

OSHER
LIFELONG
LEARNING
INSTITUTE

Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

FALL 2025

20
YEARS

OLLI

Humboldt.

Cal Poly
Humboldt.

You belong with **OLLI**

*Open
House*

SAT., SEPT. 6

See back cover

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 great 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.



Member Priority Registration Week

OLLI registration opens for members only on Aug. 27!

During this time, only members can register for classes.
Registration opens to everyone on Sept. 3.

***Want early access? Become an OLLI member today and
get first choice of classes before they fill!***

OLLI 2025-2026 Membership: Only \$35

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

humboldt.edu/olli/join

JOIN **OLLI**



Reflections on 20 years of OLLI

Julie Stewart, OLLI Program Coordinator

This is a special catalog, as it marks not only another exciting season of the Osher Lifelong Learning Institute at Humboldt, but also the fact that OLLI has been creating meaningful experiences for the past two decades.

In my time at OLLI, I've come to see that lifelong learning isn't just a way to pass time; it's a way of being. Many of you share this view: that learning not only expands our knowledge but also deepens our understanding of ourselves and our world.

The more I immerse myself in this community, meeting longtime instructors, members, and dedicated volunteers, the more I see that those who stand with OLLI are kindred spirits to Bernard Osher, its founder. We aren't just learning, we are building a legacy — the OLLI at Humboldt program.

As many of us know, any 20-year journey will have both highs and lows, and OLLI at Humboldt is no exception. It has had years of thriving with strong membership and engagement, and also years of struggle, kicked off by the COVID-19 pandemic, followed by the departure of two longtime and beloved staff in recent years.

These changes proved challenging for OLLI to continue providing robust courses, yet it perseveres — eager to grow, evolve, and move forward. I admire our OLLI community, our members, volunteers, and instructors, for weathering these storms together.

To celebrate this 20-year milestone, we have a few special events and programs planned. Take a look at page 3 for more details!

To close, I'd like to share a few thoughts from longtime OLLI community members. When asked what OLLI at Humboldt turning 20 means to them, here's what they said:

"OLLI is my tribe. It's a place where I find stimulating conversation, growth, friendship, civil discourse, and a sense of belonging. It is a treasure for this community."

— Sharon Ferrett



"I moved back to Humboldt County in 2011 after a 36-year absence, anxious to embrace a new, positive retirement life. OLLI classes were a great avenue for meeting people, expanding my interests with great classes, and getting involved in the community. OLLI proved to be the key to my new life."

— Maureen Murphy

"OLLI has given me, as well as countless others, endless possibilities. Their positive belief in lifelong learning expanded my interests in teaching and inspired me to create new works for both the stage and PBS. We are a better community because of OLLI — thank you!"

— Tracey Barnes-Priestley

Thank you to everyone for being a part of this inspiring OLLI community. Whether you have been here since the beginning, or just picked up this catalog from a newsstand, we appreciate you. ●



OLLI



Classes for *everyone*

**REGISTRATION OPENS AUG. 27
FOR OLLI MEMBERS!**

Registration opens to non-members on Sept. 3.

Want early access? Become an OLLI member today and get first choice of classes before they fill! humboldt.edu/olli/join

Registration for classes closes three business days before the class start date. (See page 28 for registration details.)

Before you register: Review the class 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 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 shown 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 28.

Release of Liability forms must be completed by students only once a year for in-person and online classes. Field trips require an additional form for each trip.

H. Signifies a class taught by current Cal Poly Humboldt faculty or staff.

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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Interim Associate Dean.....Sei Hee Hwang
Interim Director of Enrollment.....Deserie Donae
OLLI Program Coordinator..... Julie Stewart
OLLI Program Specialist.....Mairead Sardina
OLLI Program SpecialistDane Oppenborn
Asst. RegistrarsKacie Borquez-Hall, Liz Lujan
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Graphic/Web DesignerGrace Kerr
Student Assistants.....Amanda Cawthorn,
Madeline Grubbs

OLLI Curriculum Committee

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

Celebrating 20 Years of OLLI at Humboldt!

This fall, we're honoring two decades of lifelong learning, community, and curiosity. Join us in celebrating with these offerings and special events:

\$20 ANNIVERSARY CLASSES

Look for classes marked with the 20th anniversary emblem throughout this catalog. **These select courses are just \$20** for OLLI members — a thank you for being part of this vibrant learning community.



FALL OPEN HOUSE GIVEAWAY

Be one of the first 100 people to attend the **Fall Open House on Sat., Sept. 6**, and receive a free OLLI gift to mark this milestone year. See back cover for details on this event.



20TH ANNIVERSARY CELEBRATION

Save the date for the big celebration on **Sat., Nov. 15, from 3–6 p.m.** in the Kate Buchanan Room. Enjoy refreshments, speakers, and time to connect with fellow OLLI members past and present.



Visit humboldt.edu/olli/20th for details!

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

*Front cover: Eureka California Sunrise, drone photo by mdurson, Adobe Stock
Back cover: OLLI Tidepooling class, summer 2025, by Julie Stewart
Opposite page: Luffenholz Beach, by Kellie Jo Brown*

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

COLLEGE OF
Extended Education & Global Engagement

OLLI CLASSES & EVENTS...

* OLLI members only.

Start Date	Class Title	Mode	Page
Aug. 20	Special Interest Group: Book Club*	Online	26
Sept. 6	Fall OLLI Open House	In person	Back cover
Sept. 9	Special Interest Group: Mystery Book Club*	In person	8
Sept. 15	American Mahjong for Beginners	In person	8
Sept. 15	Brown Bag: Latest in Alzheimer's & Dementia Research	Online	14
Sept. 16	Exploring the Arcata Marsh	In person	6
Sept. 16	Plants, Powders, & Pills: The Medicine in Your Kitchen...	Online	21
Sept. 17	Learn Your Library! OLLI Tour of the Cal Poly Humboldt Library	In person	8
Sept. 18	Introduction to Role-Playing Adventures	In person	9
Sept. 19	Bee-Hunters & Bee-Trees (A History in North America)	In person	9
Sept. 21	Beginning Pickleball: Skills & Drills	In person	9
Sept. 22	Special Interest Group: Live & Local Concert Previews*	Online	20
Sept. 22	Brown Bag: WW2 Los Alamos & Its Impact Today	Online	14
Sept. 24	Ornithology for Birders	In person	10
Sept. 24	Gaia Hypothesis	Online	21
Sept. 26	Flash Talk! Digital Confidence: Identifying Scams	Online	21
Sept. 27	Northern Humboldt Indians	Online	22
Sept. 29	Brown Bag: The Art Of Living: A Meaningful Life of Purpose	Online	14
Sept. 30	Walking Tour of the Murals of Downtown & Old Town Eureka	In person	6
Sept. 30	Aging Well Holistic Tools Workshop: Create a Health Action Plan	In person	10
Oct. 1	Aging With Your Pelvic Floor	In person	10
Oct. 2	Walking with Octavia	In person	11
Oct. 3	The Geology of California Coastal National Monument*	In person	6
Oct. 6	Brown Bag: How Federal/State Funding Cuts Could Affect Housing	Online	14
Oct. 7	An Introduction to The Dart Procedures	In person	11
Oct. 7	The African American Military Experience*	Online	16
Oct. 9	Legendary Shipwrecks of the Great Lakes*	Online	17
Oct. 10	Jersey Scoops Ice Cream Experience (Option 1)	In person	7
Oct. 11	Exploring California Coastal National Monument at Trinidad Head*	In person	7
Oct. 13	Seeking Balance	In person	11
Oct. 13	Brown Bag: 1954 - North Coast Earthquake Enigma/Blue Lake	Online	14
Oct. 14	Inequality & Economic Policy*	Online	16
Oct. 14	Peeking Inside the Black Box*	Online	17
Oct. 14	American History in Six Songs (Approximately)*	Online	17
Oct. 15	Public Health in Action: Addressing Stress, Equity, & Solutions*	Online	18
Oct. 15	Intrepid Women	Online	22
Oct. 16	Channeling Your Muse: Creating a Writing Practice	In person	12
Oct. 16	In Darwin's Footsteps: A Journey to the Galapagos*	Online	18
Oct. 16	Languages of the World*	Online	19
Oct. 16	Wine Retail Round Up: "Sip in Place" with Domestic Wines	Online	23

Start Date	Class Title	Mode	Page
Oct. 17	Flash Talk! Climate Gardening	Online	23
Oct. 18	Memoir: Writing Your Life Story	In person	12
Oct. 20	The Power of One in Steven Spielberg Films*	Online	19
Oct. 20	Graceful Exits: Death With Dignity*	Online	19
Oct. 20	Brown Bag: Update on Life Plan Humboldt	Online	14
Oct. 22	Introduction to Torah	In person	12
Oct. 22	Ancient & Medieval Worlds of Macedonia, Poland, & Belize	Online	23
Oct. 23	“Far Out” Medicine: The Science & History of Psychedelics	Online	22
Oct. 23	Wine Retail Round Up: “Sip in Place” with Imported Wines	Online	24
Oct. 24	Flash Talk! Guide to the Best of Humboldt	Online	24
Oct. 25	Exploring Fabric Collage	In person	13
Oct. 25	Sleep: An Exploration	In person	13
Oct. 27	Brown Bag: Artificial Intelligence in Your Pocket	Online	14
Oct. 28	Glimpses Into Artificial Intelligence	In person	13
Nov. 3	Brown Bag: Energy Storage for Humboldt County	Online	14
Nov. 4	A Comprehensive Understanding of Beer & the Brewing Process	In person	7
Nov. 5	Exploring the Music of Betty Boop, Popeye, Looney Tunes, & Disney	Online	24
Nov. 7	Jersey Scoops Ice Cream Experience (Option 2)	In person	7
Nov. 7	Flash Talk! History & Mystery of Labyrinths	Online	25
Nov. 10	Brown Bag: Identifying & Preventing Elder Abuse	Online	14
Nov. 12	Expanded Book Reports: <i>Gentleman’s Agreement</i> & <i>Inherit the Wind</i>	Online	25
Nov. 13	How to Stay Optimistic in a Pessimistic World	In person	13
Nov. 14	Flash Talk! Citizen Science & Healthy Living	Online	25
Nov. 15	OLLI at Humboldt 20th Anniversary Celebration	In person	3
Nov. 17	Brown Bag: Living with Landslides: North Coast Region	Online	14
Nov. 18	Impressionism & Gender	Online	26
Nov. 20	A Photographic Exploration of Yurok Coastal Waters	Online	26
Nov. 24	Brown Bag: Contemporary Forest Management	Online	14

About Parking

For fall 2025, OLLI students attending classes will be provided parking. Parking details and procedures will vary depending on the class location.



All relevant parking information will be included in the class reminder email sent before the start of each OLLI class.

To ensure a smooth experience, please **read your class reminder emails carefully** — they contain the most up-to-date and essential information for your OLLI classes.

Thank you for being an OLLI participant! Enjoy your classes!

FALL 2025 • FIELD TRIP CLASSES

Exploring the Arcata Marsh

Elliott Dabill, California Naturalist

The Arcata Marsh and Wildlife Refuge was constructed as a municipal utility. Learn about the flow of water through marshes that treat wastewater. At the second meeting we will walk the marsh trails and talk about the treatment facility, the many plants that call the marsh home, and hopefully spot some birds. Register by Sept. 11.

Tues. & Thurs., Sept. 16 & 18, 10-11:50 a.m.

In person: Arcata • Class #44036

\$45 • Register: humboldt.edu/olli/marsh



KELLIE JO BROWN

Walking Tour of the Murals of Downtown & Old Town Eureka

Bob Doran, Cultural Historian

This tour will highlight major mural projects and groups, like the Rural Burl Mural Bureau led by Duane Flatmo, and discuss Eureka's transformation into a painted mural destination. Register by Sept. 25.



Tues., Sept. 30, 10-11:50 a.m.

In person: Eureka • Class #44045

\$20 • Register: humboldt.edu/olli/murals



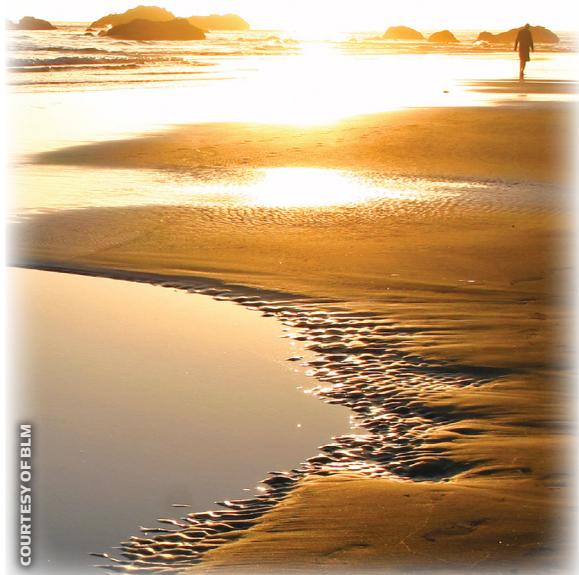
The Geology of California Coastal National Monument

**Elliott Dabill, BLM Volunteer Docent,
& Anna Arsic, BLM Park Ranger**

This class 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 Sept. 30.



Fri., Oct 3, 1-2:50 p.m. • In person: Arcata
Free to OLLI members only • Class #44037
Register: humboldt.edu/olli/geocal



FIELD TRIP CLASSES

Jersey Scoops Ice Cream Experience

**Thomas Nicholson-Stratton,
Owner of Jersey Scoops**

Get a behind-the-scenes tour to see what goes into making Jersey Scoops ice cream. This is a rare opportunity to see this modern, grade A, and local dairy production facility that turns Humboldt milk into delicious ice cream! You will take home a pint of the ice cream you make during this experience!

OPTION 1: Fri., Oct. 10

Register by Oct. 7. • Class #44048

OPTION 2: Fri., Nov. 7

Register by Nov. 4. • Class #44051

1-2:50 p.m. • In person: Loleta

\$65 • Register: humboldt.edu/olli/icecream

COURTESY OF JERSEY SCOOPS



Exploring California Coastal National Monument at Trinidad Head

**Elliott Dabill, BLM
Volunteer Docent, &
Anna Arsic, BLM Park Ranger**



Explore California Coastal National Monument from the Tsurai Trail on Trinidad Head during this intermediate hike. See how the Monument provides unique coastal habitat for marine-dependent wildlife and vegetation. Register by Oct. 8.

Sat., Oct. 11, 10-12:50 p.m. • In person: Trinidad
Free to OLLI members only • Class #44038
Register: humboldt.edu/olli/trinidad



COURTESY OF BLM

A Comprehensive Understanding of Beer & the Brewing Process

Jeff Finn, Brewer

Tour the Pale Moon Brewing Company and learn about brewing from recipe to tap, while exploring beer's history, culture, and the science and art that fuel the instructor's passion. Accessible to novices and beer snobs alike. Participants age 21+ only. Register by Oct. 30.

Tues., Nov. 4-18, 1-2:50 p.m.

In person: Arcata • Class #44050

\$60 • Register: humboldt.edu/olli/beer



COURTESY OF PALE MOON BREWING

SPECIAL INTEREST GROUP

Mystery Book Club

Ardith Tregenza, Student Success Advisor

Do you love to figure out who did it? Classic mystery authors featured in this new monthly group will include Louise Penny, PD James, Robert Barnard, Donna Leon, David Horowitz, Tana French, Anne Cleeves, and more. Join us, and suggest your favorite mystery author. Register by Oct. 10.



Tues., Sept. 30, Oct. 14, Nov. 18, Dec. 9, Jan. 13, Feb. 10, March 10, April 14, 2-3:20 p.m.
In person: Eureka • \$50 (annual) • Class #44054
Register: humboldt.edu/olli/sigmystery



ADOBE STOCK

American Mahjong for Beginners

Carrie Peyton-Dahlberg & Rosemarie Weaver, Mahjong Players

It's a brain-teaser, it's a passion, it's fun with your new best friends. Learn the game that's fascinated Americans for more than a century. We'll play with the National Mah Jongg League 2025 game card, which will be available to borrow or purchase for \$15 during class. All other materials provided. Register by Sept. 10.

Mon., Sept. 15-29, 10-11:50 a.m.
In person: Arcata • Class #44057
\$60 • Register: humboldt.edu/olli/mahjong



COURTESY OF CARRIE PEYTON-DAHLBERG

Learn Your Library! OLLI Tour of the Cal Poly Humboldt Library

Cyril Oberlander, Library Dean

Enjoy a special library tour for current and prospective OLLI members. You will be introduced to the scholars' lab, special collections, flight simulator, 3D Herbarium, Digital Dissection Table, and L4H. Register by Sept. 12.

Wed., Sept. 17, 1-2:50 p.m.
In person: On campus • Class #44063
Free to members/\$25 for non-members
Register: humboldt.edu/olli/library



COURTESY OF CAL POLY HUMBOLDT LIBRARY

IN-PERSON CLASSES

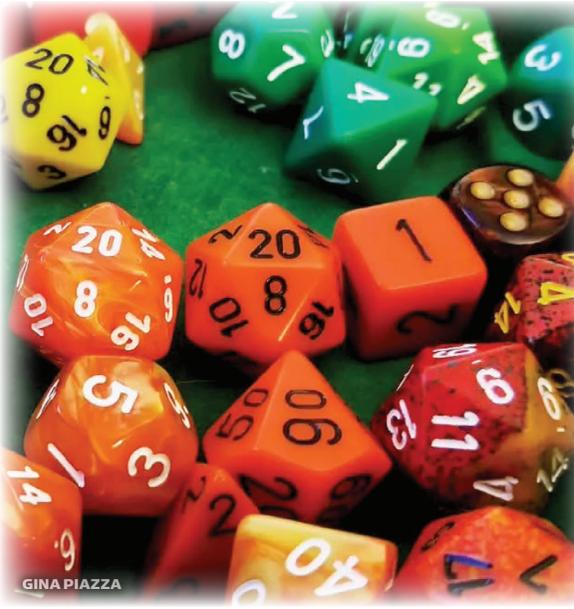
Introduction to Role-Playing Adventures

Jerry Saner, Instructor

Get introduced to role-playing games and learn how to create characters, using Dungeons and Dragons 5th Edition rules. Then use your character to explore and interact in their world. These games are a great way to expand your imagination. The instructor will provide rules handouts, character sheets, pencils, and dice. Register by Sept. 15.

Thurs., Sept. 18-Oct. 9, 1-3:50 p.m.

In person: Arcata • Class #44059
\$80 • Register: humboldt.edu/olli/games



GINA PIAZZA

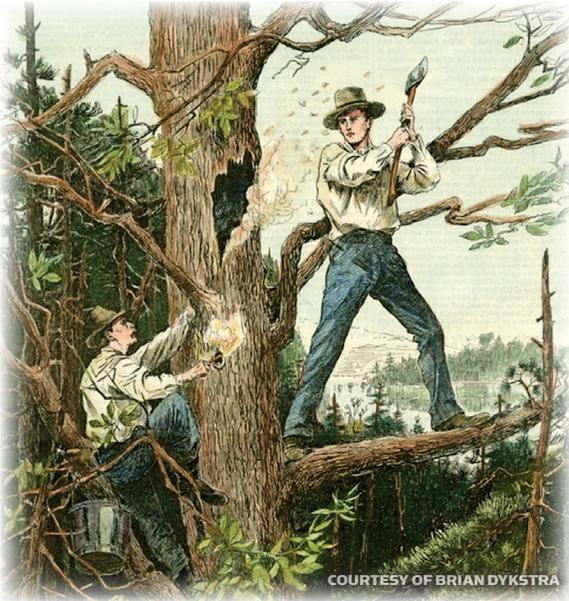
Bee-Hunters & Bee-Trees (A History in North America)

Brian Dykstra, Independent Researcher

Trees are natural nest locations for honey bees, first introduced to the North American continent in 1622. Since then people have sought and pillaged bee colonies living in “bee trees.” Meet the colorful bee-hunters of fictional fame and actual notoriety. Learn how they locate a bee tree, extract the honey, claim ownership of bee trees, and more. Register by Sept. 16.

Fri., Sept. 19, 1-2:50 p.m.

In person: Arcata • Class #44039
\$35 • Register: humboldt.edu/olli/bee



COURTESY OF BRIAN DYKSTRA

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 Sept. 17.

Sun., Sept. 21-Oct. 26, 10-11:50 a.m.

In person: On campus • Class #44058
\$90 • Register: humboldt.edu/olli/pickleball



ADOBESTOCK

FALL 2025 • IN-PERSON CLASSES

Ornithology for Birders

Mark Colwell, Professor, Wildlife

Learn the basics of bird biology, including evolutionary relationships, breeding biology, migration, flight, feathers and molt, and conservation. Weekly readings will serve to supplement lectures and discussions delivered with and enriched by online content. Register by Sept. 19.

Wed., Sept. 24-Oct. 15, 1:30-3:30 p.m.

In person: Arcata • Class #44071

\$90 • Register: humboldt.edu/olli/birders



KELLIE JO BROWN

Aging Well Holistic Tools Workshop: Create a Health Action Plan

Jan Dooley, Holistic Chiropractor

Aging well requires commitment to learning and doing. You can make a health action plan that is thoughtful, practical, and personal. Using holistic health principles, we will explore options to help you choose the most useful physical, chemical, and emotional tools gleaned from research. Register by Sept. 25.

Tues., Sept. 30-Oct. 21, 1-1:50 p.m.

In person: Arcata • Class #44066

\$45 • Register: humboldt.edu/olli/agingwell



ADOBESTOCK

Aging With Your Pelvic Floor

Sarah Landis, PT, MS, WCS

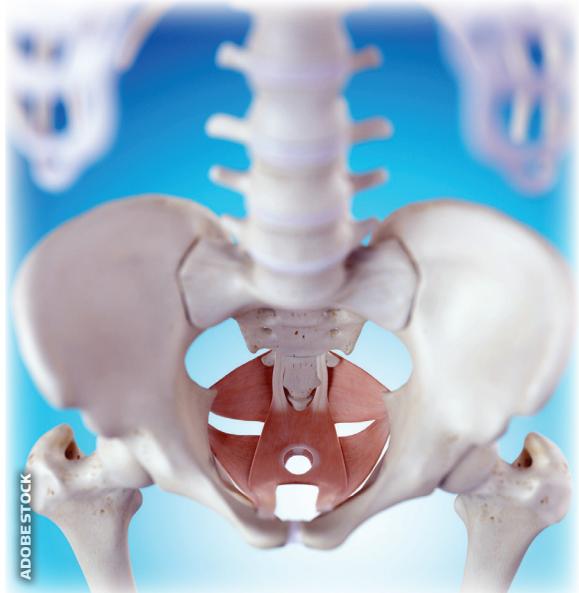
Throughout our lives, our pelvic floor must support very important functions such as urination, defecation, sex, and pleasure. This course will introduce the anatomy of the pelvic floor, its function, and some conditions that affect the pelvic floor specific to the aging process. We will go over how the pelvic floor should work and what we can do if it is not working optimally. Register by Sept. 26.

Wed., Oct. 1, 4-5:50 p.m.

In person: Arcata • Class #44067

\$50 • Register: humboldt.edu/olli/pelvic

H.



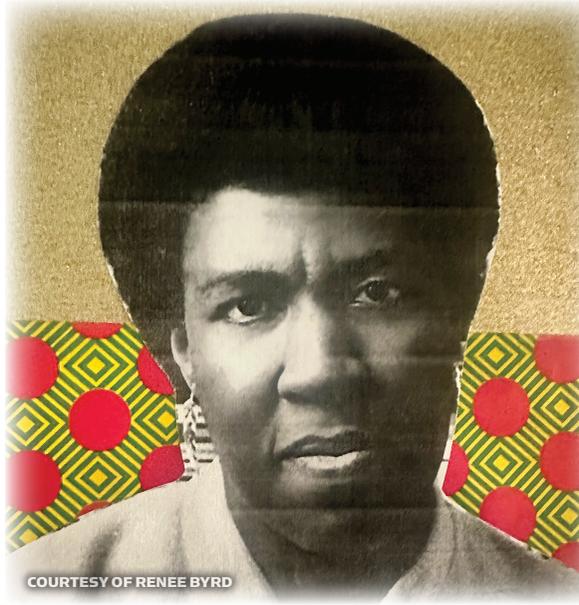
ADOBESTOCK

Walking with Octavia

Renee Byrd, Associate Professor

Explore author Octavia Butler's novel, *Parable of the Sower*, a stunning example of Black feminist science fiction and Afrofuturism. Its main character Lauren Oya Olamina, a daughter of a Baptist minister, is growing up in a small walled-in community in Southern California in a dystopian future. This course includes lectures, discussion of the novel with guiding questions, and a series of ecosomatic walking practices. Register by Sept. 29.

Thurs., Oct. 2-Oct 23, 9-11:30 a.m. H.
 In person: Arcata • Class #44072
 \$80 • Register: humboldt.edu/olli/octavia



COURTESY OF RENEE BYRD

An Introduction to The Dart Procedures

James Peck, Somatic Teacher

Learn a method to recalibrate your body systems, based on Professor Raymond Dart's "Procedures," a series of natural movements designed to invite the original patterning of the body. The Procedures can give you a chance to undo harmful habits, allowing the body to re-establish physical functioning and enhance awareness of movement. Register by Oct. 2.

Tues., Oct. 7-Nov. 4, 10-10:50 a.m.
 In person: Arcata • Class #44068
 \$60 • Register: humboldt.edu/olli/dart



Seeking Balance

Sarah Landis, PT, MS, WCS & Director, Biomechanics Lab, & Justus Ortega, Associate Dean/Professor

Get your balance tested and learn about how your limits of stability can affect your risk of falling. 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 Oct. 8.

Mon., Oct. 13-20, 3-4:50 p.m. H.
 In person: Arcata • Class #44081
 \$50 • Register: humboldt.edu/olli/balance



KELLIE JO BROWN

Channeling Your Muse: Creating a Writing Practice

Bonnie Shand, Poet

This beginning creative writing class offers an opportunity to dig deep and write about the things you want to express in prose or poetry. Learn to weave music into your use of language, to give it breath and a heartbeat. A safe environment is created for you to share your work and receive constructive feedback. Register by Oct. 13.

Thurs., Oct. 16-Nov. 13, 2-3:50 p.m.

In person: Arcata • Class #44073

\$80 • Register: humboldt.edu/olli/muse



Memoir: Writing Your Life Story

20

**Sharon Ferrett,
Emeritus Dean & Author**

This course is designed to help you write your life story, with a focus on writing about what matters most to you, allowing you to sense the joys, challenges, and transitions in your life. It is easy to put off writing about your life, but nothing is more important. Your story is a journey to wholeness and a treasured gift to loved ones. Register by Oct. 15.

Sat., Oct. 18, 10 a.m. -1:50 p.m.

In person: On campus • Class #44074

\$20 • Register: humboldt.edu/olli/memoir

Intro to Torah

Phil Lazzar, Enthusiast

Learn the essence and purpose of the Torah. Explore the wisdom of the Written and Oral Torah, including Talmudic teachings with practical relevance for everyday life, and the deeper inner meanings revealed through the teachings of Kabbalah. Register by Oct. 17.

Wed., Oct. 22-Nov. 12, 3-4:30 p.m.

In person: Arcata • Class #44075

\$20 • Register: humboldt.edu/olli/torah



Exploring Fabric Collage

Ruth Davis, Author/Artist/Coach

Playing with fabric and thread is a beautiful way to slow down and immerse yourself in the present moment. 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 scissors and fabric scraps, trinkets and other potential embellishment items to use and/or share. You don't have to buy anything for this class. No experience is necessary. Register by Oct. 22.

Sat., Oct. 25, 10 a.m.-12:50 p.m.

In person: On campus • Class #44046
\$45 • Register: humboldt.edu/olli/fabric



COURTESY OF RUTH DAVIS

Sleep: An Exploration

Jane Woodward, Researcher/Instructor

We will discuss why we sleep, what happens while we sleep, the various rhythms and stages of sleep, sleep hygiene, habits to facilitate getting to/staying asleep, and issues such as sleep apnea, use of sleep aides, sleep anxiety, napping, the impact of dementia, and how our sleep patterns may change as we age. Register by Oct. 22.

Sat., Oct. 25, 1:30-4:00 p.m.

In person: On campus • Class #44040
\$40 • Register: humboldt.edu/olli/sleep



ADOBE STOCK

Glimpses Into Artificial Intelligence

Ross Beveridge, Computer Scientist

Get a glimpse into Artificial Intelligence (AI). The first class will cover how AI has come to be, what it tells us about human thought, how it amplifies human intellect, and some thoughts on living with AI. The second class will be held in a computer lab, where everyone will get a hands-on, guided experience of what modern systems are capable of doing. Register by Oct. 23.

Tues. & Thurs., Oct. 28 & 30, 4-5:30 p.m.

In person: On campus • Class #44064
\$40 • Register: humboldt.edu/olli/ai

How to Stay Optimistic in a Pessimistic World

Ruth Davis, Author/Artist/Coach

With all the news and tragedy that surrounds us, it's easy to forget the simple joys in life. Join Ruth for some fun, interactive exercises and conversations that will help you remember what centers you, what fills you up with feeling good, and how to enjoy more of these heart sparks in your daily life. Register by Nov. 7.

Thurs., Nov. 13, 10-11:50 a.m.

In person: Eureka • Class #44077
\$30 • Register: humboldt.edu/olli/optimistic

OLLI Brown Bag Lunch

SEPT. 15

Advancing the Science: The Latest in Alzheimer's & Dementia Research

Claire Day & Kim Coelho

Get a review of Alzheimer's and dementia science, with highlights in early detection and diagnosis, some of the latest advances in clinical trials, and treatment and lifestyle interventions, including what we can do to decrease our risk of developing dementia. Learn how you can support those affected by dementias by participating in the Humboldt County Walk to End Alzheimer's.

SEPT. 22

WW2 Los Alamos & Its Impact Today

Galina Vromen

What was it like to live in WW2 Los Alamos, New Mexico, where the world's first atomic bomb was built? What were the considerations that went into using the bomb on Hiroshima and Nagasaki? How did the use of the bomb influence nuclear policy after the war? Inspired by the research for her historical novel, *Hill of Secrets*, author Galina Vromen will bring alive that momentous period and discuss its impact on nuclear proliferation today.



SEPT. 29

The Art Of Living: A Meaningful Life of Purpose

Lynn McKenna

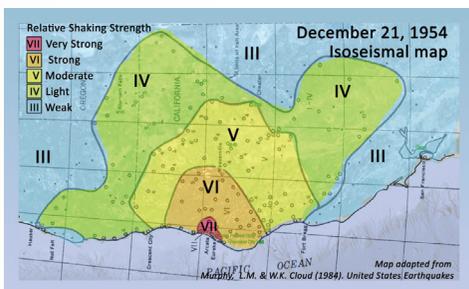
Looking for something new to do, or want to make a difference in your community? Lynn will share how and why she is involved with the Redwood Coast Music Festival, the Humboldt County Walk To End Alzheimer's, Humboldt Sponsors, and the California Retired Teachers.

OCT. 6

How Federal & State Funding Cuts Could Affect Housing in Humboldt County

Darlene Spoor

Much is happening at the federal and state level that will have an effect on people's ability to remain housed and to access nutritious food. This hour will focus on what we know that has been affected, what might be coming our way, and the impact on those people who are most affected. The impacts will be far-reaching — beyond our seniors, our unemployed, and our neighbors who are unhoused.



OCT. 13

1954 Blue Lake Earthquake

Lori Dengler

On Dec. 21, 1954, a magnitude 6.5 earthquake struck somewhere south of Blue Lake. It's the only quake in our historic catalog that may have been centered on a mapped surface fault. Recently a team of seismologists has been digging into this earthquake. What they've found provides a glimpse of seismologic history, a better picture of regional earthquake sources, and what a shallow surface rupture could mean on the North Coast.

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

FREE ONLINE PRESENTATIONS

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

OCT. 20

Update on Life Plan Humboldt

Ann Lindsay

Life Plan Humboldt (LPH) is a nonprofit developing an active senior community in the McKinleyville Town Center. Get an update on the North Coast's first nonprofit resident-led life plan community, the development timeline, the Future Residents list (waiting list), architect plans, and more.



OCT. 27

Artificial Intelligence in Your Pocket: Meet ChatGPT, Gemini, & Claude

Phil Lazzar

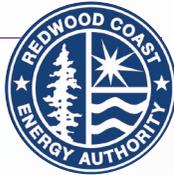
Explore the latest AI chat tools — ChatGPT, Gemini, and Claude — and how they're transforming everyday tasks like writing, researching, and staying organized. Learn what they are, how to use them safely, and how they might support lifelong learning. No technical background needed!

NOV. 3

Energy Storage for Humboldt County

Richard Engle

Learn how battery energy storage from renewable resources provides back-up energy when it is needed. As Humboldt County and the rest of the world transition to an economy powered by clean, renewable resources, batteries and other storage technologies help to match intermittent energy from wind and solar sources to the timing of when customers need electricity.



NOV. 10

Identifying & Preventing Elder Abuse

Rebecca Smith & Jenny Anders-Gable

This presentation will focus on both the practical and legal aspects of elder abuse including information on common scams, tips for spotting and preventing elder abuse, and legal tools and remedies available to victims of elder abuse.

NOV. 17

Living with Landslides: Examples from the North Coast Region

Charlie Narwold

This presentation will review the different types of landslides and provide examples of different mitigation strategies.

NOV. 24

Contemporary Forest Management

Elicia Goldsworthy

Learn how the timber industry has changed forestry practices to address contemporary concerns about wildfires, endangered species, forest management, and changing social values as they relate to growing and maintaining healthy forests.



These free presentations are sponsored by the Friends of OLLI.

More presentation details and Zoom link:

humboldt.edu/olli/brownbag

Osher Online

Learn with OLLI members across the nation!

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



OLLI MEMBERS ONLY: Register by Sept. 15 for Osher Online!

Space is limited. These classes will not be recorded. There will be no refunds for the Osher Online courses.



The African American Military Experience: From Revolution to Civil Rights

John Langellier, Historian

African Americans have served in every U.S. military conflict, and their contributions have shaped American history. This course traces their service from the War of 1812 to World War II, highlighting their valor in conflicts abroad and their struggle against segregation and discrimination at home. It is the story of their resilience, sacrifice, and fight for equality in a nation that often failed to recognize their service.

Tues., Oct. 7-Nov. 11, 4-5:30 p.m.

Online • \$60 • Class #44082

Register: humboldt.edu/olli/aamilitary

Inequality & Economic Policy

Geoffrey Woglom, Professor Emeritus, Amherst College

We will examine the causes and potential solutions to inequality in the U.S. from an economic perspective, and explore the history of different types of inequality, the underlying data and evidence, and the policy levers available to address these issues. Topics may include climate change, healthcare economics, economic inequality, economic mobility, discrimination in public policy, and the wealth gap.

Tues., Oct. 14-Nov. 18, 10-11:30 a.m.

Online • \$60 • Class #44088 • Register: humboldt.edu/olli/inequality



SEE FURTHER DETAILS AND REGISTER:

humboldt.edu/olli/osheronline

Legendary Shipwrecks of the Great Lakes: Tales from the Inland Seas

**Anna Lardinois, Author, Storyteller
& History Enthusiast**

Beneath the surface of the Great Lakes lie thousands of shipwrecks. We'll examine the tragic sinking of the Lady Elgin, the haunting legacy of the Eastland, the mystery of the Western Reserve, and the enduring legend of the Edmund Fitzgerald, and others. We'll uncover the human stories behind these disasters, the forces that doomed them, and the myths that linger today.

Thurs., Oct. 9-Nov. 13, 4-5:30 p.m.

Online • \$60 • Class #44083

Register: humboldt.edu/olli/shipwrecks



Peeking Inside the Black Box

Johnnie Hendrickson, Professor of Molecular Sciences

Have you ever felt like scientists are constantly changing their minds? Do you wonder when research can be trusted to guide decisions about health, behavior, or the environment? Get a behind-the-scenes look at the scientific process, explore how modern science developed, what scientists actually do, and what makes research reliable.

Tues., Oct. 14-Nov. 18, 12-1:30 p.m.

Online • \$60 • Class #44041

Register: humboldt.edu/olli/blackbox



American History in Six Songs (Approximately)

Matt Jennings, Professor of History

Whether you're in Macon, Memphis, Muscle Shoals, or Massapequa, music matters, and our varied musical heritage is one of the best ways to understand crucial moments in American history. Explore Indigenous expressions, colonial invasion, forced African migration, and the cultural shifts of the 19th, 20th, and 21st centuries. Through the interplay of genres and traditions, we'll examine how music captures the evolving American experience.

Tues., Oct. 14-Nov. 18, 2-3:30 p.m.

Online • \$60 • Class #44089

Register: humboldt.edu/olli/6songs



MORE OSHER ONLINE CLASSES ON NEXT PAGE ►

Osher Online

Learn with OLLI members across the nation!

◀ CONTINUED FROM PREVIOUS PAGE

Public Health in Action: Addressing Stress, Equity, & Solutions

Faith Ogungbe, Public Health Researcher

Explore the social determinants of health, the physiological mechanisms of stress, and the effects of stress on health and well-being. Examine stress- and health-related theoretical frameworks. Through this course, you will gain an understanding of the factors that influence health and engage in discussions on the importance of equitably promoting health and well-being across populations.

Wed., Oct. 15-Nov. 19, 4-5:30 p.m.

Online • \$60 • Class #44091 • Register: humboldt.edu/olli/publichealth



In Darwin's Footsteps: Journey to the Galapagos

Eric Simon, Professor of Biology

From 1831-1836, Charles Darwin sailed aboard the HMS Beagle, collecting data in the Galapagos Islands and elsewhere, that later formed part of the basis for his publication, *On the Origin of Species*. The ideas presented in that volume remain the foundation of all modern biological thought. Examine the historical and cultural context of Darwin's era, follow his journey, discuss how he came to his ideas, and explain his theories in detail.

Thurs., Oct. 16-Nov. 20, 8-9:30 a.m.

Online • \$60 • Class #44042
Register: humboldt.edu/olli/darwin

About Osher Online

Osher Online was created by the Osher National Resource Center (NRC) at Northwestern University to expand member access, institute collaboration, sharing of resources, and to ensure the legacy of the Osher Institutes across the nation. These six-week classes are delivered by the Osher NRC, and its staff will provide moderator and technical assistance.

OLLI MEMBERS ONLY: Register by Sept. 15 for Osher Online!

Space is limited. These classes will not be recorded. There will be no refunds for the Osher Online courses.

SPECIAL INTEREST GROUP

Live & Local Concert Previews

Have more fun at local concerts!

Join musician **Elizabeth Morrison** on Mondays before each Eureka Symphony classical concert to preview the music, explore the composers, and learn about the musicians who bring the performances to life.

Whether you're new to classical music or a longtime enthusiast, all you need is curiosity and an eagerness to learn more about what you'll hear at the Symphony.

This year, the focus is on the five concerts of the 2025-2026 Eureka Symphony season. You'll dive into timeless works like Beethoven's *Piano Concerto No. 4*, featuring pianist John Chernoff, and discover *Ghost of the White Deer*, a powerful bassoon concerto by Chickasaw composer Jerod Impichchaachaaha' Tate.

Each session includes musical excerpts, background on the composers, and insights into the performers and soloists.

This group is free for OLLI members, thanks to the generous support of the Eureka Symphony.

**Mon., Sept. 22 & 29, Dec. 1, March 2, April 6,
May 18 & 25, 6-7:30 p.m. • Class #44055**
Online • Free to OLLI members only!



Eureka
SYMPHONY
World Classics, North Coast Musicians

REGISTER: humboldt.edu/olli/concerts



Flash Talk! Digital Confidence: Identifying Scams

Liz Lujan, Cal Poly Humboldt Staff & Computer Scientist

Learn to spot the signs of common digital scams and take steps to protect yourself from falling victim. We'll cover simple, practical techniques to keep your personal and financial information safe. With easy-to-follow tips, you'll gain the confidence to recognize scams, avoid pitfalls, and keep your personal information secure. Register by Sept. 23.

Fri., Sept. 26, 12-12:50 p.m. • Online \$20 • Class #44065

Register: humboldt.edu/olli/digital **H.**

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ADOBE STOCK

Plants, Powders, & Pills: The Medicine in Your Kitchen, Cabinets, & Backyard

Dusty Larrazolo, Graduate Student/Health Scientist, & Jane Woodward, OLLI Instructor

Explore healing powers hidden in everyday foods, spices, and natural products, focusing on the Humboldt Bay environment. Find out how common items in your kitchen, cabinets, and backyard have been used for centuries for medicinal purposes, and what modern science says about them. Register by Sept. 11.

Tues., Sept. 16-23, 1-2:50 p.m. • Online \$45 • Class #44069

Register: humboldt.edu/olli/medicine



ADOBE STOCK

Gaia Hypothesis

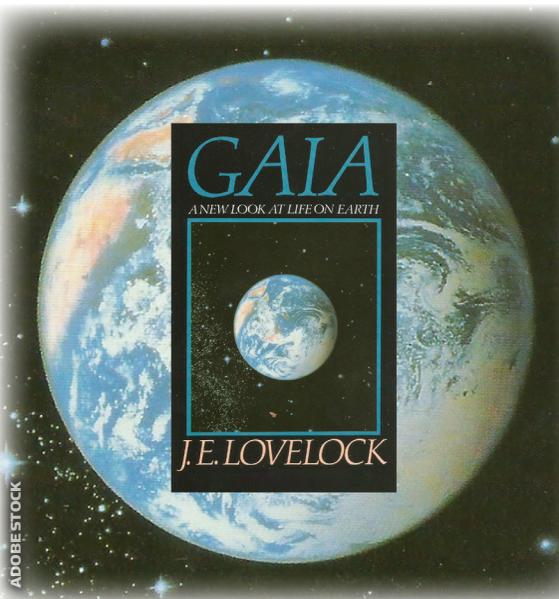
Molly Cate, Humanitarian Educator

We'll examine James Lovelock's 1979 book, various criticisms of it, and explore the contributions of others, such as Rachel Carson, the "Sun Queen" Mária Telkes, and science communicator David Suzuki, to our understanding of nature, all in light of our current experience of climate change. Does the Earth behave as a self-regulating, living organism that maintains conditions suitable for life? Register by Sept. 19.

Wed., Sept. 24-Oct. 8, 10-11:50 a.m.

Online • Class #44043

\$60 • Register: humboldt.edu/olli/gaia



ADOBE STOCK

FALL 2025 • ONLINE CLASSES

Northern Humboldt Indians

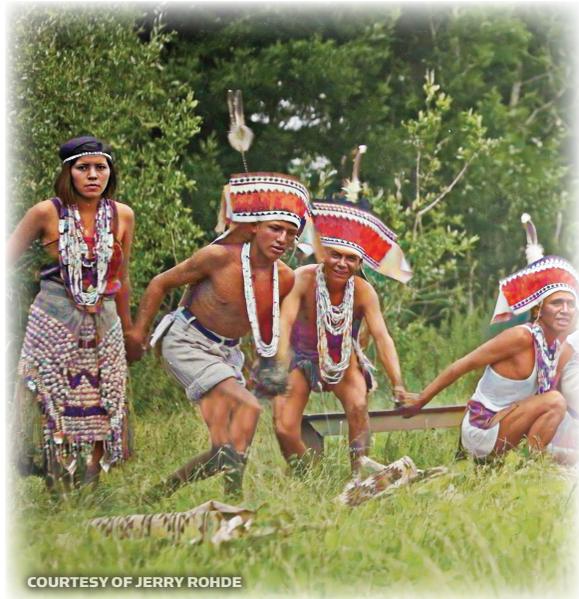
Jerry Rohde, Historian & Ethnographer

This course will be based on the instructor's recently published book, *Northern Humboldt Indians, Volume 5*, in his series *History of Humboldt County Peoples and Places*. It will cover the 15-year genocide as it affected the Wiyot, Yurok, Karuk, Hupa, Whilkut, Tsungwe, and Mawenok tribes and bring their history forward to the 1950s. Register by Sept. 24.

Sat., Sept. 27, 1-2:50 p.m.

Online • Class #44084

\$35 • Register: humboldt.edu/olli/nhindians



COURTESY OF JERRY ROHDE

“Far Out” Medicine: Science & History of Psychedelics

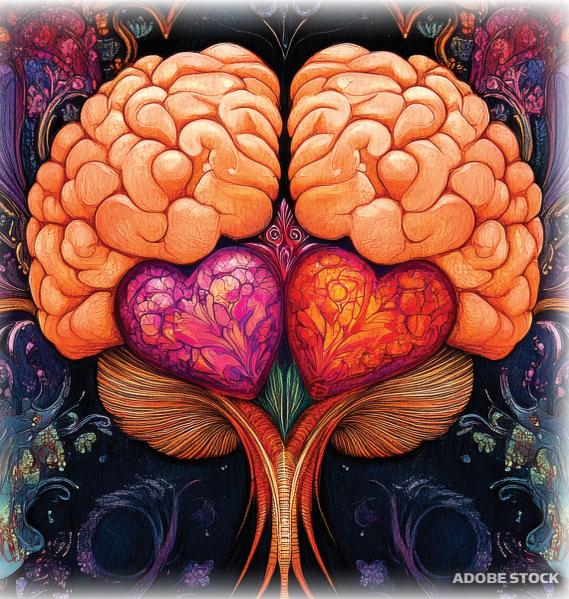
Dusty Larrazolo, Graduate Student/ Health Scientist, & Jane Woodward, OLLI Instructor

Explore the world of psychedelics that have shaped human consciousness for centuries, from ancient rituals to cutting-edge scientific research. This class includes lively discussions, readings, and guest experts. Register by Oct. 20.

Thurs., Oct. 23-Nov. 6, 11 a.m.-12:30 p.m.

Online • Class #44079

\$60 • Register: humboldt.edu/olli/farout



ADOBE STOCK

Intrepid Women

Molly Cate, Humanitarian Educator

Meet women who transformed our world through science, fashion and other arts, civic engagement, or by courageously standing up to bullying. Some were honored in their lifetimes. Some were denied recognition. Others simply sought justice. The course uses a lecture/discussion format plus video clips. Register by Oct. 10.

Wed., Oct. 15-29, 10-11:50 a.m.

Online • Class #44085

\$60 • Register: humboldt.edu/olli/intrepid



WIKIMEDIA COMMONS

Wine Retail Round Up: “Sip in Place” with Domestic Wines

**Elizabeth Hans McCrone,
Wine Writer/Educator**

Want to find great wines without spending a fortune? This class will guide you through a selection of budget-friendly quality domestic wines. Ahead of class, you'll receive a detailed list of a variety of recommended wines, prices, and where to buy them. This class includes a live tasting of selected wines. Become a smarter wine shopper and enjoy better wine! Participants age 21+ only. Register by Oct. 13.

Thurs., Oct. 16, 6-7:30 p.m.

Online • Class #44052

\$35 • Register: humboldt.edu/olli/wine



Flash Talk! Climate Gardening

Steve Saint Thomas, Permaculturist

The world is facing the hottest years on record. Permaculture is one path towards a course correction — and you can help! By climate gardening, students will learn how to be a part of cutting emissions and regenerating the Earth's topsoil. If you have a garden — or want one — you can be a part of localizing our food system, a huge paradigm shift towards a sustainable world. Register by Oct. 14.

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Fri., Oct. 17, 12-12:50p.m. • Online

\$20 • Class #44044

Register: humboldt.edu/olli/gardening



COURTESY OF STEVE SAINT THOMAS

Ancient & Medieval Worlds of Macedonia, Poland, & Belize

Jeff Crane, Historian & Dean of the College of Arts, Humanities, & Social Sciences

Learn about the ancient and medieval worlds of Macedonia, Poland, and the Mayans of Belize. The course is a combination of readings as well as presentations by anthropology faculty managing research sites and field schools in these regions. You will also learn about the current research conducted there by Cal Poly Humboldt faculty, students, and staff. Register by Oct. 17.

Wed., Oct 22-Nov. 19, 1-2:50 p.m. • Online

\$80 • Class #44086

Register: humboldt.edu/olli/ancient **H.**



ADOBE STOCK

FALL 2025 • ONLINE CLASSES

Wine Retail Round Up: “Sip in Place” with Imported Wines

**Pam Long, Wine Educator
& Industry Veteran**

Want to explore the world of international wines without breaking the bank? Learn about affordable imported wines from around the globe. Prior to the class, you will receive a list of a variety of recommended wines, including prices and where to find them locally. Then participate in an online guided tasting, while learning how to identify quality and value. Participants age 21+ only. Register by Oct. 20.

Thurs., Oct. 23, 6-7:30 p.m.

Online • Class #44053

\$35 • Register: humboldt.edu/olli/wine2



ADOBESTOCK

Flash Talk! Guide to the Best of Humboldt

**Julie Stewart, OLLI Coordinator
& Humboldt Enthusiast**

What makes Humboldt County California's best kept secret? For one longtime transplant, it's the mix of small surprises, strong community, and places with that special something. This personal opinionated guide shares local gems and includes a take-home "Humboldt Bucket List." Register by Oct. 21.

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Fri., Oct. 24, 12-12:50 p.m.

Online • Class #44093

\$20 • Register: humboldt.edu/olli/best

H.



JULIE STEWART

Exploring the Music of Betty Boop, Popeye, Looney Tunes, & Disney

**Sam & Candy Caponegro, Musical,
Movie, & Broadway Historians**

Step back in time and discover the hidden musical gems of classic cartoons that came out of Fleischer Studios and Looney Tunes, from beloved cartoon characters like Betty Boop, Popeye, Bugs Bunny, and Daffy Duck. You'll be surprised by the adult themes and sophisticated musical arrangements. Register by Oct. 31.

Wed., Nov. 5, 10-11:50 a.m.

Online • Class #44090

\$35 • Register: humboldt.edu/olli/boop



ADOBESTOCK

Flash Talk! History & Mystery of Labyrinths

Kathryne DeLorme, MA,
Labyrinth Facilitator

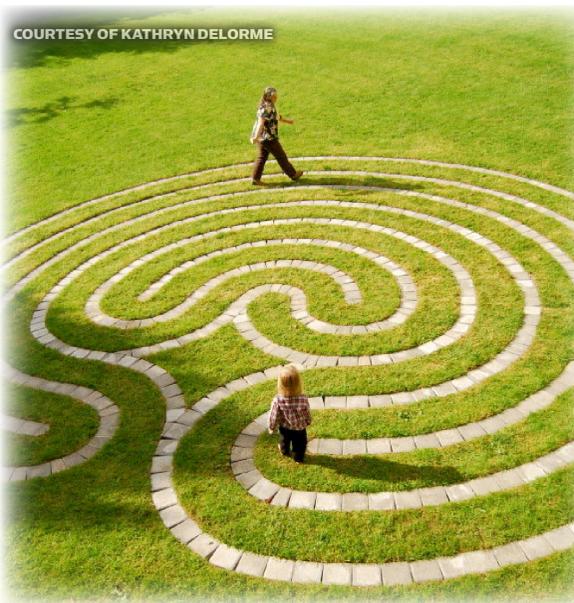
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The labyrinth is an ancient metaphor for the journey of life. Walking a labyrinth is an intuitive experience requiring no analytic thought, freeing the mind and heart to receive insights and find inner peace. The history of labyrinths is a journey through time and cultures. Learn how to use the labyrinth walk as a practice for enriching wholeness and wellbeing. Register by Nov. 4.

Fri., Nov. 7, 12-12:50 p.m.

Online • Class #44080

\$20 • Register: humboldt.edu/olli/labyrinths



Expanded Book Reports: Gentleman's Agreement & Inherit the Wind

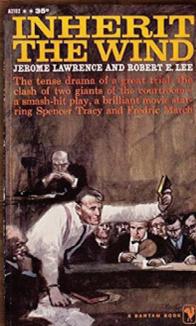
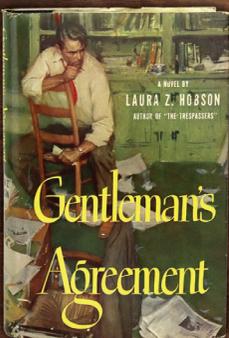
Molly Cate, Humanitarian Educator

Investigate two fictional studies of bias in American life. The 1947 novel/film *Gentleman's Agreement* exposed the anti-Semitism of the post-WW II era. The 1955 play and 1960 film, *Inherit the Wind*, were critiques of the McCarthy Era through dramatizing the 1925 Scopes "Monkey" trial that prosecuted a Tennessee educator for teaching evolutionary theory. Register by Nov. 6.

Wed., Nov. 12-19, 10-11:50 a.m.

Online • Class #44087

\$60 • Register: humboldt.edu/olli/expanded



ADOBESTOCK

Flash Talk! Citizen Science & Healthy Living

Dusty Larrazolo, Graduate Student/
Health Scientist, & Jane Woodward,
OLLI Instructor

20

Discover how everyday technology and citizen science empower your health! In this course, you will explore nutrition logs, fitness and mental health apps, symptom trackers, gut microbiome kits, and more, to take control of your wellness journey. Register by Nov. 10.

Fri., Nov. 14, 12-12:50 p.m.

Online • Class #44070

\$20 • Register: humboldt.edu/olli/citsci



ADOBESTOCK

Impressionism & Gender

Julie Alderson, Art Historian

From the recent Gustave Caillebotte exhibition “Painting Men” at the Getty Museum to issues of feminism in the art of Mary Cassatt, this class will look at how gender was depicted in 19th century French Impressionism. Register by Nov. 13.

Tues., Nov. 18, 10-11:50 a.m.

H.

Online • Class #44047

\$35 • Register: humboldt.edu/olli/impressionism



WIKIMEDIA COMMONS

A Photographic Exploration of Yurok Coastal Waters

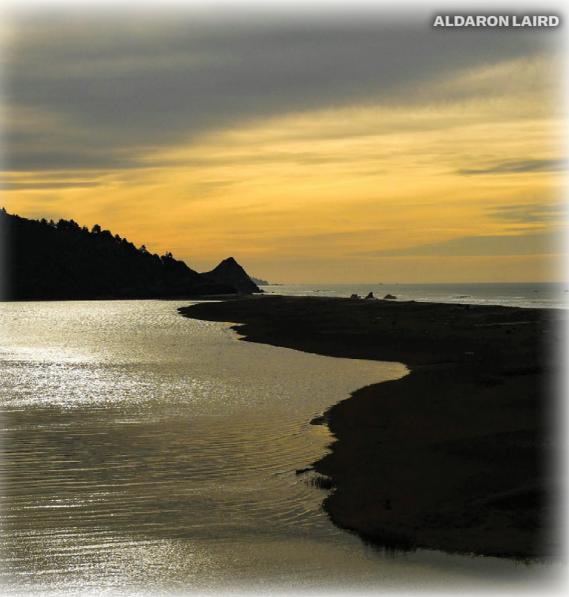
Aldaron Laird, Retired Environmental Planner & Photographer

Explore the Yurok coastal waters from Sue Meg to Ossagon Rocks. The instructor will take you on a photographic tour of this area. Register by Nov. 17.

Thurs., Nov. 20, 1-2:50 p.m.

Online • Class #44094

\$35 • Register: humboldt.edu/olli/yurokcoast



ALDARON LAIRD

SPECIAL INTEREST GROUP

Book Club

Mike Zeppegno & Dan Chandler, Co-Leaders



Choose and discuss books from all genres, on the third Wednesday of the month. Monthly selections are listed at humboldt.edu/olli/bookclub.

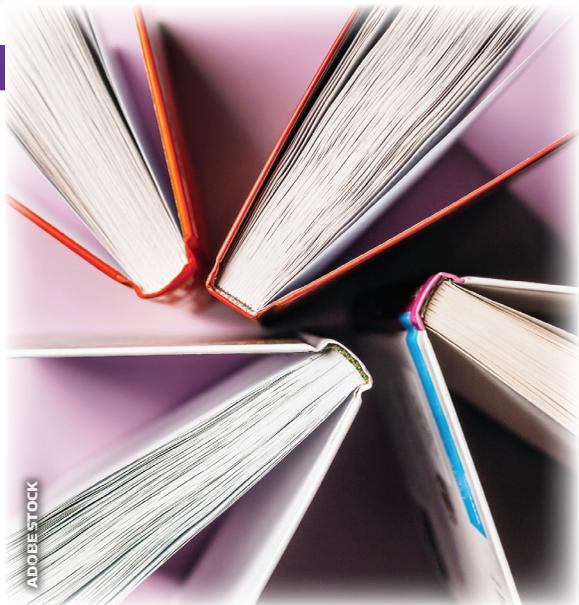
Wed., Sept. 17, Oct. 15, Nov. 19, Dec. 17,

Jan. 21, Feb. 18, March 18, April 15

5-6:30 p.m. • Online • Class #44017

\$50 (annual) • Limited space available

Register: humboldt.edu/olli/bookclub



ADOBE STOCK

Be an early bird!

REGISTRATION OPENS AUG. 27 FOR OLLI MEMBERS ONLY!

During this time, only members can register for classes. *Registration opens to everyone on Sept. 3.*

Want early access? Become an OLLI member today and get first choice of classes before they fill! Be sure to register at least three business days before the start of the class.



JOIN, RENEW, REGISTER: 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.



4 DAYS OF AMERICAN ROOTS MUSIC

in Old Town and Downtown Eureka

**Traditional & Hot Jazz • Swing
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

How to register for **OLLI** classes

Early registration opens Aug. 27 for members!

ONLINE: To register for classes online, go to the link listed under the class in this catalog, and select the “register” link. Or select classes directly on the online registration form:

humboldt.edu/olli/regform

Registration opens for OLLI members on Aug. 27. Everyone can register starting Sept. 3.

IN PERSON: OLLI 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.). *You may also register in-person at the Open House on Sept. 6. (See back cover.)*

BY MAIL: Download and print the OLLI online registration form: **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: All Cal Poly Humboldt students (including OLLI students) 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 online registration 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 12 p.m., **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

Complete a drop form for each class you want to drop. Note that field trip classes and Special Interest Groups 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.

See the OLLI drop policy and form:
humboldt.edu/olli/drop

Enjoy your **OLLI** classes!

Let's Connect!

FREE Online Conversations

Fridays starting Sept. 19, 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. 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

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

Jacques Beaupre

Christine Cogen

Carl Hansen

Doug Hartley

Laura & John Hennings

Sheila & Chris Rocker Heppe

Mary Kline

Rollie Lamberson

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