

OSHER
LIFELONG
LEARNING
INSTITUTE

Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

FALL 2026

*Lifelong Learning
for students 50 & better*

Cal Poly
Humboldt.

OLLI Humboldt.



Osher Lifelong Learning Institute at Cal Poly Humboldt

- Web:** humboldt.edu/olli
Facebook: @CalPolyHumboldtOLLI
Instagram: @calpolyhumboldtolli
YouTube.com/@ollihumboldt
- Location:** Cal Poly Humboldt Library
Room 203 (2nd floor)
1 Harpst St., Arcata, CA 95521
- Hours:** Mon.-Fri., 10 a.m.-3 p.m. (closed 12-1)
- Phone:** (707) 826-5880
- E-mail:** olli@humboldt.edu

OLLI Staff

Dean, Library.....Cyril Oberlander
Acting RegistrarLiz Lujan
Interim OLLI Program CoordinatorMairead Sardina
Program Support Specialist.....Dane Oppenborn
Administrative Business SpecialistMaddy McLaughlin
Graphic/Web DesignerGrace Kerr
Student Assistant.....Jona Hunt
Marketing/Outreach CoordinatorJessica Welch

OLLI Curriculum & Advisory Committees

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

OSHER
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Classes for everyone

REGISTRATION OPENS SEPT. 9 FOR OLLI MEMBERS!

Registration opens to non-members on Sept. 12. Want early access? Become an OLLI member today and get first choice of classes before they fill! Join now! humboldt.edu/olli/join

Registration for classes closes three business days before the class start date. (See page 12 for registration details.)

Before you register: Review the class listings carefully for the class schedule and delivery method. 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. Online classes will be recorded, unless otherwise indicated: 

About class fees: Class fees shown reflect the **OLLI member rate**. Non-members pay an additional \$25 per class. Classes are **open to anyone 18+**, as space allows. For details, see "How to register for OLLI" on page 12.

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.

You belong with **OLLI**

**Open
House**

SAT., SEPT. 12

See pg. 2

OLLI 2026-2027 Membership: \$45

The membership year runs through June 30, 2027. Memberships are non-refundable.

JOIN OR RENEW: **humboldt.edu/olli/join**

WHAT OLLI OFFERS TO THE COMMUNITY

- Diverse year-round classes and events
- A thriving community of lifelong learners
- Opportunities to learn and connect with friends
- Classes designed for those 50 and better
- Engaging instructors
- Relaxed and friendly learning environment
- Anyone 18+ can join



JOIN **OLLI**

OLLI MEMBER BENEFITS

- Reduced class fees and priority registration
- Members-only events, classes, and special interest groups
- University library access (with limitations)
- OLLI Newsletter by email
- Access to the university Student Recreation Center (for additional fee)
- Option to purchase a Jack Pass (for additional fee)
- Shared opportunities with OLLI nationwide
- Discounts at participating local businesses

DISCOUNTS TO OLLI MEMBERS

Show your OLLI student ID to get discounts at these locations:

- Adventure's Edge: 10% off regular priced items
- Cafe Brio: 10% off
- Coffee Break: 10% off (12-4 p.m.)
- Gyro Shop, Arcata: 15% off
- Minor Theatre: \$2 off ticket
- Northtown Coffee: 10% off Mon.-Fri.
- Roman's Kitchen: 15% off
- Wildberries: 10% off on Saturdays

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/back cover photos: OLLI Birdwatching class at Arcata Marsh, by Liz Lujan

Opposite page photo: Tillandsia by Grace Kerr

Page 12 photo: USCG Station and Humboldt Bay, by Grace Kerr

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

Welcoming OLLI to Its New Home at the Library: *A Partnership of Gratitude*

From Cyril Oberlander, Dean, Cal Poly Humboldt Library

The more I learn about the OLLI program, the more excited I am for the Cal Poly Humboldt Library to become the new home for such a vibrant community. The library staff and I are truly honored to welcome OLLI and to get to know you better. Lifelong learning is about building community by connecting people and ideas, and we look forward to doing that with you.

I would like to sincerely thank the outstanding staff at the College of Extended Education as they continue to support OLLI and train Library staff on operations during this transition.

Fall Open House

We are especially excited to host the upcoming Fall Open House:

Saturday, Sept. 12, 2026, 11 a.m.–1 p.m.
Cal Poly Humboldt Library
Fishbowl, second floor

At the open house, you can tour OLLI's new space, meet me, and share your feedback and suggestions for the future of OLLI. Together, we hope to make the library a welcoming home for more than 1,000 OLLI members and ensure this institute thrives for years to come.

I am also eager to offer engaging volunteer opportunities and find new ways for student assistants and Library Scholar interns to collaborate with OLLI. These opportunities can create an intergenerational bridge to foster connections and learning across communities.

Lessons from Abroad: Global Lifelong Learning

I recently traveled to Korea for the World Library and Information Congress, a gathering of 3,000 librarians from around the world. It was inspiring to be part of this global community and to present a paper and poster highlighting our Library's work engaging students in real-world projects — ranging from AI and local history to publishing and special collections.



During this trip, I also visited the National Library of Singapore, where I saw firsthand how libraries foster curiosity and lifelong learning. During a three-hour tour, I explored interactive exhibits and gamified archives.

I was especially impressed with the library's peer-led learning communities. Our conversations focused on the importance of building connections across communities and providing engaging learning opportunities. I also highlighted the amazing impact of our OLLI program.

OLLI already has a strong community, and the library is honored to become its new home. We value your voice, perspective, and continued support as we start this next chapter.

Please join us on Sept. 12 to celebrate together!

Cyril

IN-PERSON CLASSES

Beginning Pickleball: Skills & Drills

Jerry Saner, Instructor

This class will introduce you to pickleball. Learn how to stand, basic mechanics of play, how to score, and the basic strategies and tactics. All equipment is provided. You should dress in comfortable clothing (please, no running shoes), and come ready to learn and play. Register by 12 p.m., Sept. 17.

Sun., Sept. 20-Oct. 11, 10 a.m.-12 p.m.

In person: Arcata
\$75 • Details: humboldt.edu/olli/pickleball

Therapeutic Journaling

**Jocelyn Heaney,
Lecturer, Cal Poly Humboldt**

Do you find it difficult to stick to a journaling practice? This class offers a variety of journaling methods for those who want to establish a journaling practice, but feel stuck, anxious or uninspired. From micro journaling to collage and letter writing, we will explore various forms of journaling, offering a modality for various comfort levels and time commitments. Register by 12 p.m., Oct. 4.

Wed., Oct. 7-14, 2-4 p.m.

In person: Arcata
\$60 • Details: humboldt.edu/olli/journaling

Building Community: A Primer for Civility, Citizenship, & Civic Discourse

Sharon Ferrett, Emeritus Dean

In a world that often seems divided and polarized, we long for trust, communication, and respect. Many are concerned about the rancor, discourse, and fragmentation that we see. We have lost a sense of community. Explore simple ways to increase the sense of belonging, encourage dialogue and promote kindness, tolerance and understanding. Create connections, form bonds of fellowship, and truly see and hear other people. This class will look at ways to build community, civility and common good. Register by 12 p.m., Sept. 30.

Sat., Oct. 3-10, 10 a.m.-12 p.m.

In person: Arcata
\$60 • Details: humboldt.edu/olli/community

Ancient Stoics & the Contented Life

Elliott Dabill, California Naturalist

This class will summarize one version of the classic Stoic philosophy, including how to live a contented life, how to handle insults, how to manage difficult decisions – all developed thousands of years ago (before cell phones and modern distractions). Register by 12 p.m., Oct. 17.

Tues., Oct. 20, 10 a.m.-12 p.m.

In person: Arcata
\$40 • Details: humboldt.edu/olli/stoics

More Puzzles & Paradoxes for the Curious Minds

Stuart Moskowitz, Metagrobologist

Whether you took the puzzle class last spring or not, this course is for you. We'll explore all new mechanical puzzles of all different types (except no jigsaw puzzles). We'll explore their history, we'll make a few of our own, and we'll have a puzzle party modeled after The International Puzzle Party (IPP). Register by 12 p.m., Oct. 18.

Wed., Oct. 21-Nov. 4, 2-4 p.m.

In person: Arcata
\$65 • Details: humboldt.edu/olli/puzzles



FALL 2026 • IN-PERSON CLASSES



Coastal Resilience

**Jennifer Ortega, Education Manager,
Friends of the Dunes**

Join Friends of the Dunes for a behind-the-scenes look at dune restoration at the Humboldt Coastal Nature Center. Learn how decades of dedicated restoration work have transformed invasive plant dominated landscapes into thriving native dune habitats that support rare plants, pollinators, and wildlife. This field trip will explore the challenges and successes of restoring one of California's most unique coastal ecosystems and highlight the important role that community volunteers play in the stewardship of these special places. Register by 12 p.m., Oct. 16.

Tues., Oct. 20, 2-4 p.m.

In person field trip: Arcata

\$60 • Details: humboldt.edu/olli/coastal

Barbara Kingsolver: A Literary Voice Of Conscience

Bonnie Shand, Poet

Pulitzer Prize winning novelist, poet, and essayist Barbara Kingsolver is the ultimate storyteller. Her books are rich with empathy that helps guide her readers to an understanding of the chaos inherent in contemporary life. In this class, we will discuss her career and her extensive body of work. Register by 12 p.m., Oct. 19.

Thurs., Oct. 22-Nov. 5, 2-4 p.m.

In person: Arcata

\$65 • Details: humboldt.edu/olli/kingsolver

Painting With Scissors

Louise Bacon-Ogden, Artist

With colorful paper and scissors, we will create art inspired by Henri Matisse. Suggested abstract shapes and (Matisse's favorite) undersea creatures he loved when visiting the tropics. Shapes will then be glued onto paper to create a pleasing piece of art. Register by 12 p.m., Oct. 20.

Fri., Oct. 23, 2-4 p.m.

In person: Arcata

\$40 • Details: humboldt.edu/olli/scissors

Beginning Badminton: Skills & Drills

Jerry Saner, Instructor

Learn the basic mechanics of playing badminton, how to score, and the game's strategies and tactics. All equipment will be provided. Register by 12 p.m., Oct. 22.

Sun., Oct. 25-Nov. 15, 10 a.m.-12 p.m.

In person: Arcata

\$75 • Details: humboldt.edu/olli/badminton

Thinking Through AI

Ross Beveridge, Computer Scientist

Explore conversational AI as a tool for inquiry, creativity, learning, and problem solving, and how human-AI partnerships reshape our understanding of intelligence. Register by 12 p.m., Oct. 24.

Tues./Thurs., Oct. 27 & 29, 10-11:30 a.m.

In person: Arcata

\$45 • Details: humboldt.edu/olli/ai

Jersey Scoops Experience

**Emily Diehl, Dairy Pasteurizer/
Product Developer, Jersey Scoops**

Enjoy a behind-the-scenes tour to see what goes into making Jersey Scoops ice cream. 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! Register by 12 p.m., Nov. 17.

OPTION 1: **Fri., Oct. 30, 1-3 p.m.**

OPTION 2: **Fri., Nov. 20, 1-3 p.m.**

In person field trip: Loleta

\$72 • Details: humboldt.edu/olli/icecream

The History of Quacks & Charlatans In Humboldt

Lynette Mullen, Historian

In the late 19th and early 20th centuries, Humboldt County attracted clairvoyants, fortune tellers, and medical quacks who promised miracles – and scammed local residents instead. Join a local historian to learn about “bloodless surgeon” the Great Fer-Don, medium Elsie Reynolds, and other unforgettable fraudsters.

Register by 12 p.m., Nov. 2.

Thurs., Nov. 5, 10 a.m.-12 p.m.

In person: Arcata

\$40 • Details: humboldt.edu/olli/quacks

The Male Pelvic Floor: Understanding Bladder, Bowel, Sexual, & Core Health

Sarah Landis, PT, MS, WCS

Discover the important role of the male pelvic floor in bladder, bowel, sexual, and core health. This evidence-based course explores common pelvic floor conditions, healthy aging, prostate-related concerns, and practical strategies for improving function and quality of life. No medical background is required. Register by 12 p.m., Nov. 3.

Fri., Nov. 6, 10-11:30 a.m.

In person: Arcata

\$40 • Details: humboldt.edu/olli/male **H.**

Heroic Confidence & Anti-Fragile Living Workshop

Madlen Simms, Certified Personal Trainer, Nutritionist, & Wellness Coach

Ready to feel stronger, clearer, and more unstoppable? This hands-on, inspiring workshop helps you uncover the wisdom in your life story, transform challenges into confidence, and build resilience that lasts. Move, reflect, and laugh your way toward living boldly – no matter what life brings. Register by 12 p.m., Nov. 7.

Tues./Thurs., Nov. 10 & 12, 2-4 p.m.

In person: Arcata

\$60 • Details: humboldt.edu/olli/heroic



ACTUAL SIGHT SEEN NIGHTLY—10,000 PEOPLE SAW AND HEARD FER-DON SATURDAY NIGHT

COURTESY OF LYNETTE MULLEN

Move Well for Life & Longevity

Jazz Lewis, Intentional Fitness Founder

Discover simple daily practices designed to support mobility, balance, posture, and long-term health and wellness. You will learn a 15-20 minute movement program along with practical tools for breath training, pelvic floor and core/spinal health, TMJ and ocular training, and balance development to improve how the body moves and functions over time. Register by 12 p.m., Nov. 12.

Sun., Nov. 15, 10 a.m.-12 p.m.

In person: Arcata

\$45 • Details: humboldt.edu/olli/move

Seeking Balance

Sarah Landis, PT, MS, WCS

Learn about your limits of stability and balance and what you can do to decrease your fall risk. This is an opportunity to work with knowledgeable professionals in order to gain the insight you seek. Register by 12 p.m., Nov. 15.

Wed./Fri., Nov. 18 & 20, 10 a.m.-12 p.m.

In person: Arcata

\$55 • Details: humboldt.edu/olli/balance **H.**



Worldview of the Bhagavad Gītā

**Brian Mistler,
Lifelong Student & Educator**

Who am I? What is mind, and what is awareness? The ancient Vedic text Śrīmad Bhagavad Gītā addresses such questions with precision. Discussion-based reading of selected verses looking both at word etymology and big picture concepts to support our enquiry. All backgrounds welcome. Register by 12 p.m., Sept. 14.

Thurs., Sept. 17-Oct. 1, 2-3:30 p.m.

Online

\$55 • Details: humboldt.edu/olli/bhagavad

In the Tradition: Ethnic Music from Around the World

**Daniel Chandler,
Performer & Radio Host**

Ethnic music is a source of the most interesting sounds you may never have heard. In this course we will listen to different types of music from many cultures. Discussion will focus on our own listening experience and illustrations of non-western scales, rhythms, and vocal styles. Register by 12 p.m., Sept. 12.

Tues., Sept. 15-29, 5-6:30 p.m.

Online

\$45 • Details: humboldt.edu/olli/tradition

Are You Eating Healthy? Let's Find Out

**Gopal Kapur,
Founder & President, Kapur Foundation**

According to the American Heart Association, nearly half of U.S. adults have cardiovascular disease or chronic illness. Research shows nutrition is critical to health. Improving diet can prevent or reverse hypertension, heart disease, and type 2 diabetes, while lowering risks of dementia and cancers. The instructor outlines a proven approach to healthier, longer living. Register by 12 p.m., Sept. 13.

Wed. & Thurs., Sept. 16-25, 10 a.m.-12 p.m.

Online

\$75 • Details: humboldt.edu/olli/eating



Purposeful Retirement: Your Next Chapter

Raj Bhargava, Business Executive

Retirement offers an opportunity to create a meaningful and fulfilling next chapter. Drawing on behavioral science, this interactive workshop series helps participants explore purpose, resilience, mindset, and habits through guided reflection, peer discussion, and practical exercises. Leave with greater clarity, achievable goals, and strategies to move forward with confidence. Register by 12 p.m., Sept. 15.

Fri., Sept. 18-25, 2-3:30 p.m.



Online

\$45 • Details: humboldt.edu/olli/retirement





We've Been Here Before: The Digital Revolution & the Human Constant

**David Armstrong,
Educator & Technology Specialist**

Over the last 50 years, major technologies have followed a common pattern: reshaping identity, living patterns, relationships, and social inequality, while also creating new forms of empathy and community. We'll explore technology through a sociological lens, showing how people repeatedly adapt new tools toward collaboration, resilience, and human connection. Register by 12 p.m., Sept. 21.

Thurs., Sept. 24, 10-11:30 a.m.

Online • \$40 • Details: humboldt.edu/olli/digital

Introduction to Honeybees & Beekeeping

Dick LaForge, Beekeeper

Designed for gardeners, nature lovers, and potential beekeepers, this short OLLI class is an introduction to European honeybee's natural history and management. Interested persons can later continue with the 12-week spring classes offered by the College of Extended Education: Practical Beekeeping and Bee Yard Experience. Register by 12 p.m., Oct. 31.

Tues., Nov. 3, 10 a.m.-12 p.m.

Online

\$40 • Details: humboldt.edu/olli/honeybee

A Photographic Exploration of Humboldt's Coastal Lagoons

**Aldaron Laird,
Environmental Planner/Photographer**

There are five coastal lagoons north of Wigi (currently called Humboldt Bay) and Sue-meg State Park in Humboldt County. This book explores their shorelines and their waters by kayak. These are amazing public coastal waters with abundant wildlife. Hopefully this class will lead you to explore them. Register by 12 p.m., Oct. 31.

Tues., Nov. 3, 2-4 p.m.

Online

\$40 • Details: humboldt.edu/olli/lagoons

About OLLI scholarships

***The OLLI Scholarship program is made possible
by the generous support of the Friends of OLLI.***

A limited number of partial scholarships for OLLI classes are available to **OLLI at Humboldt members only**. Scholarships may be used for class fees only, and not for OLLI memberships.

Awards are based on financial need. Limit is two scholarships per term, per member. Applications are reviewed on an ongoing basis.

To apply, complete a scholarship request form and indicate the class you are requesting. The form will serve as your registration form for the class.

For more information, visit the website. Email olli@humboldt.edu with questions.

Download a scholarship request form: **humboldt.edu/olli/scholarship**



SPECIAL INTEREST GROUPS

Live & Local Concert Previews

Elizabeth Morrison, Group Leader

Meets online on Mondays
before live classical concerts
to preview the music,
composers, and musicians.

See full concert and class
schedule at humboldt.edu/olli/concerts

Mon., Sept 28, 2026-June 1, 2027

6-7:30 p.m. • Online

Free to OLLI members

*Free to OLLI members, thanks to a generous
donation from the Eureka Symphony.*



COURTESY OF EUREKA SYMPHONY

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. 19, 2026-May 19, 2027

5-6:30 p.m. • Online

\$50 (annual) • Group is currently full.

Join waitlist: humboldt.edu/olli/bookclub



ADOBE STOCK

Mystery Book Club

**Ardith Tregenza, OLLI Curriculum
Committee Member**

Do you love to figure out who
did it? This monthly book club
will keep us entertained and
guessing! Classic mystery authors
featured will include Louise Penny, PD James,
Robert Barnard, Donna Leon, David Horowitz,
Tana French, Anne Cleeves, and more.

Tues., Sept. 8, 2026-May 11, 2027

2-3:30 p.m. • In person: Eureka

\$50 (annual) • Group is currently full.

Join waitlist: humboldt.edu/olli/sigmystery



ADOBE STOCK

Osher Online



Learn with OLLI members across the nation!

OLLI MEMBERS ONLY: Register by 12 p.m., SEPT. 12 for all Osher Online classes.

More details on classes: humboldt.edu/olli/osheronline

The 60s Through the Great Speeches

**Arthur Benedict, Former Lecturer,
Wharton & University of Pennsylvania**

Listen to the voices that moved a nation
and shaped history in the 1960s.

Fri., Oct. 9-Nov. 13, 8-9:30 a.m. • \$70

Details: humboldt.edu/olli/60s



Great Artists in American Roots Music

Taylor Ackley, Scholar/ Composer/Performer

Trace the history of country and American roots music
through influential performers.

Mon., Sept. 28-Nov. 2, 8-9:30 a.m. • \$70

Details: humboldt.edu/olli/great



A Cosmic Grand Tour: The Realms of the Universe

Andrew Fraknoi, Retired Astronomy Dept. Chair

Explore the cosmos: nearby planets and
moons; the stars; and the galaxies.

Tues., Sept. 29-Nov. 3, 2-3:30 p.m. • \$70

Details: humboldt.edu/olli/cosmic



The Birth of the Beat Generation

Kurt Hemmer, Editor/Professor

Examine the dramatic circumstances that gave
rise to the Beat Generation in the 1940s.

Tues., Sept. 29-Nov. 3, 6-7:30 p.m. • \$70

Register: humboldt.edu/olli/beat



Tracing Our Roots: DNA, Family History, & the Politics of Identity

**Angelo Cervantes, Anthropological
Genetic Genealogist/History Researcher**

Examine genetic genealogy through the lens of first
contact between European and Indigenous peoples.

Wed., Sept. 30-Nov. 4, 4-5:30 p.m. • \$70

Details: humboldt.edu/olli/roots



*Space is limited. These classes will not be recorded.
No refunds for Osher Online courses.*

Studies Show... (Or Do They?): Under the Hood of a Scientific Study

**John Hendrickson, Professor,
School of Molecular Sciences**

Examine real research papers (many in health and
nutrition) and explore what scientists actually look for.

Thurs., Oct. 1-Nov. 5, 12-1:30 p.m. • \$70

Details: humboldt.edu/olli/studies



Sacred Mountains of the World

**Jonathan Duncan, Photojournalist,
Writer, Teacher, & Public Speaker**

Explore the beliefs, traditions, and mythologies
that have been inspired by the world's mountains.

Mon., Oct. 5-Nov. 9, 12-1:30 p.m. • \$70

Details: humboldt.edu/olli/mountains



Cults & New Religious Movements in America

Kate Davis, Intersectional Scholar/Historian

Examine New Religious Movements, popularly
known as "cults," in the 18th and 19th centuries.

Tues., Oct. 6-Nov. 10, 12-1:30 p.m. • \$70

Details: humboldt.edu/olli/cults



Living off The Laughter: History of Comedy in America

**Eddy Friedfeld, Film & Entertainment
Journalist/Historian**

Discover how comedy was shaped by and
responsive to American society.

Wed., Oct. 14-Nov. 18, 12-1:30 p.m. • \$70

Details: humboldt.edu/olli/laughter



The Invisible Thread: 3,500 Years of Global Supply Chain

Scott Jones, Military Leader/Diplomat

Explore the complex networks that keep
our modern shelves stocked.

Mon., Oct. 19-Nov. 23, 8-9:30 a.m. • \$70

Details: humboldt.edu/olli/invisible



OLLI *Brown Bag Lunch*

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

SEPT. 21: *Impacts of Climate Variability & Climate Change in Coastal Waters off Northern California*

Eric P. Bjorkstedt: Learn about climate variability affecting the north Pacific Ocean and the responses observed on the North Coast, and changes related to recent climate trends and potential climate futures.

SEPT. 28: *Building Brain Healthy Habits*

Vanessa Souza: Learn about healthy habits for your brain; the brain-heart connection; why brain health is important at all ages, and how to build your personalized action plan for brain-healthy habits.

OCT. 5: *How I Got Published Again After a 33-year Hiatus and a Writer Learns to Paint*

Barry Evans & Louisa Rogers: Barry had two successful “science-lite” books published in the early 1990s, and his latest book will be published this year. Louisa, a writer, began experimenting with watercolors during COVID.

OCT. 12: *The Upcoming California Election Propositions*

League of Women Voters Members: This presentation will be a discussion of the pros and cons of the state propositions being voted upon in the upcoming November elections.

OCT. 19: *Monstrous Tsunamis: The August 2025 Tracy Arm Landslide*

Lori Dengler: This landslide in southeastern Alaska produced the second highest tsunami ever recorded. Hear about what happened, and why events like this may be more likely in the near future.

OCT. 26: *Dune: The Work Restoring Coastal Ecosystem Function*

Justin Legge: Join Friends of the Dunes for a behind-the-scenes look at dune restoration at the Humboldt Coastal Nature Center.

NOV. 2: *Humboldt County Regional Climate Action Plan*

Beth Burks: Join the Redwood Coast Energy Authority for an overview of the Humboldt Regional Climate Action Plan (RCAP), a countywide strategy designed to reduce greenhouse gas (GHG) emissions throughout Humboldt County.

NOV. 9: *Advancing the Science: The Latest in Alzheimer’s and Dementia Research*

Claire Day: Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer’s and other dementias. Learn how these advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions.

NOV. 16: *Humboldt Commons Update*

Ann Lindsay: Get the latest updates on Humboldt Commons development, including design and amenities.

These free events are supported by the Friends of OLLI

Presentations are online via Zoom, and open to everyone. Get the meeting link on the website:

humboldt.edu/olli/brownbag

Past presentation videos are available at youtube.com/@ollihumboldt

Let's Connect!

FREE Online Conversations

Fridays starting Sept. 18, 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

REDWOOD COAST MUSIC FESTIVAL

OCT. 1 - 4, 2026

► **LAST CHANCE!** ◀
***Ticket discounts for
OLLI members***

The **34th Annual Redwood Coast Music Festival** will be held Thursday-Sunday, **Oct. 1 - 4, 2026**. RCMF is partnering with OLLI at Humboldt to offer OLLI members special discounted ticket prices:

- **4-DAY ALL EVENT TICKET: \$100** (save \$105)
- **SATURDAY ONLY TICKET: \$50** (save \$50)

How to purchase your tickets:

- **In person at the Open House, Sat., Sept. 12, 4:30-6:30 p.m.**, Library Fishbowl (2nd floor), 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, include a self-addressed stamped envelope, and **mail by Sept. 12** to Lynn McKenna, RCMF, PO Box 314, Eureka, CA 95502.



4 DAYS OF AMERICAN ROOTS MUSIC

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

Over 120 performances on 8 stages, featuring

**HOT CLUB OF COW TOWN
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KID ANDERSEN'S GREASELAND ALL STARS
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How to register for **OLLI** classes

**Early registration opens
Sept. 9 for members!**

**NEW
WAY TO
REGISTER!**

ONLINE: To register online for a class, go to the link listed under the class in this catalog, and click “register” on the class web page. Or navigate directly to the **online OLLI Storefront** where you can renew your membership, register for classes, make donations, and more:

humboldt.edu/olli/store

Registration opens for OLLI members on Sept. 9. Everyone can register starting Sept. 12.

To use the OLLI Storefront:

1. Select classes that work with your schedule and add them to your shopping cart.
2. Add membership renewal or non-member fee, if needed.
3. Click “Checkout” and add your personal information.
4. Enter your payment information.

IN PERSON: OLLI is located on the second floor of the Cal Poly Humboldt Library, and is open Mon.-Fri., 10 a.m.-3 p.m. (closed 12-1 p.m.).

You may also register in-person at the OLLI Open House on Sept. 12. (See page 2 or 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.

Cal Poly Humboldt Library

Attn: OLLI - Room 203

Cal Poly Humboldt

1 Harpst St., Arcata CA 95521

PAYMENTS: Cal Poly Humboldt accepts most credit/debit cards, electronic checks, paper checks, money orders, and cash. All Cal Poly Humboldt students (including OLLI students) will be charged a 2.65% processing fee when making a credit or debit card payment by phone or via the online OLLI storefront. This fee can be avoided by making an in-person debit card payment, or by paying online with an “electronic check.” You can also mail a check, but note that your registration will not be complete until your check is received by OLLI.

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 \$45.

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

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, free classes and programs, and to bring more benefits back to OLLI members.



GIVE TODAY

BECOME A FRIEND: humboldt.edu/giving/olli

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

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



California State Polytechnic University, Humboldt
Osher Lifelong Learning Institute
Cal Poly Humboldt Library
1 Harpst St.
Arcata, CA 95521

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

If you want to be removed from the mailing list,
email olli@humboldt.edu or call 707-826-5880.

OLLI *Fall Open House*

Join us on **Sat., Sept. 12, 11 a.m.–1 p.m.** at the
**Cal Poly Humboldt Library Fishbowl,
second floor**, to meet instructors, mingle with
members, and register for fall OLLI classes.

