

**OLLI** Osher Lifelong  
Learning Institute  
at Chico State | *where learning never retires...*

## Three Ways to Learn This Summer!

In the Classroom • Outdoor Experiences • Online Learning

**SUMMER 2023**

**CLASS CATALOG • JUNE 5—30**



- ▶ Summer '23 Kickoff Picnic: May 11
- ▶ Registration Opens: May 18
- ▶ Classes Begin: June 5



For those ages 50+ the **Osher Lifelong Learning Institute** is a learning community comprised of 700 members headquartered in **Chico, California**. We welcome adults who have a desire to learn, engage, build new friendships, and take an active part in discovering more about the world. **Join us!**

**[olli.csuchico.edu](https://olli.csuchico.edu)**  
**530-898-6679**



About Us

Membership in OLLI at Chico State opens a world of discovery for adults 50 and older. When you join OLLI, you become part of a learning community where you can take classes without additional fees, attend special events, and have the option of teaching a class about a topic where you have a special academic or professional expertise – or a hobby you want to share, no credential required. Explore the more than 40 classes offered this summer in the style that suits you best—in person or online. Engage your mind. Make friends. Have fun!

Join OLLI

Starting May 1, you can join OLLI for the summer term. Membership is required to participate in OLLI classes, activities, and events. Your paid membership lets you take as many classes as you’d like this summer, with no additional per-class fees, though a few classes may have supply or admission fees.

**Fees:** • Summer Only: \$75 • Summer Classes + Fall/Spring Recordings: \$145

*Refund Policy: No refunds will be given; any unused membership fees will help support our programs. Thank you.*

Fair Access to Favorite Classes (3-Class Limit):

To provide more fair opportunities for members to enroll in their favorite classes, we will continue the class limit policy through the first two weeks of registration. During that time, you may register for only three limited classes. Limited classes are noted with an asterisk (\*). After two weeks we will turn off the class limit and you may add additional classes to your schedule where space is available. The class limit policy does not apply to classes without an asterisk (\*).

Additional Membership Benefits:

- Access to online lectures from many other OLLI programs across the country
- Free parking at primary classroom complex, The Social Chico
- One-on-one technical and Zoom support from OLLI staff and volunteers
- Subscription to OLLI’s *Bits & Bytes e-newsletter* sent out twice a month
- Chico State library courtesy card

Ways to Join OLLI & Register for Classes

**Registration Site:** [olli.csuchico.edu](http://olli.csuchico.edu)  
**Phone:** (530) 898-6679  
**In-Person Drop Off:** OLLI Main Office,  
Aymer J. Hamilton building on Chico State campus  
**Mail:** 400 W. First Street, Chico, CA 95929-0792

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## SUMMER '23 SCHEDULE AT A GLANCE

*Classes Listed by Day & Start Time to Help You Plan*

\* = Counts toward 3-class limit. \$ = Additional materials/service fee. @ = Recorded class.

MONDAY CLASSES					
*	Hiking Hard Through Flora, Fauna, and History	Pamela Waldsmith	8:30–1	Jun 5–26	Various Locations
*	Chico State University Farm Tour	Elizabeth Mintey	9–11	Jun 5	University Farm
\$	Food, Wine, and Fun at the Lassen Steakhouse	Joni Samples	10–11	Jun 5–26	Bradley 1
	Beginning Guitar: Level 2	Phil Elkins	10–11:30	Jun 12–26	The Terraces
	Cracker Barrel: In-Person	David Price	10–11:30	Jun 5–26	Bradley 2
	Cracker Barrel: Online	David Price	10–11:30	Jun 5–26	Link to be Provided
	Sing Gospel Music	Phil Elkins	10–11:30	Jun 5–19	The Terraces
@	Taking and Editing Photos on Your iPhone	Cris Guenter	10–11:30	Jun 5–12	Link to be Provided
\$	Board & Brush: Section 3	Laura Nasca	2–4	Jun 12	Board & Brush Chico
TUESDAY CLASSES					
*	108-Form Tai Chi: Beginning	Lenora Wong	T & F, 10–11	Jun 6–30	Center for Spiritual Living
*	Mostly Poetry	Anthony Porter	10–11:30	Jun 6–27	Bradley 1
	Studying Insects Can Change Your Life: Maria Sibylla Merian	Robin Dizard	10–11:30	Jun 6–27	Bradley 2
\$	Board & Brush: Section 1	Laura Nasca	10–12	Jun 6	Board & Brush Chico
*	108-Form Tai Chi: Intermediate	Lenora Wong	T & F, 11–12	Jun 6–30	Center for Spiritual Living
*	Clutter According to Feng Shui	Valerie Althoff	1–2	Jun 6–27	Bradley 1
\$	Board & Brush: Section 2	Laura Nasca	2–4	Jun 6	Board & Brush Chico
WEDNESDAY CLASSES					
*	Wellness Wednesday: Healthy Brain and Healthy Body	Anjeanette Andrade	8:30–9:30	Jun 7–28	Bradley 1
*	Hike Paradise Lake	Bruce Nikolai	9–12	Jun 7	Various Locations
	Perspective for Artists	Dick Kennedy	10–11:30	Jun 7–28	Link to be Provided
	Smartphone 101: The iPhone	Susan Levine	10–11:30	Jun 7–28	Gordon 1
	Five Wishes	Teresa Matthews	10–12	Jun 28	Bradley 2
	Summer Sketchout	Marvey Mueller	10–12	Jun 21	Bradley 1
\$	Science Fiction Book Group	Sydney Wilde	1–2:30	Jun 14–28	Link to be Provided
\$	Slow Reading <i>Teaching A Stone To Talk</i> by Annie Dillard	Charles Copeland	1–2:30	Jun 7–28	Bradley 1
@	Knitting Knowledge	Gale Ulvang	3–4	Jun 7–28	Link to be Provided
* \$	LaRocca Vineyards Tasting Room	Phaedra LaRocca	3–5	Jun 14	LaRocca Tasting Room
THURSDAY CLASSES					
* \$	Birding & Botany at Turtle Bay Exploration Park	Joyce Bond	8:30–4:30	Jun 8	Various Locations
* \$	Introduction to Boating Skill and Safety: Section 1	Brad Cooke	9–1	Jun 8	Forebay Aquatic Center
\$	Slow Reading <i>Hiroshima</i> by John Hersey	Charles Copeland	10–11:30	Jun 8–29	Bradley 1
	Medicare: An Open Door Forum	Tatiana Fassieux	1–2:30	Jun 29	Bradley 1
	Money Smart for Older Adults	Annette Mercer	1–3	Jun 15	Bradley 1
\$	OLLI Theatre Club	Ann Nikolai	5–9	Jun 8–29	Various Locations
FRIDAY CLASSES					
*	Hike to Colby Meadows	Lorraine Smith	8–4	Jun 9	Various Locations
*	Women's Hike to Colby Meadows	Lorraine Smith	8–4	Jun 16	Various Locations
* \$	Introduction to Boating Skill and Safety: Section 2	Brad Cooke	9–1	Jun 23	Forebay Aquatic Center
*	Golden Beaver Distillery Tasting	Kris Koenig	10–12	Jun 9	Golden Beaver Distillery
SATURDAY CLASSES					
* \$	Gale Vineyards Winetasting: Section 1	Steve Gale	12:30–2:30	Jun 10	Gale Vineyards and Winery
* \$	Gale Vineyards Winetasting: Section 2	Steve Gale	12:30–2:30	Jun 24	Gale Vineyards and Winery
PRE-RECORDED CLASSES AVAILABLE ANY TIME					
@	Maintaining Optimum Brain Health and Fitness	Len Matheson			Link to be Provided
@	Medieval Machinations	Leanne Ulvang			Link to be Provided
@	Roaming Roman Ruins (England)	Leanne Ulvang			Link to be Provided

### Class Locations

For Google Map links and printable directions for all class locations, visit the OLLI website at [olli.csuchico.edu](http://olli.csuchico.edu) and select “Find Locations” on the home page.

- Board & Brush Chico..... 1380 East Ave Suite 108, Chico
- Center for Spiritual Living..... 14 Hillary Lane, Chico
- Forebay Aquatic Center..... 930 Garden Dr, Oroville
- Gale Vineyards and Winery..... 9345 Stanford, Ln, Durham
- Golden Beavery Distillery ..... 13464 Browns Valley Dr, Chico
- LaRocca Tasting Room..... 222 W 2<sup>nd</sup> St, Chico
- The Social Chico, Bradley & Gordon Classrooms..... 1400 W 3<sup>rd</sup> Street, Chico
- The Terraces..... 2750 Sierra Sunrise Terrace, Chico
- University Farm ..... 311 Nicholas C Shouten Ln, Chico



## IN THE CLASSROOM

*Learn more about our volunteer instructors by viewing their bios with the OLLI class listings online.*

### **108-Form Tai Chi: Beginning \***

Tue & Fri, Jun 06–Jun 30 • 10AM–11AM • Center for Spiritual Living  
Instructor(s): Lenora Wong

This is the longest of the six major Yang-style tai chi movements, taking about 25 minutes to complete. Tai Chi is known for developing balance, strength, and flexibility. It is a form of meditation in movement. In this class you will learn the first third of the forms, or about 36 moves, in a workshop environment. **Note:** This class meets twice a week.

### **108-Form Tai Chi: Intermediate \***

Tue & Fri, Jun 06–Jun 30 • 11AM–12PM • Center for Spiritual Living  
Instructor(s): Lenora Wong

This is the longest of the six major Yang-style tai chi movements, taking about 25 minutes to complete. Tai Chi is known for developing balance, strength, and flexibility. It is a form of meditation in movement. In this class we will review the first 36 forms in a workshop environment. Additional forms will be taught as the group is ready. **Note:** This class meets twice a week.

### **Beginning Guitar: Level 2**

Mon, Jun 12–Jun 26 • 10AM–11:30AM • The Terraces  
Instructor(s): Phil Elkins

This class is for people who know how to play the basic A to G chords on guitar, although class members may bring other stringed instruments to play, e.g. mandolin, bass, ukulele, banjo, harmonica, or squeeze box. Or sing along without an instrument! Songs and lyrics will be emailed each week, featuring artists like Johnny Cash, Bob Dylan, The Beatles, The Everly Brothers, The Drifters, and other favorites from the 1950s and 1960s. **Note:** This class will meet on the second and fourth Monday of each month.

### **Board & Brush \$**

**Section 1:** Tue, Jun 06 • 10AM–12PM • Registration deadline: June 2  
**Section 2:** Tue, Jun 06 • 2PM–4PM • Registration deadline: June 2  
**Section 3:** Mon, Jun 12 • 2PM–4PM • Registration deadline: June 8  
Location: Board & Brush Chico | Instructor(s): Laura Nasca

Do you love to create and connect with friends? This inspiring DIY workshop offers materials and instruction for the creation of a unique piece for your home—or a gift for a friend! The team at Board & Brush Creative Studio is partnering with OLLI to provide a fun craft activity to be enjoyed with others. No experience necessary! Each participant will leave with their own work of art: a vintage style wood tray or a sign. **Note:** There is an additional \$40 materials fee, payable at the time you choose your project. You will receive a separate email with a link to choose your project and pay the materials fee.

### **Clutter According to Feng Shui \***

Tue, Jun 06–Jun 27 • 1PM–2PM • Bradley 1  
Instructor(s): Valerie Althoff

Does your life spark joy? If not, decluttering with feng shui can help. Clutter is not bad, but it is a great teacher. Feng shui teaches that where you have clutter in your spaces reflects where you're stuck in your life. Without this level of understanding, you can declutter but it may return. This will be a fun and interactive class, and you will learn a bit about yourself in the process!

### **Cracker Barrel: In-Person**

Mon, Jun 05–Jun 26 • 10AM–11:30AM • Bradley 2  
Instructor(s): David Price

A scintillating review of current themes in the media will be discussed in each class. Class members present a topic, discuss it, then open the floor for discussion and debate. Poetry, literature, scientific discovery, and educational progress are examples of the issues addressed. Special guests are welcome to present.

### **Five Wishes**

Wed, Jun 28 • 10AM–12PM • Bradley 2  
Instructor(s): Teresa Matthews

Many people dread facing questions around the time of death because they fear difficult medical terminology or legal documents. Five Wishes are clear and easy to understand, and deal with human care. The workshop includes a DVD presentation, class discussion, and a step-by-step guide to filling out the provided legally binding document. Dealing with the questions allows us to put our affairs in order and be at peace, knowing we have done all we can do to ease the path for our loved ones.

### **Food, Wine, and Fun at the Lassen Steakhouse \$**

Mon, Jun 05–Jun 26 • 10AM–11AM • Bradley 1  
Instructor(s): Joni Samples

If you're interested in food, wine, or fun, then this class is for you. OLLI instructor Joni Samples and her daughter and son-in-law, the owners and managers of the Lassen Steakhouse, will give you an overview about food, wine, and the fun that comes with managing a restaurant and venue. The fourth class will take place at the Lassen Steakhouse for a tour and tasting of food from the restaurant and wine from the New Clairvaux Vineyard. **Note:** There will be an additional fee of \$15, payable to the Lassen Steakhouse at the last class meeting. The June 26 class will meet at Lassen Steakhouse, 10AM–1PM.

## **Gale Vineyards Winetasting \* \$**

Section 1: Sat, Jun 10 • 12:30PM–2:30PM

Section 2: Sat, Jun 24 • 12:30PM–2:30PM

Location: Gale Vineyards and Winery | Instructor(s): Steve Gale

Visit our tasting room in Durham and enjoy wine tasting, local food pairings, gifts, and more. Each of our estate varietals are grown using organic farming practices and are dry farmed, producing rich, concentrated fruit. We prune our vines using the Old World technique of “head pruning” to protect the fruit and yield a fuller, richer flavor. Join us for this one-time class where we will enjoy good company, great wine, and all the Stanford Oaks Estate has to offer! **Note:** There will be a \$15 tasting fee, waived with the purchase of 2 or more bottles of wine.

## **Golden Beaver Distillery Tasting \***

Fri, Jun 09 • 10AM–12PM • Golden Beaver Distillery

Instructor(s): Kris Koenig

Golden Beaver Distillery is one of only a few distilleries in the country that use primarily rice. Learn about the unique process distiller Kris Koenig uses and how it sets Golden Beaver apart from other distilleries. You will also have the opportunity to taste whiskey, with surprising flavors of the season. **Note:** There will be no additional tasting fee for this class.

## **LaRocca Vineyards Tasting Room \* \$**

Wed, Jun 14 • 3PM–5PM • LaRocca Tasting Room

Instructor(s): Phaedra LaRocca

Good organic whole food is the basis of life and sound judgement. Learn how this family-owned business got its inspiration and is flourishing with three generations of LaRocca involvement. Their hard work celebrates sustainability and thriving through organic agriculture—and their natural wines prove it. Join Phaedra LaRocca in her downtown Chico tasting room for a short history lesson about her family’s wine business and to taste the fruits of their labor! **Note:** There will be a \$10 tasting fee, waived with purchase of wine.

## **Medicare: An Open Door Forum**

Thu, Jun 29 • 1PM–2:30PM • Bradley 1

Instructor(s): Tatiana Fassieux, Victoria Brennan

This class provides attendees with the opportunity to present and discuss their Medicare questions, with the goal of improving their understanding of the Medicare healthcare system. Concerns such as costs, denials of care, and long-term care can be addressed. Attendees will have the opportunity to submit their areas of concern prior to the class so that the moderator is prepared to bring fact sheets and other materials.

## **Money Smart for Older Adults**

Thu, Jun 15 • 1PM–3PM • Bradley 1

Instructor(s): Annette Mercer

Financial exploitation has been called “the crime of the 21st century,” with one study suggesting that older Americans lost at least \$2.9 billion to scams and frauds in 2010 (MetLife Study of Elder Financial Abuse, 2011). Awareness is the first step. In this one-time workshop, we’ll review information and tips to help prevent common frauds, scams, and other types of financial exploitation in our community.

## **Mostly Poetry \***

Tue, Jun 06–Jun 27 • 10AM–11:30AM • Bradley 1

Instructor(s): Anthony Porter

This class will deal with essays and three poetic forms: pantoum, zappai, and free verse. We’ll read examples of each, discuss them, and then write. There will be homework. All readings will be provided.

## **OLLI Theatre Club \$**

Thu, Jun 08–Jun 29 • 5PM–9PM • Various Locations

Instructor(s): Ann Nikolai (she/her)

Four evenings of entertainment! Join us for a pre-show dinner to be followed by a play or movie. Whenever possible, someone from the production will join us for dinner to give us insight into what we’re about to see. Assigned seats will be purchased in advance so we can sit together. Dinners are optional and will be scheduled closer to the dates of the performances. Come enjoy local talent and socialize with fellow show lovers. **Note:** Participants will need to pay for their meal and theatre tickets. Details will be sent by email to those enrolled.

## **Sing Gospel Music**

Mon, Jun 05–Jun 19 • 10AM–11:30AM • The Terraces

Instructor(s): Phil Elkins

Sing and/or play popular gospel songs. Bring your voice, guitar, violin, cello, harmonica, squeeze box, or other instrument and join a group of people singing and playing for fun. This is not meant to be religious. It’s just a place to enjoy great music. Join us! **Note:** This class will meet on the first and third Monday of each month.

## **Slow Reading *Hiroshima* by John Hersey \$**

Thu, Jun 08–Jun 29 • 10AM–11:30AM • Bradley 1

Instructor(s): Charles Copeland

The world will recognize the 78th anniversary of the nuclear destruction of Hiroshima, Japan, this summer. What happened? John Hersey, without authorization, interviewed and wrote the stories of six survivors. It’s a classic. We will use the learning through conversation format to revisit Hersey’s description of the August 6, 1945, bombing and its aftermath. **Note:** The required book, *Hiroshima*, by John Hersey, is available at Barnes & Noble, Amazon, and other booksellers. Participants should read Chapter 1, “A Noiseless Flash,” before the first class meeting.

## Slow Reading *Teaching A Stone To Talk*

by Annie Dillard \$

Wed, Jun 07–Jun 28 • 1PM–2:30PM • Bradley 1

Instructor(s): Charles Copeland

*Teaching A Stone to Talk: Expeditions and Encounters* is a collection of short reflective essays by Annie Dillard. We will read about half of them. Dillard helps us be amazed at the world we inhabit; she gives us new visions and new eyes. We will use the learning through conversation format, exploring and sharing our delights. **Note:** The required book, *Teaching A Stone to Talk: Expeditions and Encounters*, by Annie Dillard, is available at Barnes & Noble, Amazon, and other booksellers. Participants should read “Living Like Weasels” and “Teaching a Stone To Talk” before the first class meeting.

## Smartphone 101: The iPhone

Wed, Jun 07–Jun 28 • 10AM–11:30AM • Gordon 1

Instructor(s): Susan Levine

This class is an introduction to any version of Apple’s iPhone. We will cover the basic structure and functions of the iPhone as well as how to navigate your device using your voice and fingers. The class consists of lectures and hands-on exercises. Most importantly, you will learn how and where to find the answer to the all important question, “How do I...?” **Note:** This class meets June 7, 21, & 28.

## Studying Insects Can Change Your Life:

Maria Sibylla Merian

Tue, Jun 06 & Jun 27 • 10AM–11:30AM • Bradley 2

Instructor(s): Robin Dizard (she/her)

Maria Sibylla Merian was a painter and engraver who specialized in flowers and insects. As such, she was an original thinker and scientist of the 18th century. She corresponded with Carl Linnaeus and was admired by Alexander von Humboldt and Czar Peter the Great of Russia. This class will consider her output, reputation, and participation in colonialism and art. This will be of special interest to all who love gardening, botanical illustration, the history of science, literature, and the history of the Caribbean and fine art. **Note:** This class meets June 6 and 27.

## Summer Sketchout

Wed, Jun 21 • 10AM–12PM • Bradley 1

Instructor(s): Marvey Mueller

As the rest of Chico heats up we will transport ourselves to the cool ocean and mountain lakes in our imaginations and in air-conditioned Bradley 1. Sketching instructor Marvey Mueller will provide photos of refreshing ocean and lake scenes for students, plus a few tips on how to bring them to life. No bathing suits required, only previous experience in watercolor sketching. No actual instructions will be given and students must have their own materials.

## Wellness Wednesday: Healthy Brain & Healthy Body \*

Wed, Jun 07–Jun 28 • 8:30AM–9:30AM • Bradley 1

Instructor(s): Anjeanette Andrade, Jeannette Bradford, Hayley Shafer

Start your mornings with your Wellness Wednesday team. This class will take you through the various dimensions of wellness focusing on nutrition and mental and physical health. This class will incorporate mobility exercises, breathing techniques, and stretching into each session, and include different walking routes around Chico.

## Thank You to OLLI’s Business Sponsors

Connecting with local businesses helps expand programming, improve public image, and build prestige in the community. OLLI sponsorships also offset major expenses like classroom rental fees and contribute to our reserve fund, which sustained us through the darkest months of the pandemic. **Bravo!** to our generous Business Sponsors.



## ONLINE LEARNING

*Learn more about our volunteer instructors by viewing their bios with the OLLI class listings online.*

### **Cracker Barrel: Online**

Mon, Jun 05–Jun 26 • 10AM–11:30AM • Link to be Provided  
Instructor(s): David Price

A scintillating review of current themes in the media will be discussed in each class. Class members present a topic, discuss it, then open the floor for discussion and debate. Poetry, literature, scientific discovery, and educational progress are examples of the issues addressed. Special guests are welcome to present.

### **Knitting Knowledge @**

Wed, Jun 07–Jun 28 • 3PM–4PM • Link to be Provided  
Instructor(s): Gale Ulvang

How often have you said, “I wish I’d known that before I started,” in the middle of a new knitting project? This class offers knitters at all experience levels a framework for creating successful knitting results. In four sessions, we’ll cover an overview of yarns and fiber, knitting accessories, making smart choices when planning a project, and using Ravelry.

### **Maintaining Optimum Brain Health and Fitness @**

Pre-recorded Class • Link to be Provided  
Instructor(s): Len Matheson

The most important resource to maintain excellent quality of life is the health and fitness of our brains. Following an introduction to brain structure and function, the instructor will present one of five key ingredients to brain health and fitness based on current scientific research. Each session will include easy-to-implement recommendations to optimize residual cognitive function and emotional resilience. **Note:** You can register for this pre-recorded class until the last day of classes. The link to watch the class will be included in your registration receipt.

### **Medieval Machinations @**

Pre-recorded Class • Link to be Provided  
Instructor(s): Leanne Ulvang

This class covers struggles between English monarchs and magnates to claim power and authority from the Norman Conquest in 1066 through the Battle of Agincourt in 1415. **Note:** You can register for this pre-recorded class until the last day of classes. The link to watch the class will be included in your registration receipt.

### **Perspective for Artists**

Wed, Jun 07–Jun 28 • 10AM–11:30AM • Link to be Provided  
Instructor(s): Dick Kennedy

Perspective techniques are used by artists to create the realistic impression of depth in their drawings and paintings. Because it’s a difficult subject, many artists have never learned, struggle with, or have chosen to ignore it altogether. This is your chance to learn the techniques of perspective in an easy, fun way. Learn to see the world as an artist sees it. All that’s required is a pencil, eraser, ruler, some inexpensive paper, and a sense of humor.

### **Roaming Roman Ruins (England) @**

Pre-recorded Class • Link to be Provided  
Instructor(s): Leanne Ulvang

Britain, part of the Roman empire for four centuries, is awash with ruins of Roman structures. Join me for a whimsical, virtual tour of Roman ruins located in England. Our roaming will take us to ruins I’ve visited, and those I have yet to see. I’ll select the sites to show based on my own curiosity or level of fascination.

**Note:** You can register for this pre-recorded class until the last day of classes. The link to watch the class will be included in your registration receipt.

### **Science Fiction Book Group \$**

Wed, Jun 14–Jun 28 • 1PM–2:30PM • Link to be Provided  
Instructor(s): Sydney Wilde

This class will discuss favorite science fiction authors, their books, and the human, political, and scientific issues they raise. The books and authors will be chosen by Sydney from suggestions by participants. This is a fun, free-flowing gathering of science fiction enthusiasts. Please join us and bring your ideas, insights, and suspension of disbelief. **Note:** We will read *The Mountain in the Sea*, by Ray Nayler. The books will be available in e-books, audio, paperback, and hard-bound formats, new and used; ranging in cost from \$0 (library) or \$2.99 - \$11 on Amazon, Barnes & Noble, and other booksellers.

### **Taking and Editing Photos on Your iPhone @**

Mon, Jun 05–Jun 12 • 10AM–11:30AM • Link to be Provided  
Instructor(s): Cris Guenter

This class will introduce learners to basic foundational skills in establishing a composition for a photo, using the rule of thirds, and considering the values in a photo. This content will be followed by an introduction to the many photo editing tools available on an iPhone and how to use them with the photos that you have taken. **Note:** This class is for iPhone users with an iPhone 7 or higher. The iPhone should have the most current operating system and recent updates.



## OUTDOOR EXPERIENCES

*Learn more about our volunteer instructors by viewing their bios with the OLLI class listings online.*

### **Birding & Botany at Turtle Bay Exploration Park \* \$**

Thu, Jun 08 • 8:30AM–4:30PM • Various Locations

Instructor(s): Joyce Bond, Lorraine Smith

Bring your binoculars and enjoy walking the scenic, tree-shaded paths along the Sacramento River while we look for birds at the 300-acre Turtle Bay Exploration Park in Redding. We'll cross the beautiful Sundial Bridge and visit the McConnell Arboretum & Botanical Gardens. After lunch, we'll explore the indoor museum and the forestry and wildlife center, including an interactive aviary where you can feed nectar to colorful lorikeets. **Note:** Specific instructions will be emailed the weekend before the event. There is a \$10 admission fee per person.

### **Chico State University Farm Tour \***

Mon, Jun 05 • 9AM–11AM • University Farm

Instructor(s): Elizabeth Mintey (she/her)

The University Farm serves as the center for agricultural education, literacy, and research for a significant portion of Northern California. We welcome opportunities to show off our "living laboratory" to students, youth, farmers and ranchers, and the public. Please join us for a guided tour!

### **Hike Paradise Lake \***

Wed, Jun 07 • 9AM–12PM • Various Locations

Instructor(s): Bruce Nikolai (he/him), Eric Dugger

Paradise Lake is a 6.6-mile out and back trail located near Magalia, California. Primarily used for hiking, the trail is good for all skill levels. There will be an option to turn around at the 2-mile marker, which will shorten the round-trip walk to four miles instead of 6+. **Note:** The instructors will email those enrolled with details about meeting time, snacks, bug spray, walking poles, and other essentials closer to the date of the hike.

### **Hike to Colby Meadows \***

Fri, Jun 09 • 8AM–4PM • Various Locations

Instructor(s): Lorraine Smith, Vickie Stoll

We'll hike a moderate 4.5 miles (with 450 feet of elevation gain) along Colby Creek, on forest trails, and through meadows filled with wildflowers. The trailhead is at 4,750 feet, high enough to escape the valley heat. Our pace will be leisurely, with time to take photographs, observe and identify wildflowers and birds, enjoy the views, and make new friends. **Note:** Comfortable, sturdy hiking boots/shoes required. Further details and instructions will be provided prior to the hike. Please register for only one Colby Meadows hike.

### **Hiking Hard Through Flora, Fauna, and History \***

Mon, Jun 05–Jun 26 • 8:30AM–1PM • Various Locations

Instructor(s): Pamela Waldsmith, Richard Utter

Basic hiking fitness and a zest for learning are all that's required for these three hikes in Upper Bidwell Park. Well-known local historian Dave Nopel will join us to share his vast knowledge of local treasures hidden in plain sight! OLLI instructors Pamela Waldsmith and Richard Utter will also share their knowledge of local flora, fauna, and geography. **Note:** Hikes will be up to 6 miles, with names such as Bloody Pin to inspire or deter you. The most difficult hike is 5 miles with about 1,000 feet elevation gain and loss. Plan to spend two to four hours on the trail each time, with stopping and starting as we delight in our surroundings. This class meets June 5, 19, and 26.

### **Introduction to Boating Skill and Safety \* \$**

**Section 1:** Thu, Jun 08 • 9AM–1PM • Forebay Aquatic Center

**Section 2:** Fri, Jun 23 • 9AM–1PM • Forebay Aquatic Center

Instructor(s): Brad Cooke, Gail Coengsen

This class will introduce participants to kayaks, paddle boards, and canoes while highlighting safety and skills. The majority of the class will be paddling and exploring our beautiful aquatic environment on the North Forebay in Oroville. All skill levels welcome. **Note:** There will be an additional activity fee of \$50 payable at the class.

### **Women's Hike to Colby Meadows \***

Fri, Jun 16 • 8AM–4PM • Various Locations

Instructor(s): Lorraine Smith, Vickie Stoll

We'll hike a moderate 4.5 miles (with 450 feet of elevation gain) along Colby Creek, on forest trails, and through meadows filled with wildflowers. The trailhead is at 4,750 feet, high enough to escape the valley heat. Our pace will be leisurely, with time to take photographs, observe and identify wildflowers and birds, enjoy the views, and make new friends. Team up with other women to enjoy a fun day outdoors! **Note:** This hike is for women only. Comfortable, sturdy hiking boots/shoes required. Further details and instructions will be provided prior to the hike. Please register for only one Colby Meadows hike.



# WAYS TO REGISTER AND/OR JOIN OLLI

**Registration Opens May 18 & Runs Throughout Summer**



## **Online**

[olli.csuchico.edu](http://olli.csuchico.edu)



## **Phone**

530-898-6679



## **Email**

[olli@csuchico.edu](mailto:olli@csuchico.edu)



## **Mail**

OLLI at Chico State  
400 W. First St.  
Chico, CA 95929-0792



## **In Person**

Aymer J. Hamilton  
Bldg., Room 118B  
Chico State Campus

## **Accessibility & Safety**

OLLI is committed to making our classes welcoming and accessible to everyone. We have implemented accessibility measures in our main classroom spaces at The Social Chico, we offer classes on Zoom for those who prefer to learn from home, and we are partnering with Chico State faculty and community partners to explore new ways to make OLLI open and friendly to marginalized groups. Visit our website at [olli.csuchico.edu](http://olli.csuchico.edu) for our full accessibility statement and more information about our commitment to welcoming and inclusion.



COVID-19 vaccinations are strongly encouraged and not required. Masks are optional and always welcome. There are HEPA air purifiers in all four of our main classrooms at The Social Chico. If you are experiencing symptoms of COVID-19 or any other communicable illnesses, such as a cold or the flu, please stay home.



## **Learn with a Friend = Guaranteed Class Enrollments!**

Learning is great when you get to do it with friends! When you refer someone you know and they also join OLLI, you can both register early for classes this summer, avoiding the rush on popular classes or classes with limited capacity. Contact the OLLI office by May 12 to confirm.





## OLLI Play Festival

The OLLI Play Festival is returning this summer for its eighth year – and a return to the live stage! See four original comedies written, directed, and performed by OLLI members.

**Thursday-Saturday, June 15-17**

Curtains Up at 2pm

The Social Chico, Gordon 1

Tickets \$10. Purchase at the door.



## Adventures on the Water

Experienced aquatic education teacher Brad Cooke will introduce OLLI members to kayaks, paddle boards, and canoes during a half-day outing at the North Forebay in Oroville. The majority of the **Introduction to Boating Skill and Safety** class will be paddling and exploring the beautiful aquatic environment. All skill levels are welcome. Bring your lunch and enjoy a group picnic after your water adventure!

Register along with the rest of your summer classes.  
Additional details can be found in the class descriptions.



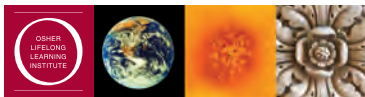
## Spain's Classics & Portugal

*A Fully Guided, In-Person Tour, Spring '24*

Embark on an Iberian adventure as you take in medieval architecture, idyllic landscapes, and delectable cuisine. Explore Lisbon, Europe's second oldest capital city. View Antonio Gaudí's architectural masterpieces, including La Sagrada Familia. Become part of an authentic "paella experience." Enjoy the fascinating art form that is Flamenco. Visit the exotic and expansive Alhambra Palace. Marvel at the timeless masterpieces at the Prado Museum. Visit the Jeronimos Monastery in Belém. Visit the medieval walled town of Obidos. Explore Spain and Portugal's culture and history set against a backdrop of sunny Mediterranean shores and grand mountain ranges.

Your 15 days and 20 meals will be guided by seasoned tour guides from Collette, a favorite touring company of other OLLIs in the national Osher network. This OLLI-exclusive experience promises a memorable journey in the company of friends.

For more information, visit the "Trips and Tours" page at [olli.csuchico.edu](http://olli.csuchico.edu).



**OLLI** at Chico State  
400 W. First Street  
Chico, CA 95929-0792

## Three Ways to Learn This Summer!

- In the Classroom
- Outdoor Experiences
- Online Learning

## SAVE THE DATE

### OLLI Summer '23 Calendar

May 1 ..... Summer '23 Memberships Available  
May 11 ..... Summer Kickoff Picnic  
May 18 ..... Summer Class Registration Opens  
June 5 ..... First Day of Summer Classes  
June 30 ..... Last Day of Summer Classes

### Summer '23 Kickoff Picnic

**Join us** for a potluck picnic lunch as we reconnect with old friends and welcome new learners to the OLLI community. This is a chance to eat, socialize, and even play a few rounds of bingo. OLLI will highlight information about the four-week summer term and have staff on hand to assist with registration. Free and open to the public. **Invite your friends!**

**Thursday, May 11, 11:30AM – 1PM**

Wildwood Park

100 Wildwood Avenue, Chico

*Free parking and beverages.*

*Come learn what OLLI has planned for Summer!*