

# Fall 2009 Class Descriptions

Classes begin Monday, August 24, 2009 and end Friday, December 18, 2009  
Classes do not meet on September 7; November 11; November 23 – 27

## **Ballroom Dancing, Beginning**

*August 27 - October 29; Thursday 3 to 5 p.m.; Studio One*

Care to dance? Learn the basics of swing, fox trot, and waltz (in that order). First hour will be dance instruction, followed by a second hour of practice. Couples and singles are welcome – we change partners often so everyone dances. Women are encouraged to learn to lead. Let's dance!

*Gloria Hylton, 345-4170*

Special requirements: *Informed Consent Agreement; Hard soles*

## **Bicycling Safety Workshop**

*September 17, 24; Thursday 3 to 4:30 p.m.; UP*

Learn to feel confident about safely riding around town for fun and errands. Each class will devote one hour to classroom discussion and a half hour to practice.

*Julia Jenkins (organizer) 893-5905; Karen Goodwin (presenter)*

Special requirements: *Informed Consent Agreement, Bicycle, Helmet*

## **Bidwell Park Flora, Getting to Know**

*October 28 - November 18; Wednesday 9 to 11 a.m.;*

*Meet at entrance to Caper Acres (Note: Nov. 11 trip is optional)*

Identify and discover the fascinating plants (some native, some exotic) that grow in Bidwell Park and how the Maidu Indians used them. You will take a brief informative tour of their worksite location in Lower Bidwell Park and then help remove invasive weeds and replant with native CA plants.

*Wes Dempsey 342-2293; Lise Smith*

Special requirement: *Informed Consent Agreement*

## **Birding in the Chico Area**

*October 15 – December 3; Thursday 9 to 11:30 a.m.; Various sites*

Enjoy locating and identifying birds in the Chico area.

*Carl Waters, 343-0398*

Special requirement: *Informed Consent Agreement*

## **Chico Urban Area Issues and Controversies**

*October 12 – November 9; Monday 1 to 2:30 p.m.; UP*

Guest speakers and the peer leader will provide information and lively discussion on local government issues and controversies affecting the Chico urban area. Topics welcome from class. *Fred Davis, 342-7539*

## **Compassionate Volunteering in the Health Care Setting**

*August 25 - October 20 (no class October 6); Tuesday 12:15 to 2:15 p.m.; UP on Aug 25 and Sept 1; Various sites thereafter*

For those interested in health care volunteering, this will provide a comprehensive introduction. You will learn about caring communication with patients and families, as well as the importance of active listening and body language skills. An overview of community-wide health and support services will be supplied by field trips to, and guest speakers from, Passages, The American Cancer Society, Enloe Hospital, Blood Source, a local care facility, and The Enloe Health Learning Center.

*Terry Matthews, 893-1644*

## **Computers: Get the Most from Your iPod or iPhone**

*October 10; Saturday 9:30 a.m. to noon;*

*Peer Leader's Forest Ranch home*

Learn about the features of the different kinds of iPods; how to locate and download music, free Podcasts, etc. from iTunes and iTunes U to your Mac or PC; and how to create music playlists. Find out about free and inexpensive apps available to download for the iPod Touch and iPhone. Bring your own iPod or iPhone. If you don't have one, feel free to come, watch, take notes and learn. *Linda Perry, 891-5148*

## **Computers: Record Your Own Story or Memoirs with Garage Band**

*September 19; Saturday 9:30 a.m. to noon;*

*Peer Leader's Forest Ranch home*

Learn to use Garage Band to record yourself reading children's stories to share with your grandchildren and other young relatives or to record your memoirs. You'll learn to record the narration, add sound effects and music, add images, edit, and burn a CD. Bring a children's book or your memoirs and your Mac laptop. If you don't have a laptop, feel free to come, watch, take notes and learn. *This class is for Mac users.*

*Linda Perry, 891-5148*

## **Cracker Barrel – Chico**

*Monday 10:30 a.m. to 12:30 p.m.; UP*

A spirited forum on current events awaits you, so drop by and share your perspective. Everyone else does!

*Gene McKenzie, 873-1552; Carla Moreno, 891-6977; David Murphy, 345-7833; Don Smith, 879-1879*

## **Cracker Barrel – Paradise**

*Monday 1:30 to 3 p.m.; Paradise Senior Center*

What's new? This discussion group talks about current events, and articles presented by participants are encouraged.

*Jean Crist, 873-6383; Sue Keyser, 872-7301; Dick Little, 872-9192; Rudy Paolini, 877-3306*

## **Cuba 2001: Trains and Cultural Observations**

*November 3, 10, 17; Tuesday 12:30 to 2 p.m.; UP*

Railroading buffs will especially enjoy the first-hand experiences of this peer leader who visited Cuba in 2001 as part of a distinguished group of rail enthusiasts from the United States. A video displays impressive performances of American trains used in the sugar cane industry, as well as interesting glimpses of modern Cuban culture.

*Klaus Keil, 877-1571*

### **Demons, Doctors, Disease**

*Thursday 9:15 to 10:30 a.m.; UP*

In this survey of medical history, explore genetic, environmental and cultural factors associated with health, disease, and healing practices from ancient to modern times.

*Beth Tice, 895-0579*

### **Food and Wine**

*August 24 - October 5; Monday 1 to 2 p.m.; UP*

This mini-course will be highly participative with emphasis on shared opinions concerning recipes (successes and failures), cooking (best and worst), food magazines, food on the web, cookbooks, local restaurants – and wine! Two local luncheon outings will be scheduled at mid-point and in the concluding week. *Charles McCarthy, 343-3169*

### **French, Elementary**

*Monday 1:15 to 1:45 p.m.; AJH 118*

For OLLI members with some French but who wish to review. You are welcome in all French classes.

### **French, Intermediate**

*Monday, 1:45 to 2:30 p.m.; AJH 118*

For OLLI members with a foundation in French who are ready to increase their proficiency.

### **French, Conversational**

*Monday 2:35 to 3:35 p.m.; AJH 118*

For OLLI members with some knowledge of French (high school or equivalent) who wish to enhance their proficiency through enjoyable conversation.

*Leanne Uhwang, 342-3174 (all three classes)*

### **Genealogy, Beginning**

*Monday 8:30 to 10 a.m.; UP*

If you have an interest in genealogy but don't know where to begin, this basic course is for you. You will visit local genealogy sources and learn how the Internet can help with your searches. Handouts will be provided to help you organize and document your findings.

*Gretchen Piery, 343-4998 (with help from Frank Pangburn and Betty Porter)*

### **Geology, Essentials of**

*Tuesday 10:45 a.m. to noon; UP*

Find out just how dynamic our planet is as we consider Earth materials; volcanoes; earthquakes; the origin of mountains, rivers, glaciers; and other topics. Field trips to areas of geologic interest will allow you to experience geology first-hand.

*Stewart Monroe, 566-1066*

Special requirement: *Informed Consent Agreement*

### **History: The American Presidency Continued (John Quincy Adams to the Civil War)**

*August 24 - November 2; Monday 3 to 4:30 p.m.; UP*

This class continues our examination of the American Presidency. Hear the story of each President; find out about the people and events which affected their lives and terms of office.

*Bob LoFaso, 894-6854*

### **King Tutankhamen Comes to San Francisco**

*Tuesday 12:45 to 2 p.m.; CLASS FULL*

*Thursday 2:45 to 4 p.m.; CLASS FULL*

Discover the history behind the exhibit, the story of the 18<sup>th</sup> dynasty of kings who ruled Egypt at that time, and the great valley they built for their tombs. Learn about the objects in the exhibit and their purpose. An optional bus tour is arranged to San Francisco for the exhibit. If you cannot take the bus trip, you can still enjoy the virtual tour this class will provide. See tour specifics below.

*Sue Monroe, 566-1066*

### **King Tutankhamen Exhibit Tour**

*October 28; Wednesday 8:15 a.m. to 8 p.m.*

Travel by bus to the de Young Museum in San Francisco to experience the magnificent King Tutankhamen exhibit. Early registration and payment is encouraged. Payment needs to be made at the time of registration. **Please contact Sue Monroe via email if you would like to be put on the waiting list.**

*Sue Monroe, 566-1066, smx2@comcast.net*

*Cost: \$63*

Special requirement: *Informed Consent Agreement*

### **Landscaping for Homeowners**

*August 24 - October 12; Monday 10:30 a.m. to 12:30 p.m.; AJH 118*

If you are in search of information on landscaping, this class is for you. Topics covered include design, installation, repairs, maintenance, soil improvement, water management, and minimization of chemicals. There's time for questions and answers from a professional landscaper.

*Craig Seabury, 345-8446*

### **Llano Seco Wildlife Area: Water Birds**

*December 5; Saturday 10 a.m. to noon; Llano Seco Parking Lot*

Experience the wonders of our local water birds as you view ducks, geese, and perhaps cranes and bald eagles in and around the ponds of Llano Seco. Meet at the Llano Seco National Wildlife Refuge parking lot. Field glasses and a bird book are recommended.

*Herman Gray, 893-9714*

Special requirement: *Informed Consent Agreement*

### **Media Ethics and Issues**

*Thursday 1 to 2:30 p.m.; UP*

Participate in a lively discussion of ethical issues faced by reporters, editors, and owners of news media, as well as the producers of entertainment media.

*Robert Main, 895-0139*

### **Meditation and Contemplation**

*Monday 8:30 to 10 a.m.; AJH 118*

Whether you are new or an ongoing participant, review and practice meditative and contemplative techniques. Also explore the connection between contemplative and compassionate living.

*George McClendon, 898-9837*

### **Movies: Classics of French Cinema**

*Thursday 1 to 4 p.m.; AJH 118*

Enjoy a guided tour through further (and more recent) high points in the distinguished history of French cinema. View and discuss major films by great directors, from the seventies to the present, including Rohmer's *Pauline at the Beach*, Varda's *Vagabond*, Truffaut's *Day for Night*, Tavernier's *Sunday in the Country*, and Rivette's *Celine and Julie Go Boating*.

*Peter Hogue, 343-0445*

### **Movies: Movie Matinee**

*Wednesday 1:30 to 3:30 p.m.; Lodge at the Terraces*

View and discuss artful, diverse films in a comfortable setting on a widescreen TV. Some will be subtitled, many will be award-winners.

*Gretchen Piercy, 343-4998; Lucille Schell, 343-8605*

### **One-Shot Tours: Places of Interest in our Area**

*August 26, September 23, October 14, 28, November 4*

*Wednesday 1:30 to 3 p.m.; Sites Vary*

Tour interesting sites in our area, including the Chico State campus, the Lundberg Family farm, the Chico State farm, the Lodestar farm, and the studios of some local artists.

Participants will supply their own transportation; tours are limited to 30 people. Separate registration required for each tour.

*Frank Benjamin, 345-3581; Pat LeBlanc, 872-4159*

### **Photography and the Creative "Eye"**

*September 8; Tuesday 12:30 to 2 p.m.; UP*

*September 15 (repeat of September 8); Tuesday 12:30 to 2 p.m.; UP*

This class will explain what goes into making an aesthetically pleasing photograph. You will learn how photographers choose what is most interesting in a scene, which camera controls give them the effect they want, and how they "see" the light.

*Kathleen Gauthier, 345-7950*

### **Photography: Use that Camera! – CLASS FULL**

*September 25, October 2, 9; Friday 1:30 to 3:30 p.m.;*

*AJH 118 and in the field*

This class will help you become more comfortable with your digital cameras. Please bring your camera with charged batteries and camera manual. A walking photography field trip is included.

*Polly Tripp, 893-1822*

Special requirement: *Informed Consent Agreement*

### **Physics Smorgasbord**

*Tuesday 9 to 10:15 a.m.; UP*

Enjoy a series of stand-alone presentations on selected topics: The Flight of Bugs & Birds; Camouflage in Nature; Kitchen Physics; Animal Acoustics; The ABCs of Toilets; Atmospheric Optics; Scaling a Dinosaur; Sports Physics (golf, caber toss, boomerangs, bicycles, baseball, etc.); and "Jukebox Physics" (topics selected by class members).

*Scott Perry, 891-5148*

### **Poetry for Pleasure**

*1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Fridays; 9 to 10:30 a.m.; AJH 118*

Bring your poetry selections and read them aloud with other poetry enthusiasts.

*George Davis, 343-2782*

### **Prime Timers Book Group**

*1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Thursdays; 11 a.m. to 12:30 p.m.; UP*

Read fiction and non-fiction books in a continuing search for great reading and discussion.

*Ike Evans, 343-5028, Walter Coffey, 872-8214*

### **Reading Shakespeare**

*Tuesday 10:30 a.m. to noon; AJH 118*

Plays chosen by the class are placed in historical context by the peer leader. Members read plays orally by choosing roles.

Discussion of plot, character development, and Shakespeare's use of language and poetry will enhance your appreciation of the Bard.

*JoAnne Starnes, 342-0429*

### **Sing Along with OLLI**

*Wednesday 2 to 3 p.m.; Almond Grove Mobile Home Park*

Sing your favorite standards, country ballads and pop songs with other enthusiasts. Class members are encouraged to bring instruments (guitar, banjo, harmonica, etc.) to accompany the singing, or CDs and/or records of well-known songs.

*Don Smith, 879-1879*

### **Soliloquy, Information, Motivation, Improv**

*Tuesday 2:30 to 3:30 p.m.; UP*

This class will provide instruction and practice in self talk; presentation to groups; sharing and guiding; incorporating aspects of the world into our platform of presentation; and knowing when to start, stop, and/or change.

*Abe Baij, 895-3249*

### **Spanish: Beginning**

*Wednesday 10:00 a.m. to 11:30 a.m.; UP – PLEASE*

**NOTE: CLASS TIME & LOCATION HAVE CHANGED FROM ORIGINAL SCHEDULE**

Learn the essentials of beginning Spanish in a pleasant and practical manner. Concise and down-to-earth explanations will be followed by practice conversation. Vocabulary will be limited to about 1,000 of the most frequently used Spanish words. Required Text: *Practical Spanish Grammar: A Self-Teaching Guide* by Marcial Prado, 2<sup>nd</sup> edition, John Wiley & Sons. Used copies are available at Amazon.com for under \$10.

*Neal Wiegman, 345-5058*

### **Spanish: Conversation, Intermediate**

*Tuesday 10 to 11:30 a.m.; The Lodge at the Terraces*

Converse in Spanish using current events and current issues obtained from a variety of sources on the Internet.

*Sal Ventura, 893-4246*

### **Taking Sides: Clashing Views on Social Issues**

*Wednesday 10 to 11:15 a.m.; UP*

The course will present controversial issues in debate-style format, designed to stimulate interest and encourage critical thinking.

*Gregory Ghica, 877-8182*

### **Travels With Pat**

*August 26 - October 28; Wednesday 9 to 10 a.m.; AJH 118*

*Travels with Pat* was shown on North Valley Public Access TV in 1995, based on her travels in the Soviet Union, Egypt, Ecuador, Kenya, etc. Pat's travels have continued and she will share narrated DVDs. She welcomes questions about her travels and always has an entertaining song to share.

*Pat Feldhaus, 894-3154*

### **Walking: Let's Walk**

*Friday 11 a.m. to noon; Meet at CARD*

Hate to walk alone? Let's stroll together through Bidwell Park.

*Ike Evans, 343-5028; M'K Veloz, 893-1558*

Special requirement: *Informed Consent Agreement*

### **Waterfowl and Other Birds at Gray Lodge Wildlife Area**

*November 21<sup>st</sup>, Saturday 10 a.m. to noon*

Enjoy a walking tour, ½ mile, to viewing platform. Bring field glasses and bird book if possible.

*Herman Gray, 893-9714*

*Meet at:* Parking Lot 14, Gray Lodge Wildlife Area, west of Gridley.

*Cost:* \$2.50 entrance fee

Special requirement: *Informed Consent Agreement*

### **Wisdom Through Meditation**

*Wednesday 8:30 to 9:45 a.m.; UP*

Discover or continue a meditation practice on how to be quiet with yourself (called 'being' instead of 'doing.'). Explore how you can discover personal truths and wisdom for living your life, in the deep quiet part of yourself instead of the analytical/reasoning way most of us have been taught.

Discover the gentle, quiet, spiritual person within.

*Gayle Womack, 332-9414*

### **World of Opera**

*Thursday 1 to 4 p.m.; The Lodge at the Terraces*

Come thrill to the world's greatest singers in the world's greatest opera productions on a widescreen TV in a comfortable theatre. All are welcome – newcomers and aficionados alike. Try it, you'll like it!

*Clare-Louise Bates, 873-2186*

### **Writers' Workshop**

*Wednesday 1:45 to 4:15 p.m.; UP*

Join fellow producing writers to offer your creative works – in progress or draft form -- for reciprocal critiquing.

*Wanda Mathews-Woods, 893-8656; Phyl Manning, 893-1360*

### **Writing Your Slice of Life**

*2<sup>nd</sup> and 4<sup>th</sup> Thursdays; 11 a.m. to 12:30 p.m. (no class Sept. 2 or Oct. 8); UP*

Learn about the writing process: how to get started and keep going; how to use exercises to stimulate creative juices; and how to share your story with others. This is a valued class for those who wish to leave some written account of their life experience.

*Mary Brashears, 891-6915*

## **Class and Meeting Locations**

### ***Almond Grove Mobile Home Park***

567 E. Lassen Avenue, Chico

### ***California State University, Chico (AJH)***

Aymer J. Hamilton Building, Room 118

### ***CARD***

545 Vallombrosa Avenue, Chico

### ***The Lodge at the Terraces***

2750 Sierra Sunrise Terrace, Chico

### ***Masonic Family Center***

1110 W. East Avenue, Chico

### ***Paradise Senior Center***

877 Nunneley Road, Paradise

### ***Studio One (Chico Creek Dance Center)***

1144 W. 1<sup>st</sup> Street, Chico

### ***University of Phoenix (UP)***

500 Orient Street, Chico