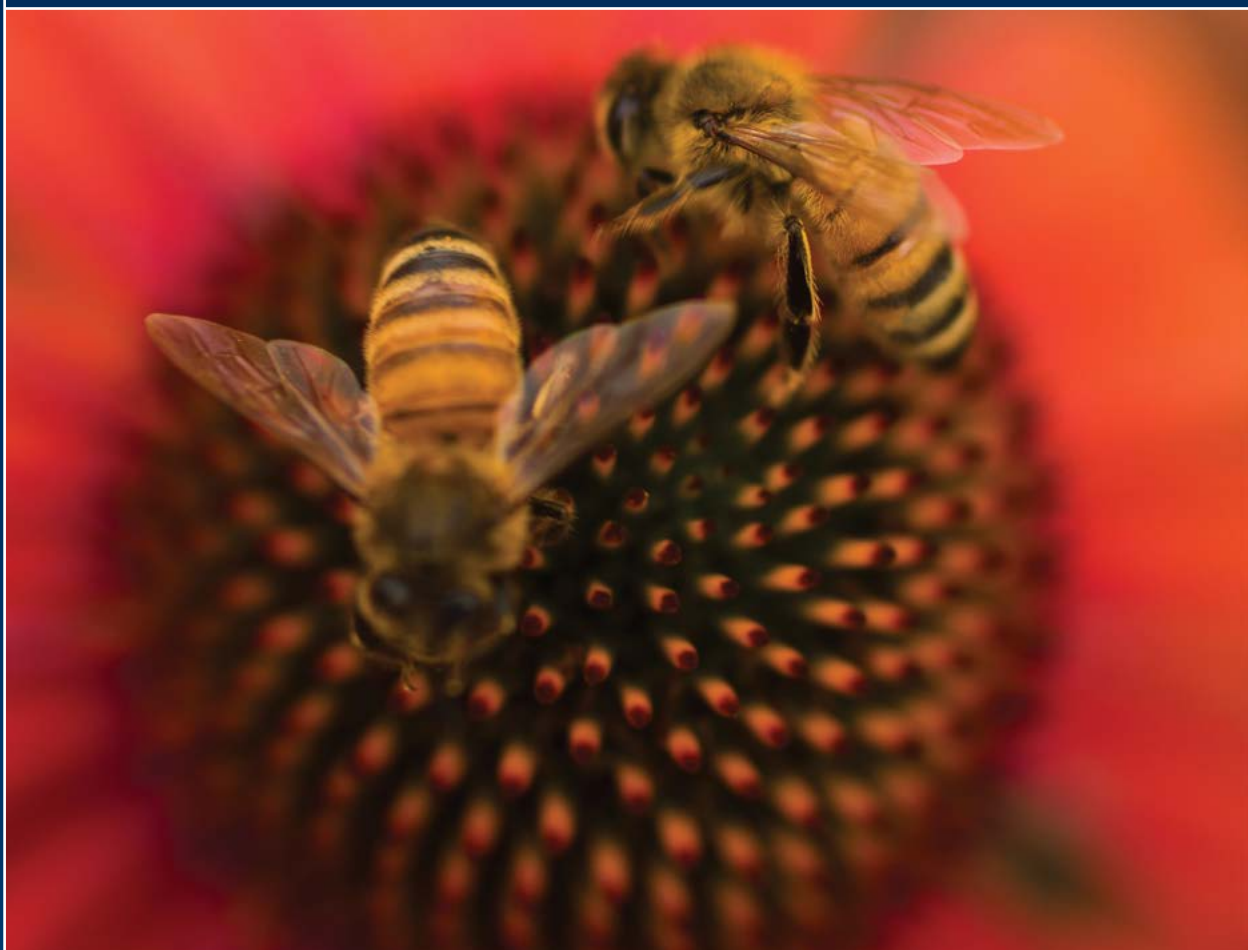




UC DAVIS

OLLI COURSE CATALOG



FALL 2025

September 3
Registration Begins

October 8
From Nectar to Honey: A Bee Haven Adventure, page 8

SEE COURSE LISTINGS ON BACK COVER

OSHER LIFELONG LEARNING INSTITUTE (OLLI)

COURSES AND EVENTS FOR SENIORS

OLLI MEMBERSHIP FEES

ANNUAL MEMBERSHIP (Academic Year)		
Sept. 22, 2025 – June 30, 2026		\$100
QUARTERLY MEMBERSHIP		
Sept. 22, 2025 – Dec. 19, 2025		\$40

TO ENROLL

By Phone: (530) 757-8777

Online: cpe.ucdavis.edu/olli

Enrolling online requires a student account. Contact Student Services with questions or further details.

Need help enrolling?

The Student Services team is available by phone to help! Call the number above for personalized assistance, or leave a message with your name, number and email for a call back.

Office hours are Monday-Friday, 8:30 a.m. to 4:30 p.m.

OLLI OFFICE HOURS

OLLI staff are in office on Mondays and Wednesdays, 9 a.m. to 4:30 p.m., and work remotely Tuesdays and Thursdays. Voicemail is checked daily. The quickest way to reach us is by emailing olli@ucdavis.edu.

CLASS LOCATIONS

Courses may be offered in person, via Zoom or hybrid to allow simultaneous participation in both formats.

In-person and hybrid classes are held at Watermelon Music, 1970 Lake Blvd., Suite 1, in Davis. See our website for a map and directions.

Please visit the OLLI Blog at cpe.ucdavis.edu/olli/blog for OLLI news and the latest updates.

You may also contact our staff at (530) 752-1659 for specific information.

SCHOLARSHIPS

Thanks to our generous donors, OLLI scholarships are available for those in need of financial assistance. Contact (530) 752-1659 for details.

LOOKING FOR MORE?

Expanded course descriptions, including film titles for Film Study courses, and instructor bios may be found on our website at cpe.ucdavis.edu/subject-areas/all-olli-courses.

A quick reference guide is available on the back cover with a listing of fall courses/events and start dates.

Registration begins September 3.

 = Hybrid  = Zoom

DISCOVER WHAT'S NEW

From Director Kristen Gates

Discover what is new this fall! With the opening of the new OLLI at UC Davis Institute at 202 Cousteau Place, we're entering an exciting new chapter of growth and innovation. Our expanded catalog of in-person, online and hybrid courses reflects our commitment to lifelong learning and community connection.

This progress depends on you—our dedicated members and volunteers. We especially need support with Zoom hosting and classroom technology to ensure smooth delivery across formats. Get involved, stay curious and help us shape a stronger, more connected OLLI. Together, we're building the future of learning—right here in our community.

Explore the science of bees at the Harry H. Laidlaw Jr. Honey Bee Research Lab and Bee Haven Garden at UC Davis.

*page 8
(GettyImages)*



COURSES AND EVENTS

FALL 2025

ART, MUSIC AND THEATER

Blues and Trains

Trains and railroads are a touchstone of the blues—ubiquitous in lyrics and significant in blues lore. From the W. C. Handy origin story to abandonment, rambling, hoboing and work songs, we will explore the dynamic relationship between railroad travel and Black culture through the blues.

Instructor: Julia Simon is a UC Davis professor and cultural historian. Her work explores the blues through themes of justice, mobility and identity, connecting music to broader social issues.

2 Thursdays	Nov. 6 & 13	2-3:30 p.m.
252SNR300	\$40	Hybrid

Dylan for Lovers, Lunatics and Poets

Celebrate the genius of Bob Dylan through film clips from *Rolling Thunder* and *A Complete Unknown*, and a close look at his lyrics. This course explores Dylan's artistic legacy and cultural impact. Banjo and guitar players are welcome to join in as we honor one of music's most influential voices.

Instructor: Deberah Bernstein practiced law in Chicago for 30 years and is a former professor of justice studies and gender studies at Northeastern Illinois University.

4 Tuesdays	Nov. 25-Dec. 16	1-4 p.m.
252SNR305	\$65	Classroom

Exploring Hawaiian History and Culture through Hawaiian Music

Journey through Hawaiian culture by way of its music—from ancient chants and traditional implements to Western influences, iconic instruments and the Golden Era of Hawaiian song. This course also highlights today's cultural renaissance and preservation efforts. Music will be provided to enrich the experience and deepen cultural understanding.

Suggested Readings: *Donaghy*, Joseph Keola, 2024. *Mele on the Mauna*, George S. Kanahele, Indiana University Press, 2012. *Hawaiian Music and Musicians*, Elizabeth Tatar, Mutual Publishing, 1987. *Strains of Change: The Impact of Tourism on Hawaiian Music*, Bishop Museum Press

Instructor: Beth Post has produced and hosted a Hawaiian music radio show in Davis since 2011, sharing her deep knowledge of Hawaiian culture and musical traditions.

2 Wednesdays	Sept. 24 & Oct. 1	10:30 a.m.-noon
252SNR307	\$40	Hybrid

From the Parthenon to the Pantheon: Ancient Greek and Roman Architecture

This course presents an overview of Greek and Roman architecture. We will discuss famous works like the Roman Colosseum and ordinary buildings that were important in people's daily lives, such as stoas, public baths and houses, as we consider design principles, materials and construction methods.

Instructor: Lynn Roller is professor emerita of art history at UC Davis, where she taught ancient Greek and Roman art and architecture.

4 Wednesdays	Oct. 15-Nov. 5	2-3:30 p.m.
252SNR309	\$65	Hybrid

Notre Dame Cathedral, Then and Now

Explore the rich history of Notre Dame Cathedral as a mirror of human culture and artistic expression. This course traces the cathedral's evolution—from its medieval origins to its role in shaping cultural identity—culminating in a look at the restoration efforts following the devastating 2019 fire in Paris, France.

Instructor: Kevin Roddy is lecturer emeritus in medieval studies at UC Davis, specializing in medieval history, literature and cultural heritage, including Gothic architecture and cathedral traditions.

4 Thursdays	Sept. 25-Oct. 16	10:30 a.m.-noon
252SNR303	\$65	Zoom



Notre Dame de Paris Cathedral. GettyImages

Opera and Resistance

From Figaro to Tosca to Nabucco's Hebrew slaves, opera celebrates people who stand up to power. We'll explore the theme of resistance in classic and modern operas by Mozart, Beethoven, Verdi, Puccini and Glass. We'll also examine Andrea Chénier, broadcasting live to cinemas this fall from The Metropolitan Museum of Art in New York.

Instructor: Judith Frankel has held leadership positions at Bay Area performing arts organizations, including the San Francisco Opera.

2 Thursdays	Dec. 4 & 11	10:30 a.m.-noon
252SNR306	\$40	Hybrid



Illustration of a Vienna Court Opera (Wiener Hofoper), Giovanni Varrone Court Opera. GettyImages

The Wrecking Crew Saved Rock 'n' Roll in the 60s and 70s

An influential group of uncredited session musicians powered hundreds of top 40 hits for artists as varied as the Beach Boys, Simon and Garfunkel, Elvis and Frank Sinatra. They helped Phil Spector realize his Wall of Sound production style. We'll consider their stories and listen to their music.

Instructors: Larry Lobre managed and taught at UC Davis Human Services. He loved and played in rock and country bands for 50 years.

Dennis Pendleton has focused much of his career on community engagement and outreach at UC Davis for more than 40 years. He is an avid fan of all types of music.

2 Mondays	Nov. 17 & 24	10:30 a.m.-noon
252SNR304	\$40	Zoom

FILM STUDY

Cinematic Studies of Abortion and Adoption

This course explores two recent French films directed by women, including *Happening* (2021) and *In Safe Hands* (2018), that examine the complex experiences surrounding abortion and adoption. With a focus on cultural context and personal agency, the films offer a nuanced, objective lens on the social and emotional challenges faced by women navigating reproductive decisions.

Suggested Reading: Annie Ernaux, *Happening* (2000), Seven Stories Press, New York

Instructor: René Viargues taught a variety of classes, including Art of the Cinema at the California Maritime Academy for 30 years.

2 Mondays	Nov. 3 & 10	1-4 p.m.
252SNR310	\$40	Classroom

Global Cultures in Cinema

Examine the cinematic elements of character, dialogue, gender, image, mise en scène, lighting and music, while identifying cultural perceptions and interpreting the significance of each represented way of life. Discussion is encouraged after the film.

Instructor: Maria Jaoudi is a professor of humanities and religious studies at CSU Sacramento. She has lectured on film at the Crocker Museum and is the author of books on world religions, ecology and the humanities.

4 Mondays	Nov. 17-Dec. 8	1-4 p.m.
252SNR315	\$65	Classroom

HELP US GROW

Help us grow lifelong learning. Volunteer with OLLI!

Join the OLLI volunteer team and make a meaningful impact! Whether helping in classrooms, supporting Zoom sessions or welcoming new members, your time and talents help keep lifelong learning thriving.

Connect with others, gain new skills and be part of something inspiring.

Volunteer with OLLI at UC Davis today!

Hollywood and the Human Condition

From civil rights struggles to bureaucratic absurdity, film has long explored society's deepest challenges. This course features *The Help* (2011), *Hidden Figures* (2016), *Mississippi Burning* (1988) and *Brazil* (1985)—four films that reveal social tensions and government shortcomings. Join us for thought-provoking discussions on how cinema reflects and critiques real-world injustice and inequality.

Instructor: Roy Engoron holds a B.A. and M.A. from UC Davis. He has won statewide awards for his teaching methods and is an 18-year veteran instructor for OLLI.

4 Mondays	Oct. 6-27	1-4 p.m.
252SNR317	\$65	Classroom

HISTORY

The Emergence of One American Nation

In honor of America's 250th anniversary, this course explores key themes from Donald Fraser's *The Emergence of One American Nation*. We'll examine the founding era and devote special focus to the Declaration of Independence—analyzing its enduring role as the American creed and its influence on national identity and unity.

Suggested Reading: *The Emergence of One American Nation*, Donald J. Fraser and *Our Declaration: A Reading of the Declaration of Independence in Defense of Equality*, Danielle Allen

Instructors: Don Fraser is a historian and author of books on early American history. He earned degrees in political science and public policy and administration from UCLA and CSU Long Beach.

Joan Griffin is a published writer and historian. She earned a B.A. in psychobiology from UCLA and a master's degree in contemplative education from Naropa University.

2 Thursdays	Dec. 11 & 18	2-3:30 p.m.
252SNR320	\$40	Zoom

The Pueblo Revolt of 1680: Reclaiming a Nation

Discover the dramatic story of the Pueblo Revolt of 1680—the most successful Native uprising in North American history. Learn how the Pueblos reclaimed their land from Spanish colonizers, and explore the rich cultural and historical legacy of New Mexico through stories, maps and sites still accessible to visitors today.

Instructor: Chuck Cooper has an M.A. in history and has taught for OLLI at UC Davis and Oregon State University. He has traveled to New Mexico over the past 45 years.

2 Wednesdays	Dec. 10 & 17	10:30 a.m.-noon
252SNR325	\$40	Classroom

HOME AND GARDEN

Tree Chronicles from the Los Angeles Fires

This lecture explores key insights on residential vegetation and tree management drawn from our research on the 2025 Los Angeles fires. We'll examine how landscape choices affected fire behavior, property damage and recovery efforts—offering valuable lessons for homeowners, planners and communities aiming to reduce wildfire risk and improve resilience.

Instructor: Alessandro Ossola is an associate professor of urban plant science at UC Davis, specializing in vegetation dynamics in urban and peri-urban environments and their ecological impacts.

1 Monday	Dec. 15	2-3:30 p.m.
252SNR328	\$30	Zoom

LITERATURE

The Ancient Philosophers

You've heard of the "wisdom of the ancients." This course will explore the ideas of three Greek and three Roman philosophers (Socrates, Plato, Aristotle, Cicero, Seneca and Marcus Aurelius), which influenced the thinking of so many wise men and women of the generations that followed.

Instructor: Barbara Drushell has degrees in Greek and Latin language from Douglass College and Harvard. She was an instructor at Ohio State University.

2 Mondays	Dec. 8 & 15	10:30 a.m.-noon
252SNR330	\$40	Classroom

Annie Ernaux: Literature as an Act of Remembering

Examine the rise of the memoir through the work of Nobel laureate Annie Ernaux, known for blending autobiography and fiction. This course will focus on her second novel, *Do What They Say or Else* (1977), and the powerful memoir *Happening* (2000), exploring memory, identity and the literary form of personal narrative.

Suggested Reading: Annie Ernaux, *Do What They Say or Else* (1977), University of Nebraska Press and *Happening* (2000), Seven Stories Press, New York

Instructor: René Viargues. See bio on page 4.

2 Thursdays	Oct. 23 & 30	10:30 a.m.-noon
252SNR333	\$40	Classroom

Denis Diderot on Law and Morals

Co-editor of the Encyclopédie project of the 18th century, Diderot wrote many works in dialogue form. *A Conversation of a Father with His Children* tackles questions of law and morals, their limits and conflicts—issues as relevant today as they were over 250 years ago when he wrote the text.

Instructor: Julia Simon is a professor of French who works on the cultural history of the blues and 18th-century France.

1 Tuesday	Sept. 23	2-3:30 p.m.
252SNR335	\$30	Zoom

POLITICS AND CURRENT EVENTS

In Other News

In a world of nonstop news, this discussion-based course offers clarity and context. Each week, participants explore a timely topic or trend through selected readings. Moderated conversations encourage thoughtful exchange of ideas, helping us make sense of current events and stay better informed in an often-overwhelming media landscape.

Instructors: Richard Zeiger is a former journalist who also served on staff to leadership in both the California Assembly and Senate.

A.G. Block spent 25 years writing about California politics and government as editor of *California Journal* magazine.

8 Mondays	Sept. 22-Nov. 10	10-11:30 a.m.
252SNR369	\$80	Zoom

Reading *The New Yorker*

This course is an ongoing participation-discussion seminar based on weekly selections from *The New Yorker* magazine and news headlines. **Limited enrollment. No class on December 26.**

Instructor: Michael Pach is a retired information systems security specialist with many interests, including international geopolitics.

SESSION 1

8 Fridays	Oct. 3-Nov. 21	10 a.m.-noon
252SNR365	\$80	Zoom

SESSION 2

8 Fridays	Dec. 5-Jan. 30	10 a.m.-noon
252SNR366	\$80	Zoom

Recent Supreme Court Developments

Examine key U.S. Supreme Court decisions from the current term in this timely course. We'll analyze each ruling and explore its implications for federal and state governance, individual rights and broader legal trends. Gain insight into how the Court's choices shape American law, policy and constitutional interpretation today. **No class on November 11.**

Instructor: Margaret Johns received numerous awards while teaching at the UC Davis School of Law and founded the school's Civil Rights Clinic.

4 Tuesdays	Oct. 28-Nov. 25	10:30 a.m.-noon
252SNR360	\$65	Hybrid

Turkey: New Middle East Power?

Explore Turkey's evolving role on the world stage in this slideshow talk and discussion. We'll examine its influence in post-Assad Syria, the Middle East and the Russia-Ukraine conflict, while analyzing President Erdogan's shifting policies, strained ties with Israel and Turkey's complex navigation between Eastern alliances and Western institutions.

Instructor: Stephen Hoadley is a retired academic, author, media commentator and public speaker with many years of teaching at OLLI.

1 Tuesday	Sept. 30	2-3:30 p.m.
252SNR363	\$30	Zoom

SCIENCE

AI and Politics

This two-part lecture series will explore the interactions between AI and the political environment, exploring phenomena like echo chambers, deepfakes, election forecasting and the nascent science of using AI for opinion polling.

Instructor: Gabriel Simmons is a UC Davis lecturer, where he teaches AI, machine learning, and probability and statistics.

2 Thursdays	Oct. 23 & 30	2-3:30 p.m.
252SNR350	\$40	Hybrid

Discernment in The Digital Age 🖥️

In today's digital world, misinformation and scams are widespread. This four-session course helps older adults build practical skills to navigate online spaces safely. Learn how to identify trustworthy sources, spot scams and protect your personal information while gaining confidence in using digital tools and media with greater awareness. **No class on November 26.**

Instructor: David Syron has more than 40 years of experience working in administration and as a liaison between employees and IT departments.

4 Wednesdays	Nov. 12-Dec. 10	2-3:30 p.m.
252SNR353	\$65	Hybrid

The Sleep-Wake Cycle 📺

This lecture will address common questions about the sleep-wake cycle, including its physiology, regulation and essential role in overall health. Learn about sleep-related disorders, their causes and treatments, and how sleep patterns change with age. Gain a clearer understanding of this vital biological process and its impact on well-being.

Instructor: Christelle Anaclet is a UC Davis neuroscientist studying the brain circuits that regulate sleep, with a focus on aging, cognition, and Alzheimer's disease.

1 Wednesday	Sept. 24	2-3:30 p.m.
252SNR354	\$30	Zoom

The Strange and Beautiful World of Microscopic Ocean Larvae: What Can They Tell Us About Ocean Health? 🦋

Many ocean animals have a larval stage that looks very unlike the adults they grow into. These larvae can be uniquely sensitive to changes in the environment. This course will explore the role of these larvae in the ocean, with examples of ongoing research at UC Davis Bodega Marine Laboratory.

Instructor: Ellie Fairbairn is director of education and outreach at UC Davis Bodega Marine Laboratory, specializing in marine science education and public engagement.

1 Monday	Sept. 22	2-3:30 p.m.
252SNR357	\$30	Zoom

World Population Collapse: Our Next Apocalypse? 📺

In the late 20th century, fears of overpopulation dominated global discourse. Today, experts warn of a looming population collapse. This course examines the science behind both predictions, exploring the causes and far-reaching consequences of a declining global population—from economic shifts to social impacts and challenges to sustainability.

Suggested Reading: *Quantitative Ecology: A New Unified Approach*, by Lehman, Loberg and Clark, University of Minnesota Libraries Publishing

Instructor: Greg Dewey is a chemist and lifelong academic, who holds faculty and administrative positions at a variety of institutions.

2 Tuesdays	Dec. 2 & 9	10:30 a.m.-noon
252SNR359	\$40	Zoom

SPECIAL INTEREST

The Impact of AI on Cybersecurity 🖥️

Explore how AI is transforming cybersecurity on both sides. This course covers how attackers use AI to automate and enhance cyber threats, and how defenders leverage AI for threat detection, response and resilience. Gain a fundamental understanding of AI's impact on the evolving cyber landscape.

Instructor: Caroline Wong is a cybersecurity strategist, author, instructor and podcast host with two decades in security leadership.

2 Thursdays	Oct. 9 & 16	2-3:30 p.m.
252SNR210	\$40	Zoom



AI-powered threats are rapidly increasing. GettyImages

Memoirs: A Writing Workshop

The legacy of your personal stories has great value. Several writers have been published out of this class, which operates as a workshop. Write a three- to four-page memoir or personal essay weekly. Receive feedback on grammar, punctuation, story structure and literary technique. Participants read two or more stories to classmates each term for an in-depth critiquing session. **No class on November 11.**

Instructor: Kit Kirkpatrick is a certified memoirist with a Life Teaching Credential from UC Davis and a master's degree in communications from CSU Sacramento.

8 Tuesdays	Sept. 23-Nov. 18	12:30-3:30 p.m.
252SNR205	\$80	Zoom

OLLI Reads

Explore three compelling books featuring transformative journeys and resilient characters. *Breakfast with Buddha* follows Otto's spiritual road trip with a Buddhist monk. *The Exiles* tells of three women's fight for freedom in 19th-century Australia. *Brave the Wild River* chronicles two female botanists' daring expedition down the Colorado River.

Instructor: Mike Elfant has worked as a public health nutritionist, ESL teacher and adult educator in homeless shelters, and enjoys performing humorous, satirical songs.

3 Fridays	Oct. 3, Nov. 7, Dec. 5	2-3:30 p.m.
252SNR200	FREE!	Zoom

TRAVEL

Amazing Latin America: Environments, Cultures, Linkages and Futures

Explore Latin America's rich environmental, cultural and economic diversity in this engaging course. Drawing on 45 years of experience, the instructor examines the region's evolving challenges and opportunities, highlighting paths toward sustainable development and responsible travel. Learn how local traditions and global trends shape the future of this dynamic region.

Instructor: Gregory Knapp is professor emeritus of geography at the University of Texas, specializing in Latin America, environmental change, cultural landscapes and sustainability studies. **No class on November 27**

4 Thursdays	Nov. 20-Dec. 18	2-3:30 p.m.
252SNR902	\$65	Classroom

From Nectar to Honey: A Bee Haven Adventure

Anyone who thinks they're too small to make a difference has never met the honey bee. Enjoy a unique field trip to the Harry H. Laidlaw Jr. Honey Bee Research Lab and Bee Haven Garden at UC Davis to explore the science of bees. Engage in a private lecture including observation of a live bee colony. Next we'll head to The HIVE Tasting Room and Kitchen in Woodland for a guided honey tasting, tour and group lunch, celebrating the flavors, benefits and importance of local honey in our ecosystem and cuisine. This special day includes round trip motor coach, lecture, honey tasting and lunch.

Instructor: Elina Niño is a professor of Cooperative Extension - Apiculture at UC Davis who researches honeybee health and supports beekeepers through education, fieldwork and applied pollination science.

1 Wednesday	Oct. 8	8 a.m.-5 p.m.
252SNR904	\$168	Bus Trip

The Devil's Gate Wildlands: A perspective from UC's Cahill Riparian Reserve

Explore a hidden ecological gem where the Inner Coast Range meets the Central Valley. This guided hike, led by UC Natural Reserve System staff and Solano County Water Agency's Rich Marovich, features blue oak savannah and panoramic views of the Putah Creek floodplain habitat. The hiking distance adjusts from 0.25 to 1.2 miles with about 145 feet of elevation gain.

Instructor: Paul Havemann is a UC Davis Reserve manager specializing in land stewardship, habitat restoration and public education across university-managed natural areas and ecological research sites.

1 Thursday	Oct. 2	9 a.m.-noon
252SNR907	\$35	UC Davis Cahill Reserve

The Art of Culinary Oils: Field Trip to La Tourangelle Artisan Oil Mill

Discover La Tourangelle Olive Oil's charming factory nestled in Woodland, California. This OLLI fall tour offers an immersive, behind-the-scenes look at traditional cold press methods and the art of crafting gourmet artisan oils. Wander through production lines, enjoy curated tastings of distinct olive varieties and learn about La Tourangelle's sustainable practices. Afterward, we'll conclude with a group lunch at Kitchen428 Restaurant—a local Woodland favorite celebrated for its vibrant, farm-to-table flavors.

1 Wednesday	Oct. 22	9 a.m.-4 p.m.
252SNR912	\$168	Bus Trip

Wildlife and Waterways: A Guided Auto Tour of the Yolo Bypass

Explore the Yolo Bypass Wildlife Area on a guided carpool tour. Riding in shared vehicles, participants will use walkie-talkies to hear expert commentary, ask questions and discover the region's rich wildlife and ecological significance. The tour also highlights the history of the Bypass and its vital role in regional water management.

Suggested reading: The instructor will provide a PDF of a series of natural history articles that he wrote.

Instructor: Mike Davis, a retired UC Davis professor of plant pathology, now serves as a docent with the Yolo Basin Foundation, sharing his knowledge of regional ecology and wildlife.

1 Thursday	Nov. 20	9 a.m.-noon
252SNR909	\$35	Car Trip



Water fowl populate the Yolo Bypass Wildlife Area. (Gregory Urquiaga/UC Davis)

WELLNESS

Cancer in Dogs: How It Can Help Us Learn More About Cancer in People 🐕

This class will look at cancer in dogs and people and how studying one helps the other. There are many similarities that can advance diagnosis and treatment in both species. This class will explore this emerging approach to cancer.

Instructor: Michael Kent, professor of radiation oncology at UC Davis, specializes in comparative oncology and directs the Center for Companion Animal Health. He joined UC Davis in 1999.

1 Thursday	Nov. 6	10:30 a.m.-noon
252SNR401	\$30	Hybrid

DEAN'S SERIES: Cancer Therapeutics: Mechanisms of Inhibitors in Halting Cancer Growth, Invasion and Metastasis 🐕

Explore how modern cancer therapeutics work to inhibit cancerous growth, invasion and metastasis. This course delves into the molecular mechanisms of targeted inhibitors, offering insight into how these treatments disrupt cancer progression and improve outcomes. Ideal for anyone interested in the science behind today's most promising cancer therapies.

Instructor: Julie Greenwood is dean of UC Davis Continuing and Professional Education. She holds a Ph.D. in neuroscience/pharmacology, with a background in research and leadership spanning academic innovation, student success and transformative learning.

1 Tuesday	Nov. 18	2-3:30 p.m.
252SNR402	FREE!	Zoom

Cybersecurity 101 for Everyone 🖥️

Learn the essentials of cybersecurity in this course designed for everyone. Understand common threats like scams, phishing and malware, and gain practical tips to stay safe online at home and work. No technical background needed, just a desire to protect yourself in today's digital world.

Instructor: Caroline Wong. See bio on page 7.

1 Wednesday	Oct. 1	2-3:30 p.m.
252SNR403	FREE!	Zoom

Connect with OLLI staff

Kristen Gates, Director
Leslie Anastassatos, Program Coordinator
Schuyler Shumway, Program Assistant

Monday-Friday, 9 a.m.-4:30 p.m.

Email: OLLI@ucdavis.edu

Phone: (530) 752-1659



THE HEART OF OLLI

Sustaining Our Legacy, Powering What's Next

UC Davis OLLI is thriving—thanks to the dedication of our members, instructors and volunteers. As we build on a proud tradition of lifelong learning, your support helps us meet the moment with expanded programs, new spaces and stronger community outreach.

How Your Gift to the Heart of OLLI Helps

- Equip our new OLLI Institute at Cousteau Place with modern technology
- Expand hybrid learning and online course access
- Offer signature events like the Healthy Aging Summit at Aggie Square
- Train and support the volunteers who keep our programs running smoothly
- Support scholarships for those with limited income

Whether you're a longtime supporter or new to OLLI, your contribution keeps this vibrant community learning, exploring and growing together. Your generosity keeps OLLI strong—for today and tomorrow.

Other Gift Options

The Office of University Development can help you create a gift plan that meets your personal goals. For more information about how a gift of appreciated securities, a life income gift or a bequest can benefit you and OLLI, contact William Lamb, director of development at UC Davis, at (530) 746-1790 or wlamb@ucdavis.edu.

Questions?

Contact OLLI Director Kristen Gates at (530) 752-1659

GIVE TODAY

give.ucdavis.edu/go/HeartofOLLI

The Dance of 8Q's and 4 Capitals

This course examines the complex challenges of modern leadership, where stress, trauma and emotional dynamics impact effectiveness. Participants will explore the integration of eight intelligences (IQ, EQ, AC, CQ, SQ, HQ, LQ) and four capitals (Human, Resource, Political, Community) to become strategic leaders who balance human and organizational needs.

Instructor: Brenda Fellows is CEO of Fellows Corporate Consortium, a global strategy firm. She teaches leadership at UC Berkeley Haas and advises Fortune 500 companies.

4 Tuesdays	Sept. 30-Oct. 21	10:30 a.m.-noon
252SNR404	\$65	Zoom

Delirium: The Quiet Epidemic

Delirium is a serious, underdiagnosed medical emergency, especially in older adults. This course explores its causes, symptoms, prevention strategies and potential long-term effects—both in and outside hospital settings. Learn how to recognize and respond to this urgent condition to support the health and safety of aging individuals in your community.

Instructor: Jon Sugarman is a retired doctorally-prepared nurse practitioner specializing in geriatrics and psychiatry.

1 Monday	Dec. 1	10:30 a.m.-noon
252SNR405	\$30	Classroom

“

I give to OLLI because I am deeply grateful for the countless opportunities it has given me to connect with others, build meaningful friendships and share a love of learning in the classroom.”

—Brenda Turner

Mindful Activism

How do we cultivate enough resilience within ourselves to navigate a world in crisis? This class will offer practices that connect us with an inner refuge that makes it possible for us to stay grounded and cultivate healthy hopefulness and right action during a time of chaos and great suffering. A reading materials list will be provided before class begins.

Instructor: Sue Banducci has been involved in education for over four decades. She has been practicing mindfulness for 20 years and is credentialed by the Greater Good Science Center at UC Berkeley.

4 Thursdays	Sep. 25-Oct. 16	2-3:30 p.m.
252SNR406	\$65	Zoom

Nutrition Science in Society: Gut Microbiome

Learn the impact of diet on the gut microbiome and how it impacts your health. We will discuss how dietary fiber, prebiotic/probiotic supplements and fermented foods play a role on gut health and how to navigate making healthy food choices. This course is hosted by the UC Davis NEXUS Center.

Instructor: Jennifer Smilowitz is a nutrition faculty member in the Department of Nutrition at UC Davis.

1 Wednesday	Dec. 3	10:30 a.m.-noon
252SNR407	\$30	Zoom

Nutrition Science in Society: Ultra-processed Foods

Learn more about why foods are processed, what makes a food “ultra-processed” and how they impact your health. We will discuss how ultra-processed foods play a role in the food supply and how to navigate making healthy food choices. This course is hosted by the UC Davis NEXUS Center.

Instructor: Cassandra Nguyen is a nutrition faculty member at UC Davis. She completed her Ph.D. in nutrition at the University of Illinois.

1 Wednesday	Nov. 19	10:30 a.m.-noon
252SNR408	\$30	Zoom

Stem Cells and Gene Therapy: Medicine of the Future

Stem cells and gene therapy are changing healthcare. These new frontiers involve living medicines—cells, modified viruses and other complex products that are not pills or small molecules. Training and expertise are needed to manufacture, coordinate and deliver these new medicines.

Instructor: Jan Nolte, a professor at UC Davis, directs the Stem Cell Program and the Institute for Regenerative Cures at the UC Davis Medical Center, where she leads groundbreaking research in stem cell and gene therapies aimed at advancing regenerative medicine and clinical care.

1 Wednesday	Oct. 15	10:30 a.m.-noon
252SNR409	FREE!	Zoom

MEET THE COMMITTEES

Advisory Council

- Michael Elfant: Curriculum
- Carolyn Gopalan: Fundraising
- Kathy Lawrence: Membership
- Gail Yokote: Operations
- Richard Zeiger: Member at Large
- Kristen Gates: Director

Curriculum Committee

- Michael Elfant: Co-Chair
- Brenda Turner: Co-Chair
- Chuck Cooper
- Dave Hawke
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COURSES AND EVENTS AT A GLANCE

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