Welcome!

Inspired by all the fun activities we see our kids and grandkids engaged in when we drop them off at summer camp, OLLI offers its own version of summer learning during the entire month of June.

NEW OFFERINGS!
Try delicious certified organic wines at LaRocca Vineyards tasting room in downtown Chico. Want some food in your stomach first? Lunch Around the World will lead you to four restaurants, with emphases on enjoying food and making friends. Continuing the tradition of celebrating local gems, the Local Author Lecture Series will feature four local authors, who’ll talk about their books and their personal journey to publication. An aviation field trip to the Chico Air Museum will offer a glimpse at where history and flight intersect. Wanting to get out of town? Join us for the Broadway at Music Circus in Sacramento 75th Anniversary production of Oklahoma!

OLD FAVORITES!
Gospel Music, Beginning Guitar, Tuesday Tunes, and Healing Sounds bring soul and joyfulness to OLLI’s summer term. Hiking and kayaking offer a physical challenge and help keep our bodies moving—with care to avoid the hottest part of the day. Wondering what to do at night? Join the OLLI Theater Club, where attendees dine together prior to a local stage performance in Chico and at Theater on the Ridge.

SUMMER CLASS PREVIEW
Wednesday, May 15, 10 AM—12 PM
Chico Masonic Family Center, 1110 W. East Avenue, Chico

HOW TO REGISTER ~ REGISTRATION OPENS MAY 16 @ 9am
• Online! Visit olli.csuchico.edu to join OLLI, renew your membership, and register and pay for classes by VISA or MasterCard
• Complete and mail a Membership & Class Request Form
• Call the OLLI office at 530-898-6679

For additional information, visit the olli.csuchico.edu or call 530-898-6679

Web: olli.csuchico.edu • Phone: 530-898-6679 • E-mail: olli@csuchico.edu
MEMBERSHIP

Membership is required to participate in OLLI classes, activities, and events. OLLI instructors, also called “Peer Leaders,” are also required to join. Joining OLLI allows members age 50 and better to participate in as many classes and activities as their lives will hold at one price. Some classes have an additional supply fee, but the vast majority may be attended at no additional cost. Because of our volunteer-based program, Chico has some of the lowest program fees of the 121 unique OLLI programs nationwide. Join now to learn, grow, socialize and make new friends.

CHICO CHAPTER (Classes in All Locations)

- Summer 2019 Term: $75

HOW TO REGISTER ~ REGISTRATION OPENS MAY 16 @ 9AM

- Online! Visit olli.csuchico.edu today to join OLLI & pay membership fees by VISA/MC, and to sign up for classes when registration opens on May 16.
- Complete and mail the enclosed Membership & Class Request Form.
- Call the OLLI office at 530-898-6679.

GIVE THE GIFT OF LEARNING

Giving an OLLI membership to a friend or relative provides a host of free classes and activities to any older adult interested in the joy of learning. Call OLLI for more information.

FEE ASSISTANCE PROGRAM

Through the generosity of our members donating to the Annual Fund, OLLI can offer some financial assistance for those who are fiscally challenged. Please call the OLLI office and speak to Susan to ask for fee assistance. She will explain the process and limitations.

WHERE IS THE OLLI OFFICE LOCATED?

We’re located in the Aymer J. Hamilton Building, Room 118B, on the CSU, Chico campus near the Gateway Science Museum and Bidwell Mansion. Office hours are Monday—Thursday, 9am—1pm. You can also find us across from the coffee shop in the Bradley Lobby at The Social Chico/Craig Hall!

Mailing Address:
Osher Lifelong Learning Institute
CSU, Chico
400 W. First Street
Chico, CA  95929-0792

- Web: olli.csuchico.edu
- Phone: 530-898-6679
- Email: olli@csuchico.edu
- Facebook: facebook.com/ollichico

Pay early & be ready to go on registration day!
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<th>Course</th>
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<tr>
<td>Gospel Music</td>
<td>Phil Elkins</td>
<td>10–11:30</td>
<td>Jun 03–Jun 24</td>
<td>The Lodge at The Terraces</td>
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<tr>
<td>Climate Change</td>
<td>Gordon Gregory</td>
<td>10:30–12</td>
<td>Jun 03–Jun 10</td>
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<tr>
<td>Cracker Barrel</td>
<td>David Price</td>
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<td>Jun 03–Jun 24</td>
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<tr>
<td>Local Author Lecture Series</td>
<td>Gayle Womack</td>
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<td>Jun 03–Jun 24</td>
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<tr>
<td>People, Passion, Performance: Leading Nonprofits</td>
<td>Janet Rechtman</td>
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<tr>
<td>Acrylic Painting - Beginners</td>
<td>Christine Mac Shane</td>
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<td>Tuesday Tunes</td>
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<td>Recycling - Lunch n Learn with Waste Zero Specialist</td>
<td>Becky Holden</td>
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<tr>
<td>Wars of the Roses</td>
<td>Leanne Ulvang</td>
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<tr>
<td>Beginning Guitar: Level 2</td>
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<td>Thoughts Become Things- Thinking Yourself to Success</td>
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<tr>
<td>Estate Administration: Trust or Probate</td>
<td>Cheryl Tyree</td>
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<tr>
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<td>Lunch Around The World</td>
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<td>Richard Roth</td>
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<td>Shakespeare Video Plays &amp; Lectures</td>
<td>Bill Augros</td>
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<td>OLLI 2.0 - Becoming A Peer Leader</td>
<td>Susan Levine</td>
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<tr>
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<td>Camp Fire Recovery and Rebuilding</td>
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<td>Feed The Homeless</td>
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<td>Pamela Waldsmith</td>
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<td>Acrylic Painting - Intermediate</td>
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<td>Christine Mac Shane’s Studio</td>
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<tr>
<td>CLASS LOCATIONS</td>
<td>Maps &amp; directions to most class locations can be found on the OLLI website. Meet up locations and/or directions for many field trips, private residences, and “various” locations will be sent to participants prior to the class dates.</td>
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</table>

Christine Mac Shane’s Studio ................................................. 561 E. Lindo Ave, Chico
The Social Chico/Craig Hall .............................................. 1400 W. 3rd Street, Chico
Faith Lutheran Church ...................................................... 667 E. 1st Avenue, Chico
Forebay Aquatic Center .................................................... 930 Garden Dr, Oroville
Haley’s Martial Arts Center .............................................. 260 Cohasset Rd #150, Chico
LaRocca Vineyards Tasting Room ................................. 222 W 2nd St, Chico
Pageant Theatre .............................................................. 351 E. 6th Street, Chico
The Lodge at The Terraces .............................................. 2750 Sierra Sunrise Terrace, Chico

FIND COMPLETE SCHEDULE INFORMATION, INCLUDING CLASS DESCRIPTIONS, ONLINE AT OLLI.CSUCHICO.EDU

Osher Lifelong Learning Institute ● 400 W. First Street ● Chico, CA 95929-0792 ● 530.898.6679
**SUMMER 2019 MEMBERSHIP & CLASS REQUEST FORM**  
**CLASSES HAVE DIFFERENT START DATES THROUGHOUT THE SEMESTER. PLEASE CONSULT THE CLASS SCHEDULE.**

Please check the box(es) if the information is being updated since the last time you registered.

- [ ] Name
- [ ] Member ID #
- [ ] Address
- [ ] City
- [ ] Zip
- [ ] Email
- [ ] Cell Phone
- [ ] Male
- [ ] Female
- [ ] Are you retired?  [ ] Yes  [ ] No

OLLI shares most updates and information by email and on our website in order to conserve resources. If you do not have access to a computer or email account, please check here to receive the information by mail. [ ]

### Monday Classes

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<td>Local Author Lecture Series</td>
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<thead>
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<tr>
<td>Acrylic Painting - Beginners</td>
<td>People, Passion, Performance</td>
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<td>Aviation History at Chico Air Museum</td>
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<td>Tuesday Tunes</td>
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<td>Healing Sounds: Singing Bowl Practice</td>
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<td>Recycle Culture</td>
<td>Wine Tasting at LaRocca Tasting Room</td>
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### Thursday Classes

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<thead>
<tr>
<th>Class Name</th>
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<td>Kayaks and Stand-Up Paddle Boards</td>
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<tr>
<td>Investigating a President</td>
<td>OLLI Theater Club</td>
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<tr>
<td>To B or Not To B-Line?</td>
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### Friday Classes

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<tr>
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<th>Location/Details</th>
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<tr>
<td>Arts &amp; Eats</td>
<td>Inside Obama’s White House</td>
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<tr>
<td>Gilbert &amp; Sullivan Operas on Video</td>
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<td>OLLI Hikers: Colby Meadows</td>
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<tr>
<td>Movies at the Pageant Theatre</td>
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Register Online at OLLI.CSUCHICO.EDU Beginning May 16 or Mail This Form & Payment to the OLLI Office (Address Below)

Payment for new membership: Summer fee is $75.  [ ] Check Enclosed, Payable to **CSU, Chico Research Foundation**  or  [ ] Charge My Credit Card:

- [ ] VISA/MC Card # ____________________________
- [ ] Exp. ____________________________  3- or 4-Digit Code: ____________________________

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**INFORMED CONSENT AGREEMENT:** As a participant in the **Osher Lifelong Learning Institute at CSU, Chico,** I understand that risk of accident and injuries can arise out of participation in program activities and agree to release from liability and hold harmless the CSU, Chico Research Foundation, its programs, the Trustees of the California State University, and their officers and employees, from claims against them arising from injuries or property damage which might occur in connection with this activity. I certify that I am in good health and have the capacity to participate in programs of this nature. I give permission to be medically treated for illness or injury occurring during participation in the above activity, and certify that I am covered by medical insurance and/or willing to bear financial responsibility for any costs incurred in medical treatment. I also give permission for photos taken during OLLI classes or activities to be published.

**Signature (Required):** ____________________________

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**Registration Opens**  
**May 16 @ 9am**

**Class Selections:**  
Please write in your class selections below AND circle them to the left.

1) ____________________________  
2) ____________________________  
3) ____________________________  
4) ____________________________  
5) ____________________________  
6) ____________________________  
7) ____________________________  
8) ____________________________  
9) ____________________________  
10) ____________________________
Acrylic Painting - Beginners ($)

Peer Leader(s): Christine Mac Shane  
Tuesday(s), Jun 04–Jun 25  ●  9:30–11:30  
Location: Christine Mac Shane’s Studio

This is a class designed to introduce the basics of acrylic painting as we paint an acrylic painting. The subjects will be simple and focus on color mixing, brush work, and design. Recommended for beginners and as a refresher. Special Note(s): $12 per class per week for materials.

Acrylic Painting - Intermediate ($)

Peer Leader(s): Christine Mac Shane  
Thursday(s), Jun 06–Jun 27  ●  9:30–11:30  
Location: Christine Mac Shane’s Studio

This is a class for people who are ready to develop more of their own work. Focus is on mixed media and acrylic painting as well as composing and problem solving in the art-making process…and fun! Special Note(s): $12 per class per week for materials.

Arts & Eats

Peer Leader(s): Maureen Fredrickson  
Friday(s), Jun 07–Jun 28  ●  1–3  
Location: Various

We’ll visit museums, art galleries, and studios in the area and talk with curators and artists to learn more about the places and the work. Afterwards, we’ll go to coffee houses or restaurants for no-host treats and conversation with group members.

Aviation History at Chico Air Museum

Peer Leader(s): Gary Hendrickson  
Tuesday(s), Jun 11–Jun 13  ●  10:30–12  
Location: Craig Hall: Bradley 1

The first class, on Tuesday, will be a preview of a field trip to the Chico Air Museum, which will take place on Thursday. Special Note(s): Class meets Tuesday & Thursday of the same week.

Beginning Guitar: Level 2

Peer Leader(s): Phil Elkins  
Wednesday(s), Jun 05–Jun 26  ●  10–11:30  
Location: The Lodge at The Terraces

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 (mandolin, bass, ukulele, banjo, harmonica or squeeze box). Or come to sing along with no instrument. Songs will go out each week via email, with lyrics and featuring artists like Johnny Cash, Bob Dylan, The Beatles, The Everly Brothers, The Drifters, as well as other favorites from the 50’s and 60’s.

Birding Hike to Cub-Butt Divide

Peer Leader(s): Lorraine Smith; Vickie Stoll  
Monday(s), Jun 24  ●  8–4  
Location: Various

This moderate 4.3-mile hike with 650 feet of elevation gain will be of special interest to beginning and intermediate birders. Our path will follow the Pacific Crest Trail into fir forest, then onto the ridge between Cub and Butt Creeks. Along our route, we’ll take time to spot and identify birds (and wildflowers) and enjoy a variety of landscapes. 360-degree views will be a highlight, including lunch on a ridge with views of Mt. Lassen. Our pace will be leisurely, with time to take photographs, observe and identify birds, and enjoy views. Bring your binoculars! Special Note(s): Sturdy hiking boots required; hiking poles recommended.

Camp Fire Recovery and Rebuilding

Peer Leader(s): Richard Roth  
Wednesday(s), Jun 05–Jun 26  ●  3–4:30  
Location: Craig Hall: Bradley 1

How do we deal with fire-ravaged areas while planning and rebuilding safe communities? Community Land Trusts leverage natural resources and community assets to create and manage affordable developments that integrate housing, services, businesses, and recreational elements appropriate to the social and environmental needs and limitations of the local community. This class will explore specifically how Community Land Trusts can play a vital role in the recovery from the Camp Fire. Special Note(s): Besides a weekly class, there will be tours and field trips and visiting speakers.
Climate Change

Peer Leader(s): Gordon Gregory
Monday(s), Jun 03–Jun 10 ● 10:30–12
Location: Craig Hall: Bradley 2

The class will cover the science, effects, and future of climate change, with an emphasis on wildfire risk. The first session will focus on how we know climate change is happening and will examine its current and future effects. We will also discuss how to reduce the risks from it. The second session will be a discussion about how warming temperatures drive wildfire, particularly in our region.

Cracker Barrel

Peer Leader(s): David Price
Monday(s), Jun 03–Jun 24 ● 10:30–12:30
Location: Craig Hall: Gordon 1

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

Estate Administration: Trust or Probate

Peer Leader(s): Cheryl Tyree; Dana Campbell;
Wednesday(s), Jun 12 ● 10:30–12
Location: Craig Hall: Bradley 1

This hour-and-a-half workshop will provide some guidelines to non-lawyers responsible for administering the estate of a family member. We will go from start to finish providing tips to avoid pitfalls and expedite the process with minimal stress and delay. Special Note(s): Please bring and share your own experiences in administering a trust or probate.

Feed The Homeless

Peer Leader(s): Bill Augros
Wednesday(s), Jun 05 ● 4–5
Location: Faith Lutheran Church

People living without homes in Butte County face many challenges. Come join a group to help them. The Jesus Center and Torres Shelter are two groups in town working with the homeless. You can sign up to help serve once a month—or just one time. Jesus Center serves breakfast on the 3rd Saturday of each month from 7:30–9am. Torres Shelter serves dinner on the 1st Tuesday of each month from 4:30–6pm.

Gilbert & Sullivan Operas on Video

Peer Leader(s): Bill Augros; Tom Jordon
Friday(s), Jun 07–Sep 06 ● 6–9
Location: Faith Lutheran Church

From the immortal partnership of composer Arthur Sullivan and librettist W.S. Gilbert, whose comic operas have been delighting audiences around the world for more than a century. We’ll watch videos from the popular BBC series featuring music by the London Symphony Orchestra and highlighting a host of international stars, including Vincent Price, Joel Grey, Peter Marshall, Keith Michell, William Conrad, Peter Allen and Frankie Howard. Special Note(s): Gilbert & Sullivan Opera Videos are the first Friday of each month: Jun 7, 2019 - Princess Ida; Jul 5, 2019 - HMS Pinafore & Trial by Jury; Aug 2, 2019 - Mikado - Stratford Festival; Sep 6, 2019 - Pirates of Penzance

Gospel Music

Peer Leader(s): Phil Elkins
Monday(s), Jun 03–Jun 24 ● 10–11:30
Location: The Lodge at The Terraces

Singing and/or playing popular gospel songs. Bring your voice, guitar, violin, cello, harmonica, squeeze box or other instrument and join a group of people singing and playing gospel music. This is not meant to be religious. It’s just a place to enjoy great music. Join us!

Healing Sounds: Singing Bowl Practice

Peer Leader(s): Matt Cavender
Wednesday(s), Jun 05–Jun 26 ● 3–4
Location: The Lodge at The Terraces

The first of your five senses to develop is your hearing. Sound waves are physical things that move into and through us. The soothing sounds of the Singing Bowl promote calmness and healing. First introduced in Ancient China, these bowls were popularized in the west in the 1970s. Learn this ancient practice and bring its healing into your home and life.

Inside Obama’s White House

Peer Leader(s): Walter Coffey
Friday(s), Jun 07–Jun 28 ● 10:30–12
Location: Craig Hall: Gordon 1

This outstanding BBC series is by Norma Percy, who sets the gold standard for documentaries that review recent history. Key players from all sides give remarkably candid interviews. The results shed balanced light on complex events. Percy has won awards for her documentaries on Watergate and the war in Yugoslavia, for example. ‘Inside Obama’s White
House’ is an absorbing account in four parts: the financial crisis, Obamacare, wars in the Middle East, and the issues of the second term. For anyone interested in politics, this look at ‘how the sausage is made’ is a must. Special Note(s): There is a website for this class at ollivideos.blogspot.com

Investigating a President

Peer Leader(s): Bill Augros; Tom Jordan
Thursday(s), Jun 06–Jun 27 ● 1–2:30
Location: Faith Lutheran Church

Watch video lectures of acclaimed law professor Paul Rosenzweig, Professorial Lecturer in Law at George Washington University Law School, for a nonpartisan examination of what happens when a US president is accused of abuse of power. Anyone striving to make sense of what is going on in government today will appreciate the historical and legal perspectives brought by an impartial and nonpartisan professor. The lectures are designed to provide an unbiased view of current events, exploring them through the lens of American political history and law practice. Special Note(s): Class meets weekly until July 24.

Kayaks and Stand-Up Paddle Boards for Beginners ($) 

Peer Leader(s): Pamela Waldsmith; Vickie Stoll
Thursday(s), Jun 06 ● 8:15–12:30
Location: Forebay Aquatic Center

Kayaking is enjoyed by a wide variety of people and for many different reasons. Love of the water, exercise, wildlife, enjoying friends, and just being in the outdoors are among the many reasons people love to kayak. Most of our time will be spent kayaking at the Forebay Aquatic Center in Oroville. The last part of the class will avail you to trying out the SUPs (Stand Up Paddle Boards). Instruction and all equipment will be provided for $15 per person. You should have ample time to practice your paddling, enjoy the outdoors, and/or get some fun exercise in for the day! Special Note(s): Fee: $15. All equipment and instruction provided. Having a bit of upper body strength and a bit of balance does help along with a sense of adventure. You will be there to encourage and assist you along the way. SUPs will be shared amongst members near the end of class for those wishing to try them out. An email with more information will be sent to participants before the class. Come join the learning and fun!

Local Author Lecture Series

Peer Leader(s): Gayle Womack; Debbie Vermette
Monday(s), Jun 03–Jun 24 ● 1–2:30
Location: Craig Hall: Bradley 2

Learn more about how four local authors were inspired to write. They’ll talk about their own writing style, their early inspiration, and where/how they get their content. Join us in getting to know our own local talent and explore the world through their authorly lenses. Q&A will follow each presentation.

Lunch Around The World

Peer Leader(s): Susan Levine
Wednesday(s), Jun 05–Jun 26 ● 11:30–1
Location: Various

Four restaurants and four cuisines in four weeks. Maybe we’ll go to your favorite or maybe you’ll try something new. The emphasis will be on enjoying food as we make new friends in OLLI. Special Note(s): Locations will be announced by e-mail close to the day planned to allow flexibility.

Movies at the Pageant Theatre ($) 

Peer Leader(s): Bill Augros
Sunday(s), Jun 02–Sep 01 ● 2–5
Location: Pageant Theatre

Meet at the Pageant Theatre to enjoy a movie and then discuss it together afterward over refreshments at Faith Lutheran Church. Tickets are $6.50 at the door. A description of all the movies we’ll see will be sent by email or letter to each person enrolled in the class. Please bring half a dozen cookies or equivalent per person per movie to share. Coffee, tea, hot chocolate, and ice water will be provided. Special Note(s): Jun 2, Jul 7, Aug 4, and Sep 1

Music and Musicians

Peer Leader(s): Walter Coffey
Friday(s), Jun 07–Jun 28 ● 1–3
Location: Craig Hall: Gordon 1

Each week we’ll view and discuss either a feature-length documentary or two shorter films. The films will generally feature a performer or composer, the impact of their environment on their music, and the impact of their music on other musicians and on society. Or the focus might be on a style of music from swing to country to jazz or rock. This is a class for the open-minded and intellectually curious because, paraphrasing Mick Jagger, you might not always hear what you like but sometimes you just might like what you hear. Special Note(s): There is a website for this class at ollivideos.blogspot.com
OLLI 2.0 - Becoming a Peer Leader

Peer Leader(s): Susan Levine  
Wednesday(s), Jun 05 ● 2–3:30  
Location: Craig Hall: Gordon 1

Do you have an interest you would like to share with new friends? Have you been thinking about becoming a Peer Leader? Our member-instructors are so called because they are sharing a passion with the group. Spend an hour with experienced Peer Leaders to find the answers to all your questions. How long or short can a class be? Do I have to have a credential? (No!) Can we just go on field trips? (Absolutely!) and whatever else you might be wondering about.

OLLI Hikers: Colby Meadows

Peer Leader(s): Lorna Cunkle; Vickie Stoll  
Friday(s), Jun 14 ● 7:30–4  
Location: Various

We’ll hike a moderate four miles (with 450 feet of elevation gain) along Colby Creek and through meadows filled with wildflowers. Boots will be essential because the meadows may still be damp. Our trailhead is at 4,750 feet, high enough to escape the valley heat. We’ll move at a leisurely pace with plenty of time to take photographs, smell the flowers, and make new friends. Special Note(s): We’ll meet for carpooling at 7:30, with a return time no later than 4 PM. Specific instructions, including carpool location, will be provided the week before the hike. Wear layered clothing, a hat, and sturdy hiking boots. Bring water, lunch, and sunscreen. No dogs.

OLLI Theater Club

Peer Leader(s): Ann Nikolai  
Thursday(s), Jun 06–Jun 27 ● 5–9  
Location: Various

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 at dinner to give us insight into the play. Assigned seating tickets will be purchased in advance so we can sit together. Dinners are optional and will be scheduled closer to the dates of the performances, and you will be kept informed of the plans. Come enjoy local talent and socialize with fellow show lovers.

People, Passion, Performance: Leading Nonprofits

Peer Leader(s): Janet Rechtman  
Tuesday(s), Jun 25 ● 8:30–4  
Location: Craig Hall: Bradley 2

Nonprofit leaders occupy unique positions in unique fields. Laden with constantly changing — and challenging — demands, today’s nonprofits sustain their work through resourceful, resilient, and visionary leadership. This one-day leadership development workshop can help current and aspiring nonprofit leaders deepen their understanding of the nonprofit community and how best to advance missions that matter. Special Note(s):

Recycling - Lunch ‘n Learn with Waste Zero Specialist

Peer Leader(s): Becky Holden  
Tuesday(s), Jun 11 ● 1–2  
Location: Craig Hall: Bradley 1

Join Recology Waste Zero Specialist Becky Holden for an hour-long seminar on Recycling. The presentation will cover a wide range of topics related to waste and resource recovery including: how the recycling industry works; ways to be better at the bin; reducing plastics pollution; pro tips for reusing; along with the latest recycling updates. First 40 participants to arrive will also be provided a brown bag Zero Waste Vegetarian Lunch.

Shakespeare Video Plays & Lectures

Peer Leader(s): Bill Augros; Tom Jordon  
Wednesday(s), Jun 05–Jun 26 ● 1–3:30  
Location: Faith Lutheran Church

This class will consist of video lectures from the Great Course Company on Shakespeare’s plays and video versions of the plays from the BBC. You will learn a set of interpretive tools, drawn from the texts themselves, that give direct insight into Shakespeare’s plays. You can then follow the narratives of the plays as they unfold, with a clear understanding of how the plays function and fit together. Special Note(s): Class covers the “Italian Plays:” 1. Two Gentlemen of Verona; 2. Taming of the Shrew; 3. Love’s Labours’ Lost; 4. Romeo and Juliet; 5. Merchant of Venice; 6. Much Ado About Nothing

Soil Health: Mystery Under Our Feet

Peer Leader(s): Richard Roth  
Wednesday(s), Jun 05–Jun 26 ● 1–2:30  
Location: Craig Hall: Bradley 1

Science and technology are revealing a wonderland under our feet that we have only begun to understand or explore. This class looks at these new discoveries and presents things we can do in our own yards, gardens, farms, and ranches to brighten the future for all young people. In this way, we can begin to solve the mystery of how to meet food production and climate challenges presented by growing populations and climate change. Special Note(s): Besides a weekly class, there will be optional tours and field trips and visiting speakers as available.
Thoughts Become Things - Thinking Yourself to Success

**Peer Leader(s):** Rosario Clerici-Green  
**Wednesday(s),** Jun 19–Jun 26 ● 10–12  
**Location:** Craig Hall: Gordon 2

Our thoughts influence our perception of the world around us and play a significant role in our situational outcomes. We will learn to apply Guided Imagery techniques and Thought Management to bring about positive outcomes and bring meaning to the experiences in our life. We will practice skills known to lower stress, blood pressure, anxiety, depression, and purge unwanted habits. Learn critical skills to help you make desired changes, overcome challenges, and experience more successful outcomes towards a better quality of life. Special Note(s): A pdf of the workbook is provided at no cost to the participants.

To B or Not To B-Line?

**Peer Leader(s):** Susan Levine  
**Thursday(s),** Jun 20 ● 1:30–3  
**Location:** Craig Hall: Gordon 1

Chico offers transportation for people who cannot or choose not to drive. Come learn about the B-Line and your way about town. Experienced riders will give you all the information you need to take advantage of this local service.

Tuesday Tunes

**Peer Leader(s):** Bitz Haley  
**Tuesday(s),** Jun 04–Jun 25 ● 10–11  
**Location:** Haley’s Martial Arts Center

Start your Tuesday with music and songs. Join us in a fun, informal, weekly sing-along. Bring your voices and/or musical instruments. We will provide reasons for smiles and laughter, a venue with chairs, and songs with chords. Please note that the operative word is “fun.” If you like music, you will like this class. All levels welcome!

Wars of the Roses

**Peer Leader(s):** Leanne Ulvang  
**Tuesday(s),** Jun 04–Jun 25 ● 1–2:30  
**Location:** Craig Hall: Gordon 1

What were they about? Did Shakespeare get it right? Why is this an important period of English history? We’ll cover everything you want to know about the York-Lancaster Family Feud that can be crammed into four sessions. Buckle up…it’ll be a wild ride. And don’t blame me that so many people have the same names or titles -- or both.

Watercolor for Beginners ($)

**Peer Leader(s):** Christine Mac Shane  
**Friday(s),** Jun 07–Jun 28 ● 9:30–11:30  
**Location:** Christine Mac Shane’s Studio

We will explore the world of watercolors in four paintings as we develop skills with the watercolor medium. Classes will be for those new to painting and to watercolor, but all levels are welcome. Special Note(s): $12 per class per week for materials.

Wine Tasting at LaRocca Vineyards Tasting Room ($)

**Peer Leader(s):** Phaedra LaRocca  
**Wednesday(s),** Jun 26 ● 2–4  
**Location:** LaRocca Vineyards Tasting Room

Nestled in the northern region of the Sierra Foothills on Doe Mill Ridge, overlooking Butte Creek Canyon, LaRocca Vineyards is where the southern buttes of the Cascade Mountains meets the Sierra Nevada Mountains at the base of Mt. Lassen. Trumping our prestigious geographical location are our organic farming practices. We proudly honor the alchemy of our habitat -- the soil, butterflies, frogs, bees, earthworms, owls, birds, and most of all the vinifera. We will be learning about and tasting our delicious certified organic wines. Special Note(s): $10 materials fee.

Wisdom through Dreams, Daydreams & Meditation

**Peer Leader(s):** Gayle Womack; Susan Bollinger  
**Wednesday(s),** Jun 05–Jun 26 ● 10:30–12  
**Location:** Craig Hall: Gordon 1

This class will enrich the awareness of your every day life by learning more about imagination and accessing your intuition through meditation. Einstein is quoted as saying, "Imagination is more important than knowledge."