

Times Standard

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Enjoy lifelong learning: OLLI classes offered



Pictured is Grizzly Mountain Ranch, which will be one of the topics of the class called “Lay of the Land” with Rees Hughes and Ann King Smith.

The Osher Lifelong Learning Institute (OLLI) is offering a wide variety of classes this month for local learners 50 and older. Here is a sampling of some of the many offerings:

Wilderness Canoeing in Canada & Alaska >> This class, taught by Peter Lehman, will cover the gear you need, skill levels, preparation, logistics and canoe routes — ranging from novice to expert. The class takes place tonight and April 12 from 6 to 8 p.m. The cost is \$45 for OLLI member, with an additional \$25 non-member fee.

Art, Spirituality & Healing >> Explore the roots of nature-based religion and how historically it has influenced art and spirituality with instructor Roy King. The class meets Thursdays starting this week and running through April 28 from 2 to 4 p.m. The cost is \$65 for OLLI members, with an additional \$25 for non-members.

What is Physical Therapy Good For and What is Good Physical Therapy? >> This course — taught by James Moore — is designed to help people understand how physical therapy can help with a variety of conditions that people commonly have and suffer from needlessly, and also to help people determine when quality physical therapy is being applied. The class is set for Saturday from 2 to 4 p.m. The cost is \$10 for OLLI members, with an added \$25 for non-members.

Understanding Your iPhone >> Get to know the functions and features of the Apple iPhone, including how to effectively and efficiently write notes and messages. Instructor Jeff Schroeder will show folks how to make this seemingly complicated tool easy and fun to work with. The class takes place Saturday from 4 to 6 p.m. The cost is \$10 for OLLI members and an extra \$25 for non-members.

Chautauqua: An American Utopia >> Get an overview of the Chautauqua Institution experience, which is based around four program areas: the arts, education, religion and recreation. The instructor of this class is Sam Pennisi. The class meets April 14 from 5 to 6:30 p.m. The cost is \$10, with an additional \$25 for non-members.

Northern Sonoma County Wines >> Learn about and taste some of the lesser-known gems produced by northern Sonoma County wineries with instructor Pam Long. The class meets April 13 and 20 from 3:30 to 6 p.m. The cost is \$65 for OLLI members, and an extra \$25 for non-members.

The Armchair Traveler: The “B List” >> Jerry and Gisela Rohde will virtually visit locations in Humboldt County that start with the letter B — from Blue Lake to Bull Creek to Bridgeville and beyond. The class meets April 16 from 1 to 3 p.m. The cost of this class is \$30 for OLLI members, with an additional \$25 for non-members.

What is a Healthy Diet These Days? >> Are you left confused or overwhelmed by too many messages in the media about what’s healthy and what’s not? This course — taught by Carlisle Douglas — will cover cutting-edge changes in nutrition theories. Learn about the importance of fats, a strong gut ecology, not counting calories, limiting added sugars and reclaiming a balanced, whole-foods, anti-inflammatory diet. The class meets April 18 and 25 and May 2 from 6 to 8 p.m. The cost is \$55 for OLLI members and \$25 more for non-members.

Lay of the Land: Preserving Wild & Working Lands in Humboldt County >> The stunning rural landscape of Humboldt County is threatened by everything from the pressure to subdivide to marijuana grows. Learn about and see first-hand the impact of the work of land trusts in preserving and restoring wild and working lands. This course — taught by with Rees Hughes and Ann King Smith — includes two field trips. The class meets April 19 and 26 from 3 to 5 p.m. and May 7 from 9 a.m. to 5 p.m. The cost is \$80 for OLLI members, with an additional \$25 fee for non-members.

20th Century History through New Yorker Cartoons >> By looking at cartoons from the New Yorker magazine, 1925-2000, instructor Ray Raphael will explore the deeper meanings and amusing ironies of social, cultural and political history. Class meets April 26 to 28 from 2 to 4 p.m. The cost is \$55 for OLLI members and \$25 more for non-members.

For more information, to register and to find out the class locations, call OLLI at 826-5880 or visit www.humboldt.edu/olli.