



OSHER
LIFELONG
LEARNING
INSTITUTE

Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

SPRING 2023

Cal Poly
Humboldt.

Join a community of lifelong learners age 50 and better.

At the Osher Lifelong Learning Institute at Cal Poly Humboldt (OLLI at Humboldt), everyone benefits from lifelong learning. Anyone can be an OLLI member, and membership comes with some surprisingly great benefits. Members get priority registration and reduced class fees with early notification on events and presentations, and shared opportunities with other OLLI programs nationwide.

Members get access to the Cal Poly Humboldt Library, deep discounts on public transportation, access to the university recreation center (for additional fee), discounts for community services and at local businesses, and so much more!

Join OLLI today and help us reach the membership goal of 1,000 new or renewing members. Your membership helps to make sustaining this program possible. Members enjoy diverse year-round programs and

- **explore** opportunities to learn and connect with friends.
- **discover** new topics of interest or areas of enrichment.
- **enjoy** dynamic and engaging instructors in a relaxed and friendly atmosphere.
- **join** a thriving community of lifelong learners.

OLLI Annual Membership: \$35 (through June 30, 2023)



humboldt.edu/olli/join

OLLI Cal Poly **Humboldt.**



OLLI

Be one in a thousand

It is the vision of **OLLI at Cal Poly Humboldt** and the **Bernard Osher Foundation** that learning should never end. OLLI at Humboldt, a program in the College of Extended Education and Global Engagement, offers programming, education, and connections through classes, presentations, and group meetings available to everyone in our community.

We are raising awareness of the importance of reaching our membership goals each year.

We encourage you to share OLLI and the importance of having a lifelong learning institute in Humboldt with your circle of friends, family and colleagues.

Membership is a measurement that the Bernard Osher Foundation uses to check on the health of its 125 Osher Lifelong Learning Institutes nationwide, all making connections with people 50 and better.

This community and campus lifelong learning program wouldn't be here without membership support.

We are more than halfway to our goal of 1,000 memberships for the 2022-23 membership year.

OLLI membership is a unique way to share the gift of lifelong learning, and you help OLLI achieve the goal of 1,000 new or renewing members each year. Thank you for being a part of it!

COLLEGE OF Extended Education & Global Engagement

We acknowledge that the land on which we offer educational opportunities is the traditional territory of the Wiyot peoples, who are the caretakers of this land in the past, present, and into the future.

Please consider contributing to the Wiyot Tribe at honortax.org and/or to the Cal Poly Humboldt Native American Food Sovereignty Lab at hsu.link/foodsovereigntylab.

Cal Poly Humboldt is an AA/EEO Employer.

*Disability accommodation may be available.
Contact CEEGE: (707) 826-3731*

*Photos on cover, facing page, this page, and pages 2-3:
The Dennis K. Walker Greenhouse at Cal Poly Humboldt.
Photos by Kellie Jo Brown, Photographer,
Cal Poly Humboldt Marketing & Communications*



OLLI



Osher Lifelong Learning Institute at Cal Poly Humboldt

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facebook.com/CalPolyHumboldtOLLI
- Location:** Cal Poly Humboldt Student &
Business Services Building, Suite 211
1 Harpst St.
Arcata, CA 95521-8299
- Hours:** Monday-Friday, 9 a.m.-4 p.m.
- Phone:** (707) 826-5880
- E-mail:** olli@humboldt.edu

OLLI Staff

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Director of Extended
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OLLI Coordinator.....Kim Laney
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Administrative Support..... Leslie Anderson
Student Assistants..... Marina Birruete Sanchez,
Rosemary Kelly, Judy McIntyre,
Eli Moloney, Dane Oppenborn

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Ellie Galvez-Hard	Judith Rucker
Laura Hennings	Janina Shayne
Kathy Layton	Gerry Tollefson
Rollie Lamberson	Linda West
Sue MacConnie	Jane Woodward

OLLI Finance & Fundraising Committee

Doug Hartley	Sam Pennisi
Rollie Lamberson	Kimberley Pittman-Schulz
	Rick Vrem

SPECIAL INTEREST GROUPS

OLLI members have exclusive access to these groups. Learn more and register at humboldt.edu/olli/sig

Book Group

With **Mike Zeppegno & Dan Chandler**

Meet online on the third Wednesday of the month to discuss books from various genres. All readers welcome. Monthly selections are listed at humboldt.edu/olli/sig-book

Sea Level Rise & Humboldt Bay Group

With **Aldaron Laird & Jerry Rohde**

Meet online on the third Thursday of the month to explore potential changes to Humboldt Bay and discuss the implications of sea level rise, and the current sea level rise planning activities.

Live & Local: Eureka Symphony & the Eureka Chamber Music Series

With **Elizabeth Morrison**

Meet online before live classical concerts to preview the music and discuss the composers and musicians. See the concert calendar at humboldt.edu/olli/sig-concert

Citizen Science & Nature Diaries

With **Michele Olsen & Gisela Rohde**

Meet quarterly in person to explore nature and contribute to scientific research. Learn about public participation in data collection and reporting observations in a nature diary.

Spanish Club

With **Ellie Galvez-Hard & Linda West**

This new group is for those wanting to brush up on their Spanish skills. Meetings are informal and bi-weekly at Spanish speaking restaurants. Watch movies and documentaries, read books etc., with a multicultural perspective.

Spring 2023

Something for everyone! In-person and online classes

OLLI is offering **over 30 in-person classes** this spring — in addition to almost **40 online classes**. Be sure to check the listing carefully for how the class will be delivered before you register. After you register, check your email an enrollment confirmation with additional information about your class.

In-Person:

The class is held face-to-face in a university classroom or an 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. See page 12 for information about Zoom tutorials and video recordings.

Classes are listed chronologically, with the OLLI member fees. Classes are **open to anyone**, as space allows. Non-members pay an additional \$25 per class.

OLLI class fee scholarships may be available to members. See page 21.

A release of liability form is required for field trip classes and some in-person activity classes.
COVID precautionary information will be provided upon registration.

In-Person Classes and Field Trips See pages 4-9
Online Classes See pages 12-20
Brown Bag Lunch Online Presentations See pages 10-11
Special Interest Groups See page 2
OLLI Open House Back cover

Parking on campus

For classes that require a Cal Poly Humboldt campus parking permit, a permit is **included with your registration**.

Watch your e-mail for the course enrollment confirmation, which provides instructions and a parking code. You may pick up your permit at a parking pay station before you park.



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 your ability in this safe, playful environment as you use improvisation, text work, and your life experience to up your acting skills.

Wed., March 1-April 5 • 1-3 p.m. • Sunny Brae Performing Arts Center for Education (SPACE)
\$90 • Class #: 23914

Beginning Pickleball: Skills & Drills

Jerry Saner, Instructor

Pickleball combines aspects of tennis, badminton, and ping-pong. You will learn the rules, and to drive, drop, dink, serve, and how to score.

Option 1: Sun., March 5-April 2 (no class March 12)
10 a.m.-12 p.m. • On campus
\$60 • Class #: 23867

Option 2: Sun., April 16-May 21 (no class May 14)
10 a.m.-12 p.m. • On campus
\$75 • Class #: 23868

**OLLI
MEMBERS
ONLY**

A Life of Drudgery or Shame

Lynette Mullen, Historian

Learn the history of prostitution in Eureka's "Lower District" in the early 1900s, the madams and inmates who worked there, the hardships they faced, and those who truly profited from the world's oldest profession. This class is also being offered online (see page 20).

Option 1: Sat., March 4 • 2-3:50 p.m.
On campus
\$30 • Class #: 23993

Intro to Pilates Foundations

Summer Turner, Pilates Teacher

Whether your goals include building strength and flexibility, returning to an activity you enjoy, or continuing to recover from an injury or illness, this class will give you an introduction to the foundation of Pilates.

Option 1: Sat., March 11 • 10- a.m.-12 p.m.
On campus
\$30 • Class #: 23903

Option 2: Sat., April 8 • 10- a.m.-12 p.m.
On campus
\$30 • Class #: 23904

Pilates for Active Aging

Summer Turner, Pilates Teacher

Building on the skills of the Intro class, increase body movement and focus to stay or increase your activity as you age. Prerequisite: Intro class.

Option 1: Mon. & Thurs., March 20-April 6
2-3:30 p.m. • Humboldt Pilates Studio
\$75 • Class #: 23905

Option 2: Mon. & Thurs., April 17-May 4
2-3:30 p.m. • Humboldt Pilates Studio
\$75 • Class #: 23906

Option 3: Mon. & Thurs., May 8-25
2-3:30 p.m. • Humboldt Pilates Studio
\$75 • Class #: 23907



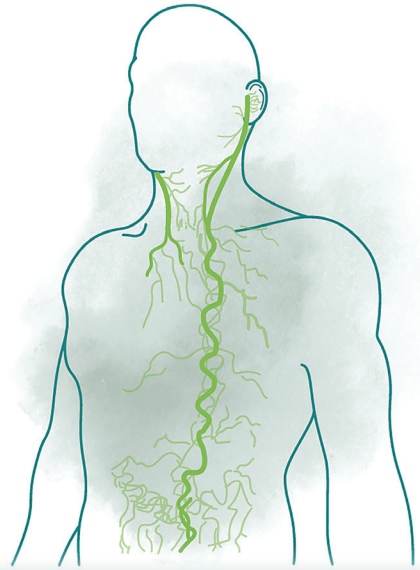
COURTESY OF SUMMER TURNER

How To Regulate Your Own Nervous System

Carlisle Douglas, Health Coach

Respond to life's challenges from a place of calm, rather than activating anxiety or collapsing into immobility. Based in polyvagal theory, this experiential course will guide you to practice valuable techniques that soothe and regulate the nervous system. Join us for a playful exploration of breathing exercises, visualization, acupressure, cold water and more.

Sat., March 4 • 11 a.m.-1 p.m. • On campus
\$20 • Class #: 24011



COURTESY OF UNYTE-ILS



ADOBE STOCK

Indoor Plant Identification & Culture

Elliott Parivar, Retired Science Teacher & Horticulture Professor

Identify common indoor plants and learn about their culture. Look at temperature, acclimatization from nursery to the interior landscape, common diseases, pests, light, soil and soil-less media, pots and containers.

Tues., March 7-April 4 • 6-8 p.m. • On campus
\$75 • Class #: 23889

Ballet for Adults

Nancy Call, Ballet Instructor

Step into the beautiful world of ballet and walk out with grace, good posture, and a toned body. Appreciate the benefits of musicality, flexibility, strength, coordination, and balance. Learn the progression of the barre and center work. Release of liability form required.

Option 1: Tues. & Thurs., March 7-April 6
10:30 a.m.-12 p.m. • In-person: TBA
\$150 • Class #: 23939

Option 2: Tues. & Thurs., April 18-May 18
10:30 a.m.-12 p.m. • In-person: TBA
\$150 • Class #: 23941

Seeking Balance: Fall Prevention for Older Adults

Mishell Lopez, Fall Prevention Coordinator

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Falls can result in devastating consequences. Learn to recognize risk factors and prevent falls. Get an assessment of your balance, mobility, and fall risk, with recommendations on how to remain active and healthy. This class has an online option; register to receive details.

Tues. & Thurs., March 14 & 16 • 2-2:50 p.m.
Sun., March 19 & 26 • 12-3:50 p.m.
On campus or online • \$30 • Class #: 23942



Guided Tour: The Dennis K. Walker Greenhouse

Jane Monroe, Biology Lecturer

Take a guided tour of the greenhouse at Cal Poly Humboldt, and learn about botany from an ecological perspective. Explore the various rooms (tropical, desert, etc.), and compare the different types of plants in the largest botanical collection in the California State University system.

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Tues., March 14 • 12-1:30 p.m. • On campus
\$25 • Class #: 23887



Humboldt's Legal Cannabis Industry Update & Tour

Matt Kurth, Cannabis Educator

Look at the basics of the plant, some of the active substances in cannabis, how people use cannabis, and suggestions regarding safety. Learn about the legal cannabis industry regulations covering Humboldt. The class will take a field trip to get a behind the scene perspective of working cannabis businesses.

Thurs., March 16 • 1-5 p.m.
On campus & field trip
\$50 • Class #: 23950

Humboldt's First Opioid Crisis

Lynette Mullen, Historian

Learn about the history of opioid addiction, Humboldt's opium dens, morphine "fiends" and laudanum users, attitudes toward addiction and drug dealers, early treatment options, and more. Also hear about William Whaley, an Arcata boy who ran the biggest international opium smuggling gang in the 1890s. This class is also being offered online (see page 18).

Sat., March 18 • 2-4 p.m. • On campus
\$30 • Class #: 23953

Saturday Yoga + Journaling Workshop

Lena Schmidt, Yoga Instructor

Practice mellow movement to get the creative juices flowing, write in a journal based on a myriad of inspiring prompts, and close with a deep, guided relaxation. Wear comfortable clothes you can move in, and bring a yoga mat, blanket, journal, and your favorite colored pens. Yoga will be suitable for all levels.

Sat., March 18 • 9-10:50 a.m. • On campus
\$30 • Class #: 23943

The Arctic

Rollie Lamberson, Adventurer

We will go birding in northern Alaska, canoeing in the Canadian Arctic, see glaciers in Iceland, go boating in Siberia, take a train ride in northern Norway, and watch walruses and polar bears on Svalbard. Experience all of this without getting wet or cold.

Tues., March 21 • 1-2:50 p.m. • On campus
\$25 • Class #: 23969

IN-PERSON CLASSES

Field Journals: DIY Journal

Michele Olsen, Book Artist

Use repurposed materials to make a no-nonsense, practical field journal that opens flat, has removable pages, and a reusable cover. Pick the paper that best suits your writing and drawing needs. Explore an array of materials and journaling tools that make it easy to journal in the field.

Tues., March 21 • 10-11:50 a.m. • On campus
\$30 • Class #: 23960

Drawing Nature

Lindsay Kessner, Instructor

Enjoy this drawing workshop for both beginning and experienced artists, focused on expanding skills while creating moving images of natural objects.

Thurs., April 6 & 13 • 11 a.m.-1:30 p.m.
On campus
\$45 • Class #: 24016

DanceMix

Ellen Weiss, Dancer & Musician

Learn unique and playful dance routines in the styles of Latin, hip-hop, swing, jazz, international, throwbacks, and upbeat eclectic music. Enjoy the fun and excitement of dancing with others.

Option 1: Thurs., April 6-27 • 3-4 p.m.
Redwood Raks • \$20 • Class #: 23900

Option 2: Thurs., May 4-25 • 3-4 p.m.
Redwood Raks • \$20 • Class #: 23901

Complete Series (save \$10):

Thurs., April 6-May 25 • 3-4 p.m.
Redwood Raks • \$30 • Class #: 23902

Intro to Permaculture & Regenerative Homesteading

Steven Saint Thomas, Permaculturist

The world is way off course to meet carbon-emission reduction targets in the Paris Climate Agreement. “Permaculture” and “Regenerative Agriculture” are similar paths to making a course correction — and you can help!

Sat., April 1 • 10 a.m.-1 p.m.
Field trip: McKinleyville Permaculture Learning Center
\$35 • Class #: 23976

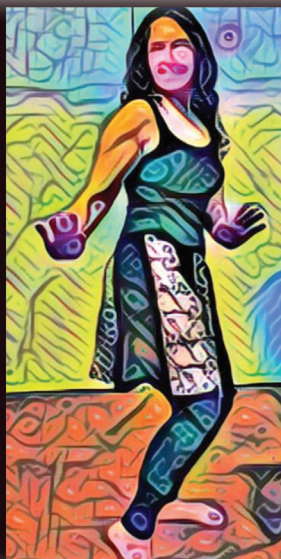
Plein Air Watercolor

Paul Rickard, Artist

Get an introduction to the meditative art of landscape painting. The instructor will demonstrate the stages of creating an atmospheric watercolor painting and discuss composition, value, and color harmony. Then you'll create your own painting.

Sat., April 8 • 10 a.m.-4 p.m.
Field trip: Arcata Marsh
\$75 • Class #: 24013

PHOTOGRAPH BY ELLEN WEISS



SPRING 2023 • IN-PERSON CLASSES

Empowerment Self Defense

Carrie Slack, Certified Empowerment Self Defense Instructor

Does fear for your safety prevent you from partaking in community activities? Would you like to feel more confident setting boundaries? In this course, you will learn and practice easy and effective verbal and physical self-defense skills.

Tues. & Thurs., April 11 & 13 • 1-3 p.m. • Sunny Brae Performing Arts Center for Education (SPACE)
\$50 • Class #: 23970

Audition Prep

Julie Eccles-Benson, Actor

So, you're interested in acting, but don't know how to get a role in a production? This fun class is designed to teach you the techniques and skills required for a successful audition. Using monologues, scene work, and cold-reading techniques, you will learn how to give your best audition.

Wed., April 12-May 10 • 1-3 p.m. • Sunny Brae Performing Arts Center for Education (SPACE)
\$75 • Class #: 23916



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Lighthouses of Humboldt County

Julie Clark, Park Ranger

The last remaining operational lighthouse in Humboldt County is the Trinidad Head Lighthouse, managed by the Bureau of Land Management, and it has restricted access. Take a short walk up to Trinidad Head, where you will have rare access to the inside of this lighthouse.

Wed., April 12 • 10 a.m.-12 p.m.
Field trip: Trinidad
\$15 • Class #: 23912

Women Telling Their Stories Through Song

Bonnie Shand, Poet

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Skilled and evocative songwriting, like poetry and literature, can reveal both personal and universal truths.

Hear and discuss selections by five women who tell powerful stories through their songs. Learn how the lyrics of **Iris DeMent, Ani DiFranco, Gillian Welch, Brandi Carlile, and Allison Russell** reveal their poetic and literary skills.

Thurs., April 13-May 11 • 2-4 p.m. • In-person: TBA
\$75 • Class #: 23908



Botany for Gardeners

Elliott Parivar, Retired Science Teacher & Horticulture Professor

Seemingly simple plants are actually a complex mixture of physiology, anatomy, and chemistry. Explore how plants grow, develop, and function. Dissect seeds, flowers, and fruits. Learn fun facts about vegetables, herbs, fruits, medicinal, and ornamental plants. Field trip to Humboldt Botanical Garden.

Sat., April 15-May 13 • 10 a.m.-12 p.m.
On campus & field trip
\$75 • Class #: 23888

IN-PERSON CLASSES

Basic Drawing Skills

Lindsay Kessner, Instructor

This is an introductory or refresher course in the materials and techniques of graphite drawing. It will feature fun exercises that demystify drawing processes and build confidence in art-making practice.

Thurs., April 20 & 27 • 11 a.m.-1:30 p.m.

On campus

\$45 • Class #: 24017

A Walk in the Redwoods

Jerry & Gisela Rohde, Place Rangers

Celebrate 101 years of the Humboldt Redwoods State Park with a hike through the magnificent grove of the Dyerville Flat redwoods. We will observe and learn about many redwood forest plants, and will hear the story of the “Three Telegrams” and other accounts about the saving of part of the redwood forest.

Thurs., May 11 • 11 a.m. to 1 p.m.

Field trip: Humboldt Redwoods State Park

\$25 • Class #: 23913

Connie Zweig: The Inner Work of Age

David Marshak, Elder-in-Training

We will explore Connie Zweig’s book, *The Inner Work of Age: Shifting from Role to Soul*, through presentations about the book and conversational sharing. The message of this book “is an invitation to all people on the path of late life to reorient themselves from Hero to Elder, or from role to soul.”

Tues., May 16 & 23 • 1-2:50 p.m.

On campus

\$40 • Class #: 23975

Healthy Aging: Mind & Body Fitness Planning

Sharon Ferrett, Author and Educator

Create your own personalized exercise routine in this classical stretch program that combines yoga, Tai Chi, and Pilates. In only minutes a day, you can increase your strength, balance, and flexibility. Get tips to boost your brain, increase your memory and create an optimistic and open mindset.

Sat., May 20 • 10-11:50 a.m. • On campus

\$20 • Class #: 23977

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Field Trip to the Opera

Elizabeth Morrison, Writer/Musician

This field trip is an optional companion to the online class “El Último Sueño de Frida y Diego: A New Opera by Gabriela Lena Frank” (page 17). Included is travel to San Francisco, tickets to Opera, some meals, and accommodations.

Register and pay \$50 deposit by Feb. 27.

Tues., June 13 • 7:30-10 p.m.

Field Trip: San Francisco

\$50 deposit • Class #: 24014

OLLI *Brown Bag Lunch*

FEBRUARY 6

The Wonderful World of Cacti

Ryan Archambault

Learn about the intriguing world of cacti.

FEBRUARY 13

What's On Your Bucket List?

Tracey Barnes-Priestley

Get inspired to try things you never tried before! What's on your bucket list?

FEBRUARY 20

Botany for Gardeners

Elliott Parivar

Gain a deeper understanding of the science behind the plants we grow.

FEBRUARY 27

Humboldt County Association of Governments: Who We Are

Beth Burks

Learn about public transit planning, promoting active transportation, and decarbonizing the transportation sector.

MARCH 6

Future Medical Professional Pipeline

**Caroline Connor M.D., M.P.H.,
& Penny Figas**

Discuss what we have been doing in Humboldt and Del Norte to build pipelines for our future medical professionals through our HUMPET Committee

MARCH 13

The Next Level of Green Burial

Mary Ann Perry

Explore the basics of green burial practices.

MARCH 20

Healthy Living for Brain & Body

Claire Day & Kim Coelho

Learn about research and everyday activities supporting longevity.

MARCH 27

The Tonga Volcanic Blast

Lori Dengler

Discuss the Hunga Tonga volcano eruption.



FREE Online Conversations FRIDAYS • 10-11 a.m. on Zoom

These weekly sessions – which began early in the pandemic as a response to the isolation – have now grown to become a regular gathering of friendly and interesting people.

Facilitated by **Tracey Barnes-Priestley**, this hour of conversation focuses on a new topic each week. We share meaningful stories, thought-provoking experiences, and often, plenty of laughter. Please join us!

Register once and use the same Zoom link each week.

See weekly topics and RSVP: **humboldt.edu/olli/letsconnect**

FREE ONLINE PRESENTATIONS

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

APRIL 3

Future of Local Media

Sean McLaughlin & John Richmond

Discuss the future of North Coast local media.

APRIL 10

Redwood Listening Post Collective

Monique Harper-Desir

Explore how we platform marginalized and guarded communities and connect them to solutions their communities need.

APRIL 17

Humboldt Housing: Now & in the Future

Andrew Whitney

An overview of the existing housing conditions in Humboldt County and the plan for the future.

APRIL 24

Humboldt County Cannabis Industry

Cliff Johnson & Natalynne DeLapp

An update on the latest cannabis industry trends and what may lie ahead.

MAY 1

Late Spring & Summer Walks

Rees Hughes

Explore local trails to learn where to see flowers, take advantage of low tides, visit new trails and enjoy favorites.

MAY 8

The Clarke Historical Museum: Past & Present

Josh Buck

Discuss what the museum has on display, the curation process, and how the museum was formed.

MAY 15

The Potter Valley Project

Scott McBain

Discuss overview of the The Potter Valley Project and potential solutions to these fishery and water supply challenges.

MAY 22

USA Democracy: Where Are We Now?

David Marshak

Explore the health of democracy in the United States today.

Brown Bag Lunch presentations are sponsored by the Friends of OLLI.

To get the Zoom online meeting link, please RSVP:

humboldt.edu/olli/brownbag

Many past presentation recordings are available at

humboldt.edu/olli/brownbagarchive

Subscribe on Youtube: **humboldt.edu/olli/youtube**

Free Zoom Tutorials

Online OLLI classes and events are held on Zoom, a web-based video meeting tool that allows users to meet online, with or without video. (Free accounts are available at zoom.us)

New to Zoom? You can attend a Zoom tutorial before you attend an online presentation or class. Learn how to navigate Zoom, and test your audio and video. To attend a tutorial, e-mail olli@humboldt.edu.

Class Recordings

If you miss an online class, you may be able to catch up by viewing a video recording. Recordings, when available, are accessible only by pre-enrolled OLLI students. Not all online classes will be recorded, and some recordings may not be available due to unforeseen circumstances. Please note: We ask that you not share the video access link with anyone, without consent of the instructor or the OLLI office.

■ The class will be recorded.

■ No class recording will be available.

Celebrating Women's History

Molly Cate, Humanitarian Educator

Celebrate Women's History Month and International Women's Day by exploring the lives and achievements of notable women with very different interests: politics, primates, poverty, and gender equity. All of them, living or not, have earned a place in history. We'll celebrate Shirley Chisholm, Jane Goodall, Dian Fossey, Birute Galdikas, Jane Addams, and Kate Bornstein.

Wed., March 1-22 • 10 a.m.-12 p.m. • Online
\$50 • Class #: 23954 ■



Alfred Hitchcock's San Francisco

Jay Sherwin, Writer/Consultant


Watch great scenes from Hitchcock films shot on location in the San Francisco Bay area. In this virtual tour, you'll see some memorable scenes and you'll hear great stories about how and why Hitchcock chose those locations. Gain new insights on the films and the places that the films depict.

Thurs., March 2 • 1-2:30 p.m. • Online
\$30 • Class #: 23978 ■

Oscars for Musicals

Sam & Candy Caponegro, Theater Artists

Oscar time is here! In 92 years, musical films have won the award for best picture ten times. Ten terrific musicals! Take a tour with us as we explore “An American in Paris” “The Great Ziegfeld” “West Side Story” and six more musical winners. Feel inspired and filled with unbridled joy with Oscar winning performances.

Thurs., March 2 • 3-5 p.m. • Online
\$30 • Class #: 23979 



Feel-Good Yoga


Lena Schmidt, Yoga Instructor


Find your inner serenity with yoga. Stretching, balancing, strengthening, breathing, and mindfulness for all levels.

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Option 1: Fri., March 3 • 12-1 p.m. • Online
\$20 • Class #: 23944 


Option 2: Fri., April 7 • 12-1 p.m. • Online
\$20 • Class #: 23945 

Option 3: Fri., May 5 • 12-1 p.m. • Online
\$20 • Class #: 23946 

What Neuroscience Tells Us About Our Politics

**Kathleen Lee, BSN, M.A.,
Retired Politics Lecturer**


Examine how recent neuroscience research helps us understand how our brains work and why we think the way we do. Research helps to explain the current political divisions in the U.S., and the unprecedented struggle over facts — both of our history and our current political situation.

Tues., March 7 • 1-3 p.m. • Online
\$30 • Class #: 23980 

Introduction to American Cane Flow

**Richard Stull, Certified Advanced
Instructor American Cane Self-Defense**

Learn to develop the rhythmic skills of cane flow and spinning for fitness, balance, coordination, and brain health. Get basic foundational skills in using the cane with assertive commands for personal self-protection. Included is a high-quality cane designed for both spinning and self-protection.


Tues., March 7-April 4 • 4:45-5:30 p.m.
Online
\$129 • Class #: 23981 



Rip It Up

Louise Bacon-Ogden, Artist


Using simple supplies and pre-class instruction, you will tear paper and glue it onto a backing board. Then you will create a beautiful picture from a choice of several landscapes. The instructor will create with you! This will be fun! No previous art experience is necessary.

Thurs., March 9 • 1-3 p.m. • Online
\$25 • Class #: 23961 

Updates in the Treatment of Migraine

**Caroline Connor, M.D., M.P.H.,
Family Physician, Headache Specialist**

Gain an in-depth understanding of migraines in general and the latest treatments. Learn the difference between episodic and chronic migraine, delve into the co-morbidities of migraine, and explore the migraine brain and how the disease gets started.

Thurs., March 9 • 6-7:30 p.m. • Online
\$30 • Class #: 23947 

Take Charge of Your Aging


**Ann Lindsay & Maggie Kraft,
Aging Experts**

As we get older, health crises and end-of-life decisions become inevitable. This class will help you reflect on your priorities, map out your support network, and put plans in place. It is based on the curriculum, *Aging Solo*.

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Fri., March 10-April 21 (no class March 31)
1-2:15 p.m. • Online
\$25 • Class #: 23917 

Southern Humboldt Indians

**Jerry Rohde,
Historian & Ethnogeographer**

Gain an understanding of the history and geography of southern Humboldt County. Learn more about Bear River, Mattole, Sinkyone, Wailaki, Lassik, and Nongatl Indians — the six tribes that once had their homelands in southern Humboldt. The instructor's book, "Southern Humboldt Indians," recently published by The Press at Cal Poly Humboldt, is available as a free download.

Sat., March 11 • 1-3 p.m. • Online
\$20 • Class #: 23955 


Seeking Balance

**Mishell Lopez, Fall Prevention
Coordinator**

Falls can result in devastating consequences. Learn to recognize fall risk factors and prevent falls. Get your balance, mobility, and fall risk assessed, with recommendations on how to remain active and healthy. Details about the online option for this class will be sent to you upon registration.

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Tues. & Thurs., March 14 & 16 • 2-2:50 p.m.
Sun., March 19 & 26 • 12-3:50 p.m.
On campus or online
\$30 • Class #: 23942 

Home Sellers Seminar

Phillip Lazzar, Real Estate Broker


The world has changed since the last time this seminar was taught. Interest rates have tripled! Learn what is involved in selling your home in today's market. Find out how to price your home, how to prepare it for sale to get the best price, how to find the right buyer, how long the process takes, and more.

Thurs., March 23 • 3-4 p.m. • Online
\$20 • Class #: 23994 

Nature in Haiku: Winter

Mie Matsumoto, Instructor

Discover inspiration that captured a moment in nature. Haiku is a Japanese short poem consisting of only three lines with a total of 17 syllables. Many Haiku focus on and capture a moment in nature, and Japanese Haiku poets such as Basho, Buson, and Issa wrote many Haiku during their journeys.


Thurs., March 23 • 1-3 p.m. • Online
\$30 • Class #: 23982 



Relativity of Simultaneity

Phillip Lazzar, Enthusiast

Albert Einstein's Theory of Relativity shows how the time separation between events is reference frame dependent. In other words, if two events are measured to be simultaneous from one reference frame, they will not be simultaneous from any other reference frame in line with the two events. This is a consequence of there being a maximum relative speed, also known as the speed of light. This will be explained simply so that you can understand it.

Thurs., March 23 • 4-5 p.m. • Online
\$20 • Class #: 23995 

Cut It Out

Louise Bacon-Ogden, Artist

Create a pretty mountain meadow picture using watercolor, simple items to add texture, and scissors. Get step-by-step instructions on how to create texture, cut out the pieces, and create art. This is easy and fun. No previous art experience is necessary.


Tues., March 28 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 23962 



Spirituality in Contemporary Art

Julie Alderson, Art Historian


Many contemporary artists engage with ideas around spirituality in their work — one of art history's oldest themes. We will look at a variety of artists working today who focus on spirituality, in order to better understand the development of this concept in art over time.

Thurs., March 23 • 6-8 p.m. • Online
\$30 • Class #: 24015 

Field Journals: For the Long Haul

Michele Olsen, Book Artist


Keeping a field journal improves memory and increases our awareness and appreciation of the world around us. We usually observe things at a specific point in time. But it's also important to observe life cycles, and this requires observations over greater periods of time. Learn how to document events "for the long haul" in your own yards, neighborhood, or park.

Thurs., March 23 • 10 a.m.-12 p.m. • Online
\$30 • Class #: 23963 

No One's Slave: Hidden Communities in the Antebellum South

Molly Cate, Humanitarian Educator


Explore the little known history of family groups and individuals who escaped bondage and constructed hidden, free communities during the slavery era in the Southeastern U.S.

Wed., March 29 & April 5
10 a.m.-12 p.m. • Online
\$40 • Class #: 23957 

Stories of Eureka's Chinatown

Katie Buesch, Historian


Learn about the early years of Eureka's Chinese immigrant population and the role they played in the economy. Explore the historical context and the factors that led to the Chinese Expulsion of 1885, and its far-reaching repercussions.

Sat., April 1 • 2-4 p.m. • Online
\$20 • Class #: 23956 

Torah & Kabbalah

Phillip Lazzar, Enthusiast

The Torah is sometimes referred to as the "body" of Judaism and Kabbalah as the "soul" of Judaism. In this class we'll focus on the soul – what Kabbalah is, why it is important, and its main ideas.

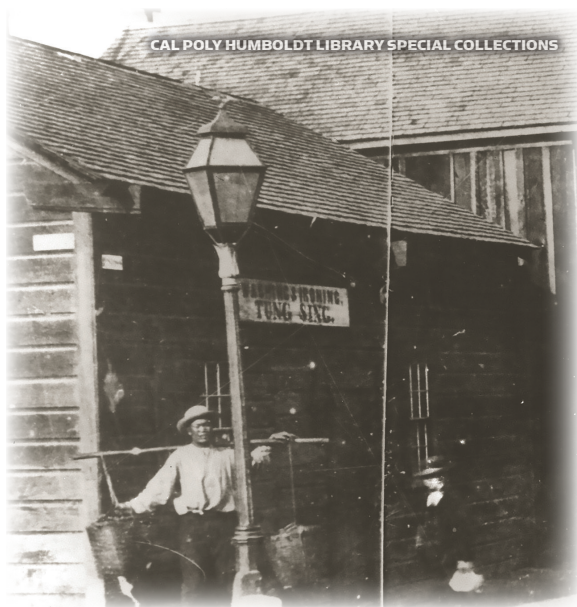
Thurs., March 30 • 3-4:30 p.m. • Online
\$20 • Class #: 23996 

Effective Altruism

David Marshak, Citizen

Examine the origins, value claims, and various critiques of Effective Altruism. Common practices of effective altruists include choosing careers based on the amount of good that the career achieves, donating to charities based on maximizing impact, and earning to give.

Thurs., March 30 & April 6 • 1-3 p.m. • Online
\$40 • Class #: 23951 



Spanish for Travelers

Ellie Galvez-Hard, Instructor


Thinking of traveling to Spanish speaking places? Learn basic phrases and get conversational tools to avoid feeling lost. Learn about the different Spanish-speaking countries you want to visit, and share your future travel plans.

Tues., April 4 • 11 a.m.-12:30 p.m. • Online
\$15 • Class #: 24018 

El Último Sueño de Frida y Diego: A New Opera by Gabriela Lena Frank

Elizabeth Morrison, Writer & Musician

Learn about Gabriela Lena Frank, a Peruvian-Chinese-Jewish composer living in Boonville, California, whose opera is coming to San Francisco Opera this June (see field trip on page 9). Her opera as been produced to glowing reviews in San Diego. Learn about her life, her music, and her fantastic opera.


Tues., April 4 • 1:30-3:30 p.m. • Online
\$20 • Class #: 23985 



Meteorites: A Window Into the Dawn of the Solar System

Mark Bailey, Natural Philosopher & Science Instructor

Hear a tale of the beginning of our Solar System through the lens of three meteorites: The Canyon Diablo, Allende, and Murchison. Explore how they transformed our view of the Solar System and our place in it. A remarkable story emerges about how science works and the insights we've gained.

Tues., April 11-25 • 1-2 p.m. • Online
\$45 • Class #: 24009 

Dick Gregory: An American Original

Molly Cate, Humanitarian Educator

Explore the talents of this comedian, civil rights leader, author, and vegetarian activist. From his deeply articulate observations on society to his passion for civic and physical health, Dick Gregory was just the "doctor" America needed; a friend to feminists, fighter for African American and Indigenous rights, and animal rights, too.

Wed., April 12-26 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 23986 




BY JOHN MATHIAS SMITH: CELEBRITY-PHOTOS.COM, CC BY-SA 2.0

Humboldt's First Opioid Crisis

Lynette Mullen, Historian

Learn about the history of opioid addiction, Humboldt's opium dens, morphine "fiends" and laudanum users, attitudes toward addiction and drug dealers, early treatment options and more. Also hear about William Whaley, an Arcata boy who ran the biggest international opium smuggling gang in the 1890s. This class is also offered in-person (see page 8).


Tues., April 18 • 6-8 p.m. • Online
\$30 • Class #: 23987 



Conspiracy Studies: The Last JFK Files

Steven Saint Thomas, Journalist

Over 30 years ago, Congress passed the JFK Records Act of 1992, ordering the complete release of previously classified documents regarding President Kennedy's assassination in 25 years (2017). Participants will explore why 4,000 files are still classified and use investigative journalism techniques in a search for the truth about this controversial tragedy.

Tues., April 25 • 1-3 p.m. • Online
\$30 • Class #: 23952 

Magic Art

Louise Bacon-Ogden, Artist


Create a colorful and stunning art piece using a unique pen. Follow along with the instructor to make a streamside landscape. No art experience will be needed.

Thurs., April 20 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 23964 

The Golden Age of Golden State Painting

Jerry Rohde, Art Appreciator

Discover the amazing art of early 20th century California plein-air painters. Going outdoors with their easels, these artists rendered the state's mountains, seacoast, and deserts with an immediacy that captured the very essence of the state's light and air. Dozens of artists painted California scenes in all their golden glory.


Sat., April 22 • 1-3 p.m. • Online
\$20 • Class #: 23965 



Nature in Haiku: Spring

Mie Matsumoto, Instructor


Discover inspiration that captured a moment in nature. Haiku is a Japanese short poem consisting of only three lines with a total of 17 syllables. Many Haiku focus on and capture a moment in nature, and Japanese Haiku poets such as Basho, Buson, and Issa wrote many Haiku during their journeys.

Thurs., April 27 • 1-3 p.m. • Online
\$30 • Class #: 23983 

Summer of Soul: The Greatest Music Festival Most Folks Never Knew About

Molly Cate, Humanitarian Educator


The 1969 Harlem Cultural Festival was six weeks of music, joy and peace that wasn't Woodstock. Great musicians from many styles, plus a whole social world, finally came to us 52 years later as the magnificent documentary film "Summer of Soul." Let's learn about it together.

Wed., May 3-17 • 10 a.m.-12 p.m. • Online
\$45 • Class #: 23988 

Intro to Embroidery

Celeste Chalasani, Textile Artist


Brighten your day with a cup holder that you create! Learn basic embroidery stitches to make your own felt appliqued cup holder. Embroidery can help reduce stress and anxiety, aid fine motor skills and focus, and boost cognitive health. Kit included.

Thurs., May 4 • 1-4 p.m. • Online
\$65 • Class #: 23966 

Christian Nationalism in U.S. Politics

**Kathleen Lee, BSN, MA,
& Rev. Michael Keys, MTS, MDiv**


Learn about how the religious goals of some denominations of American Christianity came to merge with governmental political goals. Delve into a segment of the Christian Nationalism movement, how it emerged and has influenced elections and policy, and why some Christians are pushing back on the movement and warning of its dangers.

Tues., May 9 & 16 • 3-4:30 p.m. • Online
\$40 • Class #: 24019 

Embroidery on Paper

Celeste Chalasani, Textile Artist

Learn the basics of embroidery on paper. Get the fundamentals of embroidery, including working with stranded cotton threads and embroidery stitches that can be worked on paper. You'll also dive into contemporary stumpwork techniques that can add dimension to your art. Kits will be provided.

Tues. & Thurs., May 9 & 11 • 9 a.m.-12 p.m.
Online
\$80 • Class #: 23967 




COURTESY OF CELESTE CHALASANI

Nature in Haiku: Summer

Mie Matsumoto, Instructor

Explore the beauty of Haiku, the Japanese short poem consisting of only three lines with a total of 17 syllables. Many Haiku focus on and capture a moment in nature, and Japanese Haiku poets such as Basho, Buson, and Issa wrote many Haiku during their journeys. Haiku is a beautiful poetic technique that may inspire you to travel in Japan, or perhaps write your own.


Tues., May 9 • 1-3 p.m. • Online
\$30 • Class #: 23984 



A Life of Drudgery or Shame

Lynette Mullen, Historian

Learn the history of prostitution in Eureka's "Lower District" in the early 1900s, the madams and inmates who worked there, the hardships they faced, and those who truly profited from the world's oldest profession. This class is also being offered in-person (see page 4).


Wed., May 24 • 6-8 p.m. • Online
\$20 • Class #: 23989 



Beautiful Demoiselle

Celeste Chalasani, Textile Artist

Get an introduction to contemporary stumpwork techniques that you can add to your paper craft and book binding projects. Insects add interest to any embroidery, and bring a project alive. We'll work with a variety of materials including hand dyed silk organza; silk and metallic threads; and 33-gauge wire. Kit included.

Tues. & Thurs., May 16 & 18 • 9 a.m.-12 p.m.
Online
\$85 • Class #: 23968 



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Made possible by the generous support of the Friends of OLLI

A limited number of partial scholarships for OLLI classes are available to **OLLI members only**. Scholarships cannot be used for memberships. Awards are based on financial need. Limit is two

scholarships per term, per member. Requests are reviewed on an ongoing basis. See additional information and the scholarship request form at **humboldt.edu/olli/scholarship**

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OLLI *Open House*

Saturday, Feb. 11

1-3 p.m. at D Street Neighborhood Center,
1301 D St, Arcata

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

See details:

humboldt.edu/olli/openhouse

