



# Osher Lifelong Learning Institute

# OLLI

**COURSE CATALOG**

**SUMMER 2025**



Cal Poly  
**Humboldt.**



## Classes for *everyone*

### REGISTRATION OPENS JULY 1!

Registration for classes closes at  
noon **3 BUSINESS DAYS** before the  
class start date. (See page 7 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.

**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 7.

**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](http://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](mailto:olli@humboldt.edu)

#### OLLI Staff

Interim Director of Enrollment ..... Deserie Donae  
Interim Director of Programs ..... Sei Hee Hwang  
Interim OLLI Program Coordinator ..... Julie Stewart  
Interim OLLI Program Specialist ..... Dane Oppenborn  
Asst. Registrars ..... Kacie Borquez-Hall, Liz Lujan  
Admin. Support Coordinator ..... Annalisa Rush  
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Graphic/Web Designer ..... Grace Kerr  
Budget Analyst ..... Devinney Brashear  
Student Assistants ..... Sawyer Armitage,  
Amanda Cawthorn, Madeline Grubbs

#### OLLI Curriculum Committee

Sharon Ferrett	Janina Shayne
Rollie Lamberson	Ardith Tregenza
Maureen Murphy	Linda West
Judith Rucker	Jane Woodward



# *You belong with OLLI*



## **It's time to join a vibrant community of lifelong learners.**

You're invited to join the **Osher Lifelong Learning Institute (OLLI)** at Cal Poly Humboldt! It's a new membership year, and the perfect time to become an OLLI member or renew. At OLLI, everyone age 18 and up can join 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

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 2025-2026 Membership: Only \$35**

Valid through June 30, 2026. Memberships are non-refundable.

**[humboldt.edu/olli/join](https://humboldt.edu/olli/join)**

JOIN **OLLI**



# **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.*

*Cal Poly Humboldt is an AA/EO Employer.*

*Disability accommodation may be available.*

*Contact OLLI: (707) 826-5880*

### **PHOTO CREDITS**

Front cover: Sunflowers (Adobe Stock)

Opposite page: Swallowtail butterfly (Grace Kerr)

*Please consider contributing to the Wiyot Tribe at  
[honortax.org](https://honortax.org) and/or to the Rou Dalagurr Food Sovereignty Lab at [nasp.humboldt.edu/fsl](https://nasp.humboldt.edu/fsl).*

**COLLEGE OF  
Extended Education & Global Engagement**

# Meet Julie Stewart:

## New interim **OLLI** program coordinator

Hello, OLLI! I'm honored to introduce myself as the new program coordinator for the Osher Lifelong Learning Institute at Cal Poly Humboldt.

I've proudly called Humboldt County home for over 15 years. I began as a student, then became a community member, and now serve as university staff. In that time, I've come to appreciate the strengths of our passionate, creative community and the unique opportunities that come with living in a place defined by both natural beauty and deep local connection.

I believe deeply in the value of lifelong learning and continue to grow as a learner and student today. After earning my B.S. from Humboldt State, I completed my teaching credential and am currently pursuing a master's degree in education at Cal Poly Humboldt. Returning to school as a working adult has reminded me just how powerful and transformative learning can be at any age.

What I admire most about the OLLI program is that it meets learners where they are. It offers engaging courses shaped by the interests and needs of its members. I'm excited to support that mission by helping grow and refine our offerings, working closely with instructors, and creating a welcoming space for all.

Before joining OLLI, I served as the office coordinator in the Provost's Office. In that role, I worked closely with faculty and administrators across campus and gained valuable experience in supporting academic initiatives and campus-wide collaboration.



JULIE STEWART

My previous work also includes managing educational programs at Center Activities and the Sequoia Park Zoo, and leading a classroom as a middle school science teacher. Across these roles, I've developed skills in program development, assessment, organization, and strategic planning, along with a deep appreciation for education as a lifelong journey.

I see incredible potential in OLLI to connect with all that our community offers, from local educators and artists to our rich history and natural landscapes. My goal is to help OLLI grow in meaningful and sustainable ways, always keeping the spirit of learning and connection at the center of its work.

I look forward to meeting you at classes and events, including our 20 Years of OLLI Celebration this November. Thank you for the warm welcome. I'm excited for all we will learn and celebrate together. ●



# OLLI CLASSES & EVENTS: SUMMER 2025

Start Date	Class Title	Mode	Page
June 30	Brown Bag Lunch Presentation: OLLI Instructor Showcase	Online	8
July 7	Brown Bag Lunch Presentation	Online	8
July 8	OLLI Summer Registration Event	In-person	9
July 12	Tidepool Humboldt!	In person	4
July 13	Pickleball: Skills & Drills (Option 1)	In person	4
July 14	Brown Bag Lunch Presentation	Online	8
July 16	Special Interest Group: Book Club	Online	4
July 17	How to Use Google Suites	In person	4
July 18	A Walking Tour of the Arcata Plaza	In person	5
July 21	Brown Bag Lunch Presentation	Online	8
July 23	How to Move and Breathe with Your Pelvic Floor	In person	5
July 26	Intro to Permaculture	In person	5
July 28	Brown Bag Lunch Presentation	Online	8
July 30	The Spanish in Trinidad 250 Years Ago	In person	6
July 31	Self-Massage as Self-Care Through the Ages	In person	6
August 1	A Walking Tour of Arcata's East Side	In person	6
August 3	Pickleball: Skills & Drills (Option 2)	In person	4
August 4	Brown Bag Lunch Presentation	Online	8

## OLLI at Humboldt is turning 20 in fall 2025!

The staff and volunteers at OLLI at Humboldt are so grateful to this incredible community of members, instructors, and supporters who have helped our OLLI thrive for two decades of lifelong learning.

This coming fall, watch for special events and series to celebrate this milestone!

Sign up to receive the weekly OLLI Newsletter and get the most up-to-date information and announcements delivered to your email inbox!

[humboldt.edu/olli/newsletter](https://humboldt.edu/olli/newsletter)



# SUMMER 2025

## *Tidepool Humboldt!*

**Paul Bourdeau, Ecologist, & Keana Richmond, Graduate Student**

Exploring tidepools is a fun way to spend an early summer morning. Learn about tidepool biodiversity and ecology from Cal Poly Humboldt marine ecologists, who will share how to plan tidepooling trips, offer safety tips, and cover tide pool etiquette for minimizing disturbance and harm. Participants must be able to navigate a steep beach trail. Register by July 9.

**Sat., July 12**, 8 a.m.-12 p.m.

**H.**

In person: Trinidad

\$60 • Register: [humboldt.edu/olli/tidepool](https://humboldt.edu/olli/tidepool)

Class # 31243



## *Pickleball: Skills & Drills*

**Jerry Saner, Instructor**

This class will introduce new players to the sport of pickleball and/or give current lower level players an opportunity to work on their game, by using drills designed to improve their skills.

OPTION 1: Register by July 9.

**Sun., July 13**, 12-3 p.m. • In person: On campus

\$45 • Register: [humboldt.edu/olli/pickleball](https://humboldt.edu/olli/pickleball)

Class # 31241

OPTION 2: Register by July 30.

**Sun., Aug. 3**, 12-3 p.m. • In person: On campus

\$45 • Register: [humboldt.edu/olli/pickleball2](https://humboldt.edu/olli/pickleball2)

Class # 31242

## SPECIAL INTEREST GROUP

### *Book Club*

**Mike Zeppegno & Dan Chandler, Co-Leaders**



Choose and discuss books from all genres. All readers are welcome. Meets on the third Wednesday of each month and runs for entire 2025-26 membership year.

**Wed., July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19, Dec. 17**, 5-6:30 p.m.

Online

\$50 • Register: [humboldt.edu/olli/bookclub](https://humboldt.edu/olli/bookclub)

Class # 31255

## *How to Use Google Workspace*

**Dane Oppenborn, Technology Educator**

Participants will get a crash course on how to use the variety of digital tools available in Google Workspace. This will include basic lessons on using Docs, Slides, Sheets, Drive, and Calendar. The class will also demonstrate how all of these tools interact with each other. Register by July 14.



**Thurs., July 17**, 2-3:50 p.m.

In person: Arcata

FREE: OLLI members only

Register: [humboldt.edu/olli/google](https://humboldt.edu/olli/google)

Class # 31245





COURTESY OF CAL POLY HUMBOLDT LIBRARY, ERICSON COLLECTION

## A Walking Tour of the Arcata Plaza

**Bob Doran, Writer/Historian**

This walking tour is based in part on a tour originally created by the late local historian, Susie Van Kirk, with updates. The tour begins at Jacoby's Storehouse and concludes at the Hotel Arcata and the original Arcata Courthouse, with stops along the way touching on architecture and local politics. Register by July 15.

**Fri., July 18, 10 a.m.-12:30 p.m.**

In person: Arcata

\$30 • Register: [humboldt.edu/olli/walkarcata](https://humboldt.edu/olli/walkarcata)  
Class # 31237



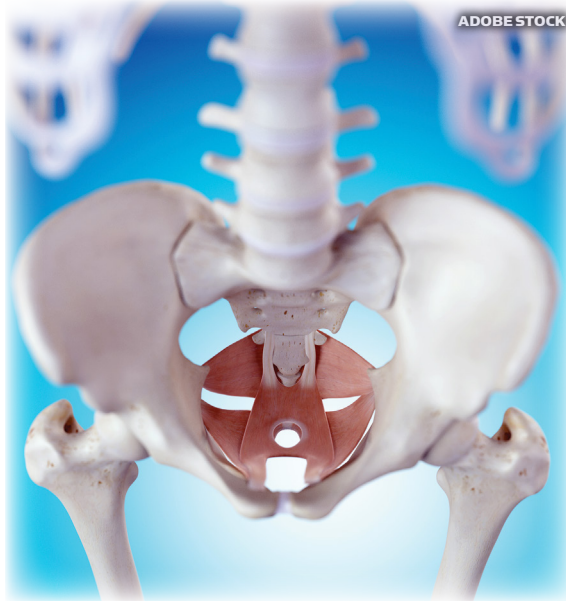
## How to Move & Breathe with Your Pelvic Floor

**Sarah Landis, PT/Doctor of Physiotherapy/  
Women's Health Clinical Specialist**

Reconnect with your pelvic floor through education, breathwork, and mindful movement. In this outdoor class, learn pelvic floor anatomy, function, and common changes with aging. Then learn breath-focused exercises, postural awareness, stretching, and strength-building to support bladder health, balance, and overall vitality. Register by July 18.

**Wed., July 23, 1-4 p.m.** • In person: Arcata  
\$45 • Register: [humboldt.edu/olli/pelvic](https://humboldt.edu/olli/pelvic)  
Class # 31240

**H.**



## Intro to Permaculture

**Steven Saint Thomas, Permaculturalist**

The world is way off course to meet carbon-emission reduction targets to mitigate climate change. "Permaculture" and "Regenerative Agriculture" are similar paths to making a course correction — and you can help by cutting emissions and regenerating the Earth's topsoil. If you have a garden or want one, you can help localize our food system — a huge paradigm shift towards a sustainable world. Register by July 23.

**Sat., July 26, 10 a.m.-2 p.m.**

In person: McKinleyville

\$60 • Register: [humboldt.edu/olli/permaculture](https://humboldt.edu/olli/permaculture)  
Class # 31244

COURTESY OF STEVEN SAINT THOMAS





*The Spanish in Trinidad*

**Patricia Fleschner, President, Trinidad Museum Society**

250 years ago, Spanish explorers became the first Europeans to contact the Yurok people of Tsurai in Trinidad Bay. After a perilous six-month voyage, the explorers spent 10 days in Trinidad, documenting the land and its people. This brief stay was a short but remarkable respite in an era when the Spanish Empire grew to its zenith. Register by July 25.

**Wed., July 30,** 10 a.m.-12:30 p.m.  
In person: Trinidad  
\$45 • Register: [humboldt.edu/olli/trinidad](http://humboldt.edu/olli/trinidad)  
Class # 31236



WIKIMEDIA COMMONS

*Self-Massage as Self-Care Through the Ages*

**Ali McCall, Certified Yoga Instructor**

Are you interested in maintaining or improving your mobility, reducing tension, and enhancing your overall well-being? Explore Self-Myofascial Release (a gentle form of self-massage). Through lecture and guided self-massage using tune-up balls, you will learn to integrate this practice into daily life. You will receive your own tune-up ball to use at home. Register by July 28.

**Thurs., July 31,** 1-4 p.m. • In person: Arcata  
\$55 • Register: [humboldt.edu/olli/selfmassage](http://humboldt.edu/olli/selfmassage)  
Class # 31239



COURTESY OF ALI MCCALL

*A Walking Tour of Arcata's East Side*

**Bob Doran, Writer/Historian**

This walking tour will encompass the portion of Arcata east of Highway 101 and in the neighborhood of the D Street Neighborhood Center, including the former Trinity Hospital (now Cal Poly Humboldt Children's Center), the Cal Poly Humboldt gates, historic homes, and the Ronald Reagan Memorial Redwood Grove. Register by July 29.

**Fri., Aug. 1,** 10 a.m.-12:30 p.m.  
In person: Arcata  
\$30 • Register: [humboldt.edu/olli/walkarcata2](http://humboldt.edu/olli/walkarcata2)  
Class # 31238



CAL POLY HUMBOLDT LIBRARY, HUMBOLDT COUNTY COLLECTION

# How to register for **OLLI** classes

## *Registration opens July 1!*

**ONLINE:** The easiest and preferred method to register is online. To register for a class, locate the class on the OLLI website, and select the “register” link on that class. Or select classes on the online registration form: [humboldt.edu/olli/regform](https://humboldt.edu/olli/regform)

**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.). *See information about a July 8 summer registration event on page 9.*

**BY MAIL:** Download and print the OLLI online registration form at [humboldt.edu/olli/reg.pdf](https://humboldt.edu/olli/reg.pdf) Fill out the form on your computer or by hand. Mail it with your check or money order made out to “Cal Poly Humboldt” with “OLLI” in the memo.

**College of Extended Education  
& Global Engagement**  
**Attn: OLLI - SBS211**  
**Cal Poly Humboldt**  
**1 Harpst St., Arcata CA 95521-8299**

**PAYMENTS:** OLLI accepts most credit/debit cards, electronic checks, paper checks, money orders, and cash. Note: As of July 1, 2025, all Cal Poly Humboldt students (including OLLI

students and members) will be charged a 2.65% card processing fee when making a credit or debit card payment, whether it's in person, by phone, or via the registration/payment form. We appreciate your understanding and continued support.

### 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**. 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](https://humboldt.edu/olli/drop)

## Enjoy your **OLLI** classes!

## SPECIAL INTEREST GROUPS



**OLLI Special Interest Groups** (SIGs) are great opportunities for OLLI members to dive deeper into a specific shared interest.

SIGs are open to OLLI members only.

If you are interested in starting a new SIG, propose your group during the next call for proposals window for spring 2026. Visit the OLLI website to learn more about Special Interest Groups.

OLLI SIGs include:

- **Book Club** with Mike Zeppegno & Dan Chandler: Offered in summer! See page 4.
- **Live & Local Concert Previews** with Elizabeth Morrison: Meets fall/spring
- **Mystery Book Club**  
This new SIG will dive into the world of mystery novels during in-person monthly meetings to be announced in the fall.

[humboldt.edu/olli/sig](https://humboldt.edu/olli/sig)

# **OLLI** *Brown Bag Lunch*

## **FREE ONLINE PRESENTATIONS**

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

### **JUNE 30** ***OLLI Instructor Showcase***

**OLLI at Humboldt summer instructors** will offer a sneak peek into their upcoming classes, share what they'll be teaching, and answer questions. This is the best opportunity to discover what's coming this summer — in lieu of the traditional OLLI open house. Don't miss this informative event to help you plan your perfect OLLI summer!

### **JULY 14** ***Life Plan Humboldt Update***

Join **Ann Lindsay**, President, Life Plan Humboldt, for an update on Life Plan Humboldt developments. The Future Residents List will be launched soon with a refundable fee, allowing participants a spot on the waiting list for this new community. You will learn how this works.

### **JULY 21** ***KEET: My Community's PBS Station***

**David Gordon**, the executive director of Eureka's public television station KEET, will provide a short history of KEET and the future of the Public Broadcasting System (PBS).

### **JULY 28** ***Behind the Vision: The Bernard Osher Foundation & OLLI at Humboldt***

Join **Julie Stewart**, new OLLI interim program coordinator, to learn about the Bernard Osher Foundation and the national OLLI Network. See how OLLI at Humboldt fits into this vibrant community of lifelong learners, and is one of 124 OLLIs at universities and colleges nationwide.

### **AUG. 4** ***Aging with Intention: The Science & Spirit of Staying Connected***

Join **Samantha Day**, director of Social Services, Humboldt Senior Resource Center, to discover how social connection and purpose support healthy aging — and how we can foster belonging and meaning in later life through intentional relationships and engagement.

***These free events are supported by the Friends of OLLI***

Presentations are online via Zoom. Get the meeting link on the website:

**[humboldt.edu/olli/brownbag](https://humboldt.edu/olli/brownbag)**

Past presentation videos are available at **[youtube.com/@ollihumboldt](https://youtube.com/@ollihumboldt)**



# Be an early bird!

**RENEW OR JOIN TODAY to ensure your OLLI membership and benefits are current.** The new member year (2025-2026) begins July 1. *New and renewing members during the 20th anniversary this fall will receive special perks to celebrate 20 years of OLLI!*

**Current OLLI members get the best price and priority registration.** A great opportunity to join/renew and register for classes will be at the **OLLI summer in-person registration event on Tues., July 8, 10 a.m.-1 p.m.** at the Stewart Building in Arcata. Come by and say hello!

**Thank you for being an early bird!**

JOIN, RENEW, REGISTER FOR CLASSES: [humboldt.edu/olli](https://humboldt.edu/olli)



## REDWOOD COAST MUSIC FESTIVAL

### ***Ticket discounts for OLLI members***

The **33rd Annual Redwood Coast Music Festival** will be held Thursday-Sunday, **October 2-5, 2025**. RCMF is again partnering with OLLI at Humboldt to offer OLLI members special discounted ticket prices:

- **4-DAY ALL EVENT TICKET: \$100** (\$90 savings)
- **SATURDAY ONLY TICKET: \$50** (\$50 savings)

How to purchase your tickets:

- **In person at the FALL OLLI Open House, Sat., Sept. 6, 11 a.m.-1 p.m.,** Great Hall, Cal Poly Humboldt. Festival posters will also be on sale at the Open House: Unsigned for \$10 or signed for \$15.
- **By mail: Send a check made out to RCMF** with your OLLI member number on the memo line. Indicate the type and number of ticket(s) you want, and include a self-addressed stamped envelope, and mail to Lynn McKenna, RCMF, PO Box 314, Eureka, CA 95502.

*Tickets must be purchased by Sept. 6, 2025.*



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*in Old Town and Downtown Eureka*

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Blues • Americana • Western Swing  
Country • Cajun • Zydeco • Rockabilly**

Over 100 performances on 7 stages, featuring  
**THE CASH BOX KINGS • THE REVELERS  
MICHAEL DOUCÉT • DUKE ROBILLARD**  
*and many more!*

Visit the website for the full lineup,  
updates, band info, and special events!

[rcmfest.org](https://rcmfest.org)

# 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](https://humboldt.edu/giving/olli)**

## **Sustaining Friends: Monthly Donations**

Jacques Beaupre

Christine Cogen

Carl Hansen

Doug Hartley

Laura & John Hennings

Sheila & Chris Rocker Heppe

Karen Isa

Mary Kline

Rollie Lamberson

Nancy Lengyel

Mrs. and Dr. Montgomery

Maureen Murphy

Sharon Ferrett & Sam Pennisi

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Jerry & Gisela Rohde

Judith Rucker

Roger Schroeder

Janina Shayne

Rees Hughes & Amy Uyeki

Terry Weeks

Jane Woodward

## **Friends: Donations of Any Amount**

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Emily Arents

Susan Berry

Judith Bloom

Mary Bockover

Tom Boyer

Robert Browning

Cindy Bumgarner

Eileen Capaccio

Dan Chandler

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Sei Hee Hwang

Diane Korsower

Thomas & Maria Krenek

Sarah Landis

Dustin Larrazolo

Phil Lazzar

Kathleen Lee

Nancy & Leo Dye Leer

Lew Litzky

Byrd Lochtie

Judy Longshore

Barbara Madares

Carol Moore

Elizabeth Morrison

Suki Munsell

Caroline Otis

Becky & Kevin Paterson

Ted Pease

Gelareh Rahbar

Michael Richardson

Linda Rush

Annalisa Rush

Nancy Shiroishi

Jeannie & Steven Smalley

Patricia & John Thomas

Butch Thompson

Linda West

Patricia-Anne &

George WinterSun

Paul Wittman

Mike Zeppeagno

Janet Zich

## **Tributes**

If you would like to donate to OLLI at Humboldt in tribute of a loved one, please email [olli@humboldt](mailto:olli@humboldt) with your request.

## **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](https://humboldt.edu/olli)**