

Elliot Dabill, BLM Volunteer Docent

Explore the geology of the California Coastal Monument from Trinidad Head, the Trinidad Lighthouse, and Trinidad State Beach, taking a close look at an ancient convergent plate boundary, and associated faults, that have since been pushed up to the surface and are clearly evident on many of the rocky beaches. Register by April 22.

Fri., April 25 • 10 a.m.-1 p.m.

In person: Trinidad

\$60 • Class #: 24062



COURTESY OF BLM



FREE TECHNOLOGY CLASSES

Exclusively for OLLI members

Becoming a Zoom Wiz

Dane Oppenborn & Annalisa Rush, OLLI Staff

Whether you're a novice or an expert, the OLLI staff will walk you through the world of Zoom. They will answer any questions you may have. This class is free and available to OLLI members only. Register by Feb. 13.

Tues., Feb. 18 • 2-3:50 p.m.

In person: Arcata

Free to OLLI members • Class #: 24093

Social Media Made Simple

Dane Oppenborn & Annalisa Rush, OLLI Staff

Learn how to stay connected with family and friends through Facebook, Instagram, and other online platforms. We will cover creating an account, posting updates, sharing photos, and understanding privacy settings. This class is free and available to OLLI members only. Register by March 10.

Thurs., March 13 • 2-3:50 p.m.

In person: Arcata

Free to OLLI members • Class #: 24094



KELLIE JO BROWN

BEEKEEPING

With Dick LaForge & Jeannine Kaprielian, Master Beekeepers

OLLI members: Save \$40 per course!

Practical Beekeeping

Gain skills to keep honeybees for honey, pollination, other hive products, and enjoyment. Learn about honeybee biology, beekeeping equipment, and management techniques. You will have the opportunity to buy bees. Required textbook: *Beekeeping for Dummies*, 5th edition, 2020, by Howland Blackiston. Register by Feb. 5.

Mondays, Feb. 10-May 5

(No class March 17 & 31)

6:30-8:30 p.m. • In person: On campus, plus 4 Sat. field trips (weather permitting)
\$185 for OLLI members • Class #: 24080

Bee Yard Experience

Follow the progress and challenges of the bee colonies at the bee yards of the instructors and students. Inspect the colonies to assess their condition, and guide them to good health and honey production. You should have taken (or are concurrently taking) Practical Beekeeping, or have beekeeping experience. Register by Feb. 12.

Sun., Feb. 16-May 4 (No class March 23)

1-3 p.m. • In person: Field trips
\$185 for OLLI members • Class #: 24081

Non-members must register through Extended Education: extended.humboldt.edu/beekeeping



ADOBESTOCK

Embracing Sustainability in Your Life

Kate Lancaster, Ph.D.

Explore various aspects of sustainability — its underlying principles, challenges, and opportunities. Examine how sustainability is essential not only for environmental protection, but also for economic and social well-being. By understanding the interconnectedness of ecosystems, economies, and communities, you will gain insights into how sustainable practices can create a resilient and equitable future. Register by Feb. 10.

Thurs., Feb. 13 - March 6 • 2-3:50 p.m.

In person: Arcata

\$75 • Class #: 24091

H.



ADOBESTOCK

Beginning Pickleball: Skills & Drills

Jerry Saner, Instructor

Get first-hand instruction on the game of pickleball. The instructor will provide all equipment needed to play. Students just need to bring a good attitude and a willingness to learn. Register by Feb. 12.

Sun., Feb.16-March 9 • 10-11:50 a.m.

In person: On campus

\$65 • Class #: 24070



COURTESY OF JERRY SANER

Exploring Slow Stitching

Ruth Davis, Writer, Coach

Slow stitching is a beautiful way to slow down and immerse yourself in a present moment practice. Using fabric remnants, trims, beads, baubles, and doodads, you will create abstract expressions of your life. While all materials will be provided, you are encouraged to bring fabric scraps, trinkets, and other potential embellishment items to use and/or share. Don't buy anything! No previous sewing or art experience is necessary. Register by Feb. 17.

Thurs., Feb. 20 • 10 a.m.-12:50 p.m.

In person: Arcata

\$50 • Class #: 24089



COURTESY OF RUTH DAVIS

IN-PERSON CLASSES

Windows Into Earth's Past

Melinda Bailey, Science Educator

Glimpse into the Earth's past through the world of paleontology, including fossils, some of Earth's earliest aquatic life, and the terrifying T-Rex! We will discuss three geologic periods and the changes on Earth during each, and effects on organisms that lived at the time, and their ultimate demise. We'll view some of the Natural History Museum's fossils, including trilobites, ammonites, corals, and more. Register by Feb. 19.

Mon., Feb. 24-March 10 • 2:30-4:30 p.m.
In person: Arcata
\$65 • Class #: 24085



COURTESY CAL POLY HUMBOLDT NATURAL HISTORY MUSEUM

Chair Pilates

Summer Turner, Pilates Teacher

Build core stability with low-impact and full body exercises that focus on strengthening muscles while improving flexibility, posture, mobility, and balance. By staying seated (or standing), modified Pilates movements and exercises are accessible to any body, at any age! A padded folding chair will be provided, and small Pilates props will be incorporated into each class. Register by Feb. 20.

Tues./Thurs., Feb.25-April 3
10:30-11:30 a.m.
In person: Arcata
\$220 • Class #: 24087



ADOBESTOCK

The Science of Everyday Things

Elliott Parivar, Ph.D., Scientist

Delve into the science of our daily lives, including weather, pressure, heat, sound waves and musical instruments, electromagnetic waves such as radio waves, mixing light and colors, forces, gravity, and basic astronomy. This course includes lots of hands-on activities, experiments, demos, and props. Register by Feb. 26.

Sat., March 1-15 • 10-11:50 a.m.
In person: On campus
\$45 • Class #: 24082



ADOBESTOCK

Seeking Balance

Sarah Landis, Physical Therapist & Biomechanist, & Justus Ortega, Ph.D., Cal Poly Humboldt Biomechanics Lab

Come ready to have your balance tested and learn about how your limits of stability can affect your fall risk. The Cal Poly Humboldt Biomechanics team will run you through a series of balance and stability tests on the first day, with results and discussion on the second day. Register by Feb. 28.

Wed., March 5 & 12 • 11 a.m.-12:50 p.m.

In person: On campus

\$50 • Class #: 23992

H.



KELLIE JO BROWN

Acting Up: The Fundamentals of Acting

Julie Eccles-Benson, Actor

Have you ever wanted to act, but been afraid to try? Or do you simply want to improve your acting technique? If so, then this is the class for you. Up your confidence and up your ability in this fun, playful environment as you use improvisation, text work, and your life experience to up your acting skills. Register by March 21.

Wed., March 26-April 23 • 2-3:50 p.m.

In person: On campus

\$85 • Class #: 24076



COURTESY OF JULIE ECCLES-BENSON

Tai Chi Chuan Eight Brocade

Brett Boyer, Martial Artist

Tai Chi Chuan is a soft internal martial art known for its slow smooth fluid motions. The course will focus on the Eight Brocade, which is eight movements designed to be a complete and balanced set. Register by March 21.

Wed., March 26-April 16 • 5-5:50 p.m.

In person: Arcata

\$75 • Class #: 24092



ADOBE STOCK

IN-PERSON CLASSES

Indian Cuisine & Cultural Immersion

Meenal Rana, Professor

In the first three sessions, the instructors will engage participants in preparing, cooking, and tasting basic Indian dishes from Central, North, and South India. For the last session, the instructors will bring snacks for all to enjoy with tea (made in the class), and opportunities to participate in cultural activities, including an introduction to the art of henna and writing names in the Devnagri script, along with learning to dance to Bollywood music.

Register for all four sessions, or take only the sessions you want. Register by March 25.

SESSION 1: Fri., March 28

1:30-4 p.m. • In person: Arcata
\$75 • Class #: 24095

SESSION 2: Fri., April 4

1:30-4 p.m. • In person: Arcata
\$75 • Class #: 24096

SESSION 3: Fri., April 11

1:30-4 p.m. • In person: Arcata
\$75 • Class #: 24097

SESSION 4: Fri., April 25

1:30-4 p.m. • In person: Arcata
\$75 • Class #: 24098

H.

All You Need is Creativity: The Beatles' Creative Process Part 2

Blake Brown, & Gary Glassman, Lecturers

A continuation of part 1 offered last fall, this class will cover the history of the Beatles 1966 through their 1970 breakup and their subsequent solo careers, through lecture, slideshow, live and pre-recorded music, film clips, and lyrics. Register by March 31.

Thurs., April 3, 10 & 17 • 4-5:50 p.m.

In person: On campus
\$65 • Class #: 23984

H.



Advanced Pickleball: Skills & Drills

Jerry Saner, Instructor

This course will build on what players learned in the OLLI Beginning Pickleball class, and will help other experienced players who want to improve their basic skills and knowledge of the game. This is not a class for beginners. (See page 4 for Beginning Pickleball class.) Register by March 12.

Sun., March 16-23 • 10-11:50 a.m.

In person: On campus
\$40 • Class #: 24072



Aging with Your Pelvic Floor

Sarah Landis, Physical Therapist & Biomechanist

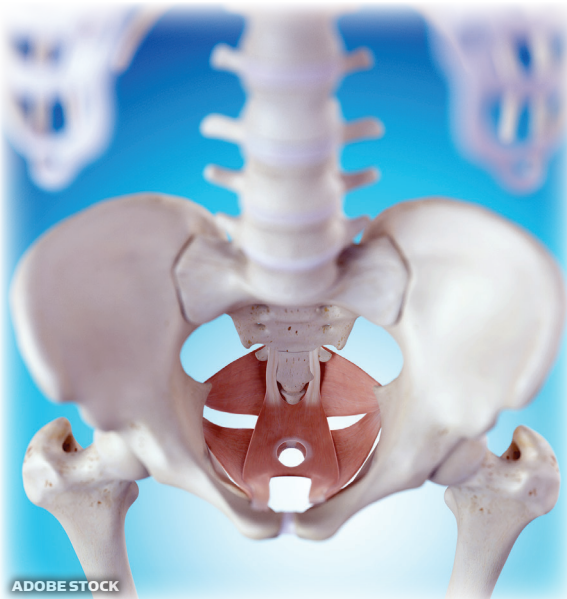
The pelvic floor supports important functions such as urination, defecation, and sex and pleasure. Learn the anatomy of the pelvic floor, its function, and conditions that affect it, specific to the aging process. We will go over how the pelvic floor should work, and what we can do if it is not working optimally. Register by April 3.

Tues., April 8 • 12-1:50 p.m.

In person: Arcata

\$40 • Class #: 24103

H.



Civil Discourse: How to Talk So People Will Listen & Listen So People Will Talk

Sharon Ferrett, Ph.D., Emeritus Dean

This course is designed to help you appreciate and practice civility and kindness. We will learn how to build community and address topics that are difficult to discuss. You will learn effective communication skills for how to listen — so people will feel free to speak — and how to talk so people will want to listen. Register by April 3.

Tues./Thurs., April 8 & 10 • 10-11:20 a.m.

In person: Arcata

\$45 • Class #: 24104



“A Case of You,” Joni Mitchell: Her Life, Her Music, Her Art

Bonnie Shand, Poet

To many, Joni Mitchell is a genius, an icon, and a legend. She broke barriers in a male-dominated industry to become one of the most influential singer/songwriters in popular music. She says that painting is her first love, and she is also recognized as a visual artist. We'll cover her upbringing, life challenges, and musical evolution from early folk to jazz fusion to pop experimentation, and collaborations with other musicians. Register by April 7.

Thurs., April 10-24 • 2-3:50 p.m.

In person: Arcata

\$65 • Class #: 24088





SPECIAL INTEREST GROUPS

One of the benefits of being an **OLLI member** is the opportunity to participate in these unique Special Interest Groups (SIGs).

GROUP	MEETS	FEE	CLASS #
Live & Local: Concerts	Online/in-person: Mon., Jan. 13-Tues., May 27	FREE	24065
Issues in Public Policy	Online: 2nd Wed., Jan. 8-May 14	\$50	24066
Book Club	Online: 3rd Wed., Feb. 19-May 21	\$50	24067
NEW! Healthy Humboldt *	In person: Tues., Feb. 25, March 25, & April 22	\$30	24063
Beyond the Checkered Board **	In person: Mon., March 17 & 24, April 7 & 14	\$45	24064

* Register for Healthy Humboldt by Feb. 20. ** Register for Beyond the Checkered Board by March 12.

See detailed schedules and register: humboldt.edu/olli/sig



COURTESY OF LOUISE BACON-OGDEN

Etegami: Japanese Postcard Art

Louise Bacon-Ogden, Art Teacher

Learn the meaning and history behind *etegami*, a simple Japanese art form. You need no experience to create heart-felt art to send to friends and family. With minimal supplies, you can make watercolor postcards with warm sentiments in minutes. Drawing from life, you can choose simple items to enhance your greeting card. This class is pure fun! Register by April 10.

Tues., April 15 • 1-2:50 p.m.
In person: Arcata
\$45 • Class #: 24084

The Kinetic Sculpture Race, aka Kinetic Grand Championship

Bob Doran, Writer & Local Historian, & Olivia Gambino, Rutabaga Queen

Kinetic Madness has taken over Humboldt County every Memorial Day weekend since 1969, when it was founded by the fun-loving artist Hobart Brown. Examine the story of his Glorious Race and how and why it is now officially known as the Kinetic Grand Championship, with personal stories and factoids attempting to explain the lure of Kinetic Madness. Register by April 25.

Wed., April 30 • 10-11:50 a.m.
In person: Arcata
\$45 • Class #: 24086



COURTESY OF BOB DORAN

OLLI *Brown Bag Lunch*

JAN. 27

Timber Ridge Assisted Living

David Uballez, Timber Ridge McKinleyville

Learn about Timber Ridge — its history, services, costs, insurance coverage, types of care, facilities, and more.

FEB. 3

Living Well & Long by Making a HAPPY Plan

Jan Dooley, Retired Holistic Chiropractor

Learn about some of the most important lifestyle choices you can make to decrease your chances of poor health as you age.

FEB. 10

Setting Up Your eCommerce Site Using Shopify

Amandeep Singh, Cronix LLC

Learn the process of starting an eCommerce website, including buying a domain; connecting with Shopify; setting up sample products, shipping, taxes, payments, and checkout.

FEB. 24

The Perils & Promise of AI

Ross Beveridge, Professor Emeritus

Advances in information technology, computer science, and artificial intelligence (AI) are accelerating, and it's clear we're undergoing a profound scope of transformation that is hard to grasp. Whether you take delight in it, recoil in disgust, or otherwise pass judgment on AI, this talk will offer some constructive ways to think about these new realities.

MARCH 3

The Last Chance Grade Project: An Overview

Charlie Narwold, California Department of Transportation

This presentation will provide an overview of the Last Chance Grade Project. Learn more at lastchancegrade.com.

MARCH 10

Life Plan Humboldt: An Update

Ann Lindsay, MD, Life Plan Humboldt Board

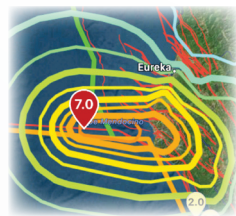
Get an update on this nonprofit's progress towards establishing a resident-led community where seniors can age in place. The presenter will explain current design concepts and timeline, and provide information about how people can get on the waiting list.

MARCH 24

The Dec. 5, 2024 Earthquake

Lori Dengler, Humboldt Earthquake Education Center, Cal Poly Humboldt

On Dec. 5, 2024, a magnitude 7.0 earthquake struck offshore of Cape Mendocino — the largest earthquake to impact the North Coast since the 1992 M7.2 Cape Mendocino earthquake. This talk is an overview of the tectonic setting, damage and impacts, and why a tsunami warning was issued.



These presentations are FREE and open to everyone, anywhere!

Presentations are sponsored by the Friends of OLLI

FREE ONLINE PRESENTATIONS

Mondays, noon-1:30 p.m. on Zoom

MARCH 31

Energy Saving Tips, Resources, & Opportunities

Ben Mattio, Redwood Coast Energy Authority

Learn about your local electricity provider and available resources to help you reduce energy use. We'll explore how to save money on energy bills, energy efficiency, rebates for appliances, energy resiliency, and how to electrify homes to reduce greenhouse emissions.

APRIL 7

Understanding the Civil Grand Jury

Clare Greene, Humboldt County Civil Grand Jury Association

This presentation offers a history and overview of the civil grand jury process and procedures.

APRIL 14

The Muscular System, Health, Longevity & Practical Tools for Aging With Vigor

Jazz Lewis, Intentional Fitness

Explore the intricacies of the human body, and the nervous and muscular systems. We will talk about optimizing our bodies' systems and get tools to live a longer, stronger and healthier life.

APRIL 21

Overview of Eel River Restoration & Conservation Plan

Darren Mierau, California Trout

PG&E will be decommissioning the Potter Valley Project on the Eel River, helping restore salmon, steelhead, and lamprey access to over 300 miles of river blocked by dams for the last 100 years. However, in addition to dam removal, much more restoration and conservation work will be required to restore fish populations. This presentation will provide an overview of Phase 1 of the Eel River Restoration and Conservation Plan, and expectations for Phase 2 efforts.

APRIL 28

When Death Comes Knocking: Palliative & Hospice Care

Ellen Mahoney, Providence St. Joseph Hospital

We will discuss how to recognize when death is approaching, and the options for addressing that inevitability, or "The Art of Dying Peacefully." These options include palliative care, hospice care, use of a death doula or soul midwife, and the use of California's euthanasia law.

More presentation details and Zoom link:

humboldt.edu/olli/brownbag

Can't make it to a live presentation? Past presentation videos are available at

humboldt.edu/olli/brownbagarchive

■ Or subscribe on YouTube: **youtube.com/@ollihumboldt**

OLLI members are invited!

Cal Poly Humboldt Basketball

Sat., March 1

3 p.m. - Women's Game

5 p.m. - Men's Game

*Cheer for the Lumberjacks
vs. Sonoma State!*

OLLI members can get free admission to these games on March 1! **You must RSVP by Feb. 24 to olli@humboldt.edu or call (707) 826-5880.**

Please let us know:

- your name and names of your party (everyone must be a current OLLI member*)
- if you will attend one or both games
- any additional needs you may have

* To purchase tickets for non-members, visit the University Ticket Office website: tickets.humboldt.edu/athletics



Don't miss this chance to enjoy some basketball action with other OLLI members, and show your Lumberjack pride!

Let's Connect!

FREE Online Conversations

FRIDAYS at 10-11 a.m. on Zoom

OLLI at Humboldt, in collaboration with **Tracey Barnes-Priestley**, facilitate this hour of conversation that focuses on a new topic each week. We share meaningful stories, thought-provoking experiences, and often, plenty of laughter.

Let's Connect began early in the pandemic as a response to the isolation, and it has now become a regular gathering of friendly and interesting people. Please join us! Register once, and use the same Zoom link each week. See the topics and register on the website.

humboldt.edu/olli/letsconnect

Osher Online

Learn with OLLI members across the nation!

Six-week classes offered online in real time,
through Osher National Resource Center



Mainstreaming the Margin: A History of LGBTQ+ America

Trace the rich history of LGBTQ+ life, culture, and activism in the U.S.
from the early 20th century to the present.

Tues., April 1-May 6 • 8-9:30 a.m. • Online: Zoom • \$60 • Class #: 24071

Future Proofing Your Healthspan & Longevity

Delve into the five foundations of healthspan, and discover strategies
to enhance resilience and longevity.

Wed., April 2-May 7 • 10-11:30 a.m. • Online: Zoom • \$60 • Class #: 24073

Crossword Puzzle Creation

Dive into the creative process of designing your own crossword puzzles.

Wed., April 2-May 7 • 12-1:30 p.m. • Online: Zoom • \$60 • Class #: 24074

Neurology in Nutshell: The Brain Explained

Explore the fascinating world of neurology to better understand
brain function and common neurological conditions.

Thurs., April 10-May 15 • 12-1:30 p.m. • Online: Zoom • \$60 • Class #: 24075

OLLI MEMBERS ONLY: Register by March 10!

Space is limited. These classes will not be recorded.

There will be no refunds for the Osher Online courses.

SEE DETAILED COURSE DESCRIPTIONS AND REGISTER:

humboldt.edu/olli/osheronline



Ancient Chinese Philosophy: The Daodejing

Mary Bockover, Emerita Philosopher

Examine and discuss some of the key chapters and philosophical implications of the ancient Chinese classic, the Daodejing or The Way and Its Power. This text is attributed to Laozi, one of the great ancient philosophers of Daoism. Register by Feb. 20.

Tues., Feb. 25 • 10 a.m.-12 p.m.

In person [changed since publication]

\$40 • Class #: 24039 ■◀ **H.**



Three Public Monuments

Molly Cate, Humanitarian Educator

Explore the histories and legacies of the Crazy Horse Monument in South Dakota, the Emancipation Memorial in Washington, D.C., and the Healing Stones of Kapaemahu in Waikiki, Hawaii. What caused them to be built and what do their histories teach us? Register by Feb. 21.

Wed., Feb. 26-March 12 • 10-12 a.m.

Online: Zoom

\$50 • Class #: 24031 ■◀



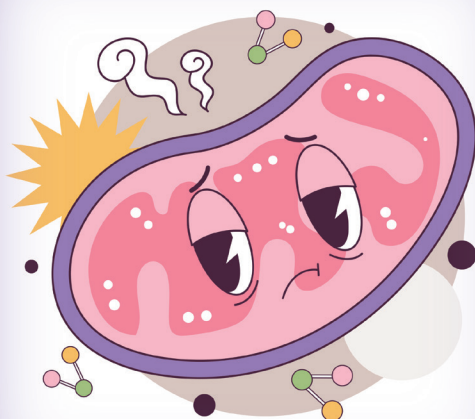
Mitochondrial Theory of Aging, Cellular Health, & Inflammaging

**Dustin Larrazolo, Researcher,
& Jane Woodward, Instructor**

Explore the biological processes of human aging, with a particular focus on the role of mitochondria in cellular function, energy production, and overall health. We will investigate the relationship between mitochondrial function and aging, as well as lifestyle factors that can influence mitochondrial health. Register by Feb. 27.

Tues., March 4 • 3-5 p.m. • Online: Zoom

\$20 • Class #: 24036 ■◀



Body Wisdom Exercises

Suki Munsell, Movement Therapist & Educator

Have fun in this moderately paced class as you explore mostly seated exercises to stretch and strengthen your body and your mind, enhance your breathing and flexibility, improve posture and balance, discover what can be reclaimed from pain and immobility, and cultivate dynamic vitality. Register by Feb. 28.

Wed., March 5-26 • 9-10 a.m.

Online: Zoom

\$50 • Class #: 24038



COURTESY OF SUKI MUNSELL

Some Thoughts on Color

Tom Boyer, Artist-Technician

How we understand the world often depends on what we see. Color can identify what is pleasant and what is dangerous. Color determines how we dress, who is in authority, and what might be toxic. We'll discuss how we use colors as a cultural statement, the history and science of color, toxics in dyes and paint, how your eyes process color, color theory, and some of the mechanics and physics behind printing, color video displays, and "green screens." Register by March 6.

Tues., March 11 • 2-4 p.m. • Online: Zoom

\$40 • Class #: 24040



COURTESY OF TOM BOYER

A Photographic Exploration of Wigi (Humboldt Bay)

Aldaron Laird, Landscape Photographer

Explore the stories behind the photographs in the instructor's new book, *A Photographic Exploration of Wigi (currently called Humboldt Bay)*. Register by March 13.

Tues., March 18 • 2-4 p.m.

Online: Zoom

\$40 • Class #: 24042



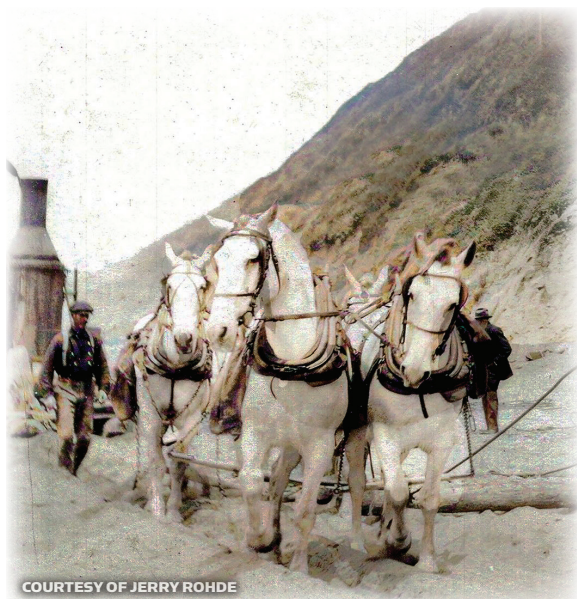
COURTESY OF ALDARON LAIRD

The Armchair Traveler: Touring the Unknown Coast

Jerry Rohde, Local Historian

Fendale. Rio Dell. Pepperwood. Bull Creek. Honeydew. Petrolia. Capetown. The Wildcat. It can all be yours while just sitting in your armchair. No cycling necessary. See historic dairylands, redwood forests, a vanished timber town, a perilous coastline, a former cheese capital, and a varicolored Victorian village, and hear scintillating stories about them all. Yo, armchairs! Register by March 19.

Sat., March 22 • 2-4 p.m. • Online: Zoom
\$25 • Class #: 24032



COURTESY OF JERRY ROHDE

Non-Western Art in the Western Art Museum

Julie Alderson, Art Historian

We will examine the presentation of non-Western art in North American and European museums. We will look at the collection and display history of such objects, as well as current efforts to rethink how they are exhibited and understood today. Register by March 24.

Thurs., March 27 • 2-4 p.m.

Online: Zoom

\$40 • Class #: 24041

H.



WIKIMEDIA COMMONS

Latest Treatment of Migraine Headaches

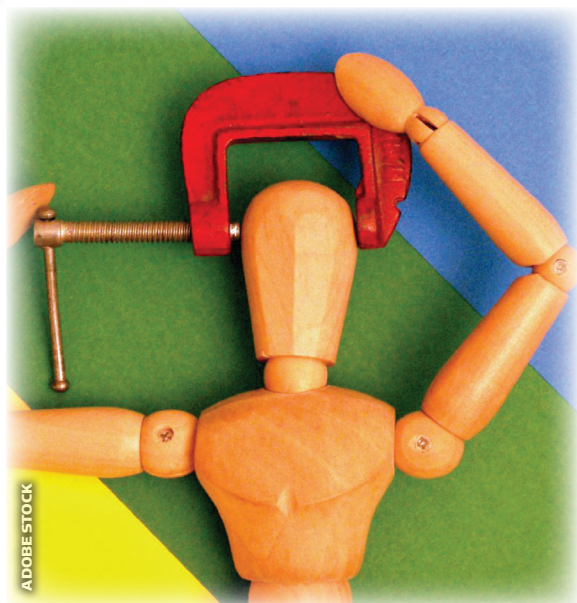
Caroline Connor, M.D., M.P.H.

If you or your family or friends suffer from migraine headaches, join us for an hour to discuss the latest neuromodulators and medications for treatment. Register by March 24.

Thurs., March 27 • 6-7:30 p.m.

Online: Zoom

\$40 • Class #: 24035




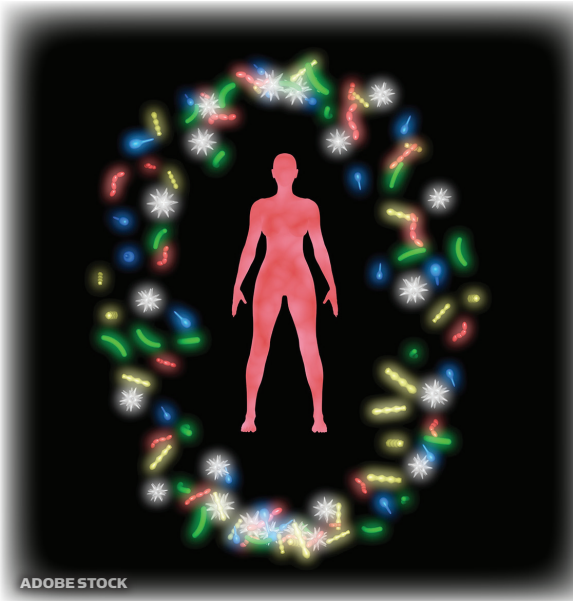
ADOBE STOCK

The Human Microbiome Across the Lifespan

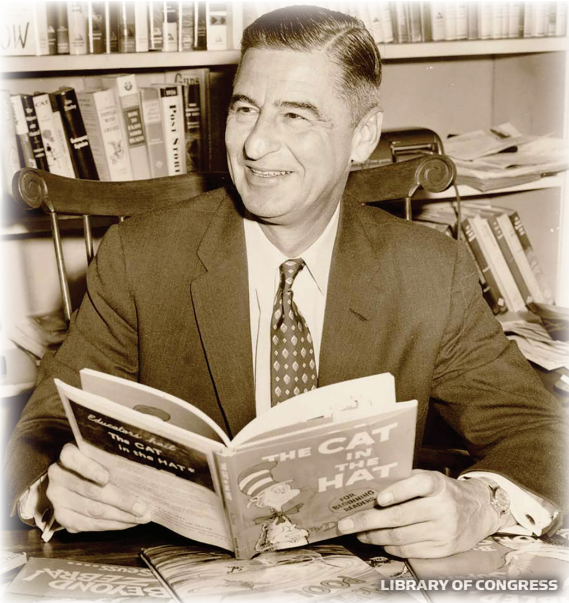
**Dustin Larrazolo, Researcher,
& Jane Woodward, Instructor**

The microbiome refers to the vast community of microorganisms, including bacteria, viruses, fungi, and archaea, that reside in and on our bodies. We will discuss the role of the microbiome in digestion, immune function, brain function, and overall health, and elucidate the interplay between microbiota and human genome. Register by March 27.

**Tues., April 1-8 • 3-5 p.m. • Online: Zoom
\$20 • Class #: 24037** 



ADOBESTOCK




LIBRARY OF CONGRESS

People with a Purpose

Molly Cate, Humanitarian Educator


Be inspired by four people whose lives were defined by special purposes. Neurologist Oliver Sacks championed the dignity of many people with disabilities. Dr. Seuss revitalized children's literature. Jane Goodall brought us the world of chimpanzees, and still acts as the conscience of Mother Earth. Primatologist Biruté Galdikas continues to dedicate her life to the preservation of the orangutans of Borneo. Register by March 28.

**Wed., April 2 & 9 • 10 a.m.-12 p.m.
Online: Zoom
\$50 • Class #: 24033** 

A Picture is Worth 500 Words

Jerry Rohde, Local Historian

Pictures capture images, but they also capture stories. We'll look at a score or more of colorized photos that connect with some incident or individual in a noteworthy way. The tower on the Arcata Creamery. The grave in the Bridgeville Cemetery. The burning hulk of a paddlewheel steamer. What were these pictures about? Join us to find out. Register by April 2.

**Sat., April 5 • 2-4 p.m.
Online: Zoom
\$25 • Class #: 24034** 



COURTESY OF JERRY ROHDE

How to register for **OLLI** classes

ONLINE: The easiest and preferred method to register is online:

humboldt.edu/olli/register

IN PERSON: The OLLI office is located on the second floor of the Student Business Service Building, Cal Poly Humboldt campus, and is open Mon.-Thurs., 9 a.m.-4 p.m., and Fri., 9 a.m.-3 p.m. (closed 12-1 p.m.)

BY MAIL: Download and print the OLLI online registration form at humboldt.edu/olli/reg.pdf. Fill out the form on your computer or by hand.

**OLLI at Humboldt
College of Extended Education
& Global Engagement,
Cal Poly Humboldt
1 Harpst St., Arcata CA 95521**

Who may register?

Anyone age 18 or older may take an OLLI class. Non-members add \$25 per class to the listed class fee, and are limited to two classes

per term, or they can become a member for \$35. Memberships are non-refundable.

Registration deadlines

Enrollments close at noon, **three business days prior to the class start date.**

Early registration deadlines support the preparedness of OLLI instructors, staff, and volunteers. This ensures the highest quality of education and experiences for our community. Look for the registration deadline at the end of the description for each class in this catalog.

If you need to drop a class

Please complete a drop form for each class you want to drop. Note that field trip classes must be dropped at least three business days prior to the class start date to receive a full refund. After the registration deadline, there will be no refunds. Access the OLLI drop policy and form here: humboldt.edu/olli/drop

Enjoy your **OLLI** classes!

New OLLI parking placards

We're excited to make parking more convenient for OLLI members!

Starting in **spring 2025**, OLLI students attending classes at the **Stewart Building** or the **Humboldt Bay Aquatic Center** will receive an **OLLI parking placard**.

This placard, created in partnership with the Cal Poly Humboldt parking department, **must be displayed on the dashboard of your vehicle when parked at valid locations during your OLLI classes.**

- **Valid locations:** Stewart Building and Humboldt Bay Aquatic Center parking lots only
- **Not valid:** Main campus or any other auxiliary lots

Once you've registered for spring 2025, you will receive information on how to pick up your parking placard. Be sure to display it while you attend classes held at the Stewart Building or Humboldt Bay Aquatic Center to avoid any parking issues.



Friends of OLLI

OLLI at Humboldt was founded by the Bernard Osher Foundation.

Operating funds for OLLI come from interest on the Osher Foundation endowment, membership dues, and class fees. OLLI receives no direct funding from Cal Poly Humboldt.

When Friends who value lifelong learning give to OLLI, donations are used to provide scholarships, courtesy memberships, and to bring more benefits back to OLLI members.



GIVE TODAY

BECOME A FRIEND: humboldt.edu/giving/olli

Sustaining Friends: Monthly Donations

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Linda Rush

Caroline Otis

Becky & Kevin Paterson

Robert Browning

Janet Zich

Paul Wittman

Erin Scofield

Cindy Bumgarner

Annalisa Rush

Butch Thompson

Nancy & Leo Dye Leer

Margaret Flenner

Nancy Shiroishi

Dustin Larrazolo

Tributes

Jane Woodward, in memory of William "Russ" Seebaugh

Sheila & Chris Rocker Heppe, in memory of Sue MacConnie

Sponsors



McKinleyville
Area Fund Grant
eureka chamber music series

Thank you to these Friends of OLLI who donated this year. We apologize if we inadvertently omitted anyone.

Join, renew, register today! humboldt.edu/olli



California State Polytechnic University, Humboldt
Osher Lifelong Learning Institute
College of Extended Education
& Global Engagement
1 Harpst St.
Arcata, CA 95521-8299

OLLI at Humboldt is self-supporting. This catalog is not printed or mailed at state expense.

If you want to be removed from the mailing list, go to humboldt.edu/extended/nomail

OLLI *Open House: Saturday, Feb. 1*

11 a.m.-1 p.m. Great Hall, Cal Poly Humboldt Campus, Arcata

- Explore classes and meet instructors.
- Join OLLI or renew your membership.
- Bring peanut butter or non-perishable food to support the student food cupboard.

See details: humboldt.edu/olli/openhouse

