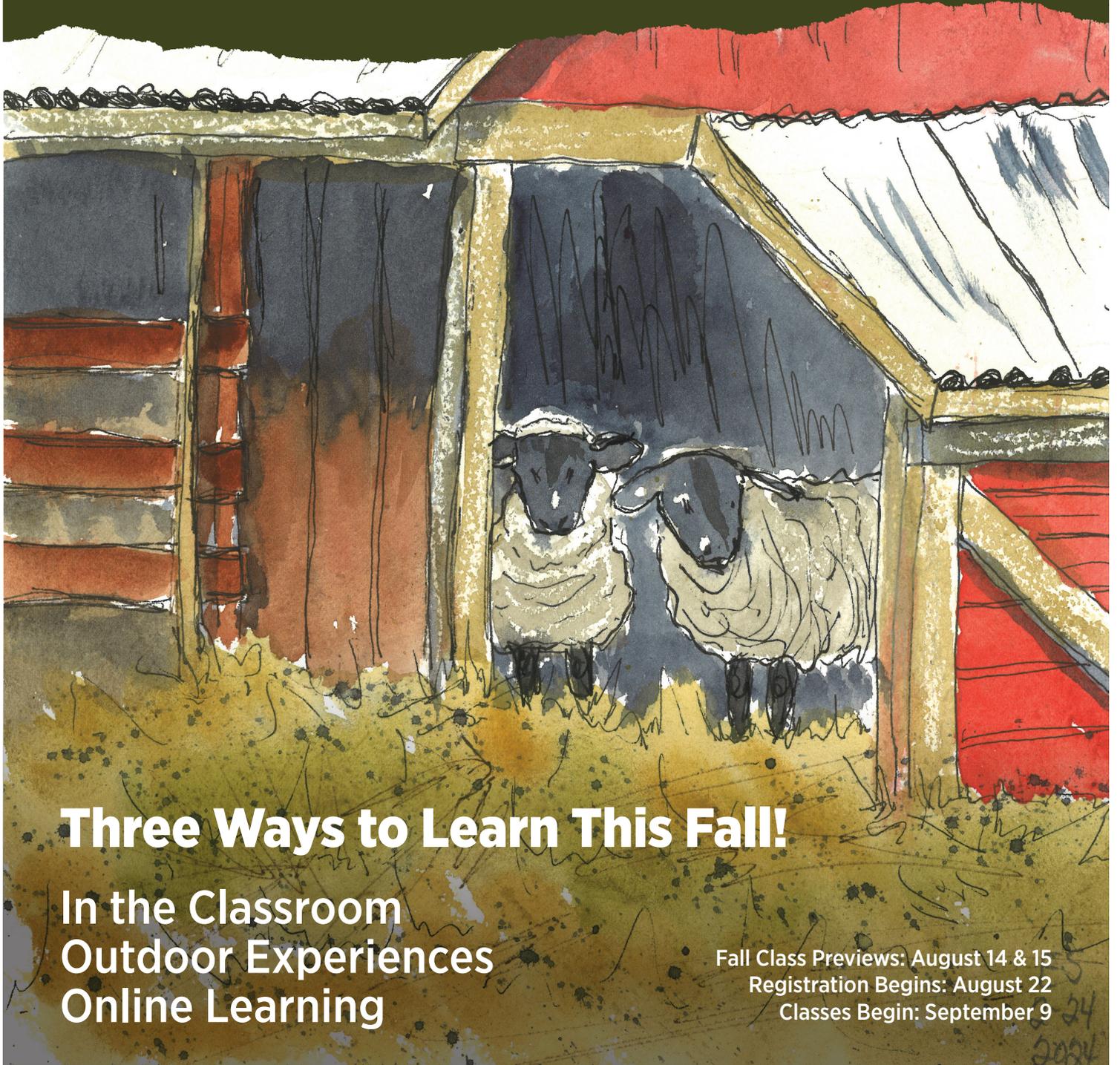


FALL 2024 CLASS CATALOG | SEPTEMBER 9-NOVEMBER 15

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI at Chico State

WHERE LEARNING NEVER RETIRES



Three Ways to Learn This Fall!

In the Classroom
Outdoor Experiences
Online Learning

Fall Class Previews: August 14 & 15
Registration Begins: August 22
Classes Begin: September 9

The **Osher Lifelong Learning Institute** in Chico, California is a learning community of more than 800 members ages 50+. We welcome adults with a desire to learn, build new friendships, and take an active part in discovering more about the world. **Join us!**

olli.csuchico.edu

530-898-6679



Welcome to OLLI All Year!

When you join OLLI, you become part of our welcoming community of lifelong learners aged 50 and older. As a member, you can take or teach classes and join or organize social meetups.

Classes

Classes are the heart of the OLLI experience. Our classes vary from academic subjects taught by former educators to hobbies shared by enthusiasts. There are no tests or grades. The only requirement is an interest in learning. OLLI has three 10-week class terms spread out across the year. This fall, our volunteer instructors will lead over 90 classes on everything from walks in nature to tap dancing; from Spanish to pencil drawing. We invite you to explore our full schedule of learning opportunities in the classroom, outside, and online.

Social Meetups

OLLI continues throughout the year with social meetups between class terms. You might join other OLLI members to make some art, have a conversation, or play a card game – in person or on Zoom. Social meetups are member-led: you decide what you want to do with other OLLI members. The OLLI office will send out the calendar of meetups each week to all members. Want to introduce a friend to OLLI? Bring them to a meetup to get a taste of what OLLI is all about.

Join OLLI

You can join OLLI at any time. Your membership is good for three consecutive class terms. Membership is required to participate in OLLI classes and member events.

- Fees:** Unlimited Membership (Fall, Winter, and Spring) **\$300**
- À La Carte Membership (Fall, Winter, and Spring) **\$50**
- Instructor-Only Unlimited Membership (Fall, Winter, and Spring) **\$240**
- Upgrade from À La Carte Membership to Unlimited Membership **\$250**

Installment Payment Plans Available!
See the Fall '24 Membership Form, page 21.

Refund, Drop, and Waitlist Policies:
See our full policies on page 5.

Unlimited members have access to all OLLI classes with no additional per-class fees. À La Carte members pay a per-class fee for each class they take each term. À La Carte members can upgrade to Unlimited membership within the first six months. Previously-paid per-class fees will not be refunded. Some supply and material fees may be requested at both membership levels for some classes.

Benefits for All Members:

- Invitations to all OLLI social meetups
- Access to online lectures from many other OLLI programs across the country
- Free parking at primary classroom complex, The Social Chico
- Discounted meal option at OLLI partner dining facility
- One-on-one technical and Zoom support from OLLI staff and volunteers
- Subscription to OLLI’s *Bits & Bytes e-newsletter* sent out twice per month
- Option to request a Chico State library courtesy card (\$50 value)

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FALL '24 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					
*	24-Form Tai Chi	Mike McCluskey	M & Th, 8:30-9:30	Sep 09-Nov 14	The Terraces, Long Exercise Room
*	Meandering in Interesting Places	Candice Roethler	9-11	Sep 30-Oct 21	Various Locations
*	Finding Balance: Stability and Mobility	Mary Sweeney	9:45-10:45	Sep 23-Nov 04	The Terraces, Long Exercise Room
	Beginning Guitar: Level 2	Phil Elkins	10-11:30	Sep 09-Oct 28	The Terraces, Lobby
	Cracker Barrel	David Price	10-11:30	Sep 09-Nov 04	The Social Chico, Bradley 2 and Link to be Provided
	Estate Planning 101	Dana Campbell	10-11:30	Sep 09-Sep 23	The Social Chico, Gordon 1
	Sing Gospel Music	Phil Elkins	10-11:30	Sep 16-Nov 04	The Terraces, Lobby
*	Making an Altar to Remember Friends and Relatives We Have Lost	Joan Goodreau	10-11	Oct 07-Oct 21	The Social Chico, Bradley 1
	Conversational Spanish	Jennifer Castañeda	1-2	Sep 09-Nov 04	The Social Chico, Gordon 1
	French 1	Leanne Ulvang (she/her/elle)	1-2	Sep 09-Nov 04	Link to be Provided
	On Being Nonprofit	Janet Rechtman	1-2	Sep 09-Sep 30	The Social Chico, Bradley 1
	Women's Spousal Caregiver Support Group	Debbie Vermette	1:30-3	Sep 09-Nov 04	The Social Chico, Gordon 2
	French 2	Leanne Ulvang (she/her/elle)	2:05-3	Sep 09-Nov 04	Link to be Provided
	Sketchbook Journaling	Marvey Mueller	3-4:30	Oct 07-Nov 04	The Social Chico, Bradley 1
	French 3: Conversation	Leanne Ulvang (she/her/elle)	3:05-4	Sep 09-Nov 04	Link to be Provided
TUESDAY CLASSES					
	Retirement Planning & Investments in a Changing Economy	Steven Cliadakis (he/him/his)	8:30-9:30	Sep 10-Sep 17	Link to be Provided
*	Tap Dance Is Fun	Mary Sweeney	8:30-9:30	Sep 24-Nov 12	Chico Creek Dance, Studio B
	Behavioral Finance and the Psychology of Investing	Steven Cliadakis (he/him/his)	8:30-10	Sep 24	Link to be Provided
*	108-Form Tai Chi: Beginning	Lenora Wong	T & F, 10-11	Sep 10-Nov 15	Center for Spiritual Living
*	Exploring Mixed Media Collage	Debbie Vermette	10-11:30	Sep 10-Oct 08	The Social Chico, Bradley 1
@	Intro to Pencil Drawing	Cris Guenter	10-11:30	Sep 10-Oct 01	Link to be Provided
	Nature in the Neighborhood	Hilary Hassenzahl	10-11:30	Sep 10	The Social Chico, Bradley 2
*	Spiritual Principles for Life: Part 1	Rosie Potestio	10-11:30	Sep 10-Oct 08	The Social Chico, Gordon 2
@	Reverse Mortgage Myth vs Reality	Annette Mercer	10-11	Sep 17	The Social Chico, Bradley 2 and Link to be Provided
*	The Tellers of Fairy Tales	Robin Dizard (she/her/hers)	10-10:45	Oct 08-Nov 12	The Social Chico, Bradley 2
@	Weekly Creations	Cris Guenter	10-11:30	Oct 08-Nov 12	Link to be Provided
*	Collage x 5	Debbie Vermette	10-11:30	Oct 15-Nov 12	The Social Chico, Bradley 1
*	Gentle Meditative Yoga Flow	Linda Strand-Talmo	10:30-11:30	Sep 10-Nov 12	Chico Creek Dance, Studio B
	Tuesday Tunes	Bitz Haley	10:30-11:45	Sep 10-Nov 12	Haley Music Therapy and Link to be Provided
	Slow Reading Shakespeare: The Tempest	Jack Ayer	10:30-12	Sep 10-Nov 12	Link to be Provided
*	108-Form Tai Chi: Intermediate	Lenora Wong	T & F, 11-12	Sep 10-Nov 15	Center for Spiritual Living
@	Art History of Later India	Katherine Harper (she/her/hers)	1-2:30	Sep 10-Nov 12	Link to be Provided
	Cribbage: Learn and Play	Susan Levine	1-2:30	Sep 10-Nov 12	The Social Chico, Bradley 1

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

*	Feng Shui Basics	Valerie Althoff	1-2:30	Sep 10-Oct 08	The Social Chico, Gordon 1
	Reading Poetry for Insight and Pleasure	Kate Foley	1-2:30	Sep 10-Nov 12	Link to be Provided
	Logic in an Illogical World: The Search for Truth	Gary Hedlind	1-2:30	Oct 22-Nov 12	The Social Chico, Gordon 1
*	The Power of Words: Euphemism, Metaphor, and Mindset	Karen Burdette (she/her/hers)	1-2:30	Oct 22-Nov 12	The Social Chico, Gordon 2
*	Gentle Yoga	Tom Hess (he/him/his)	2-3	Sep 10-Oct 01	Yoga Center of Chico
@	Let's Keep Knitting	Gale Ulvang	3-4:30	Sep 10-Nov 12	Link to be Provided
*	Master Gardener Lecture Series	Debra Barger	3:30-4:45	Sep 17-Oct 08	The Social Chico, Bradley 1

WEDNESDAY CLASSES

	Social Steps	Hayley Shafer (she/her/hers)	8:30-10	Sep 11-Oct 02	Various Locations
*	Hiking Green Gate to Five Mile	Richard Utter	8:30-1:30	Nov 06	Various Locations
\$	Beginning Spanish from Chapter 1	Memo Keswick	9-10	Sep 11-Nov 13	The Social Chico, Bradley 1
\$	Beginning Spanish from Chapter 5	Memo Keswick	10-11	Sep 11-Nov 13	The Social Chico, Bradley 1
*	Fitness for Lifetime Mobility	Paul Coots	10-11:15	Sep 11-Nov 13	The Social Chico, Bradley 2
@	Myths, Legends, and Tales of the Celts	Lynn Elliott	10-11:30	Sep 11-Nov 13	Link to be Provided
\$	Watercolor for Beginners	Christine MacShane	10-11:30	Sep 11-Nov 13	Christine MacShane Art Studio
	Power Your Mind	Anjeanette Andrade	10-11	Sep 18-Oct 16	The Social Chico, Gordon 2
*	Trash and the Neal Road Landfill: Section 1	Eric Dugger	10-12	Sep 18	Neal Road Recycling and Waste Facility
*	Trash and the Neal Road Landfill: Section 2	Eric Dugger	10-12	Oct 16	Neal Road Recycling and Waste Facility
	Demystifying Annuities	Miste Cliadakis	10-11:30	Nov 06	Link to be Provided
\$	Duplicate Bridge	Sherri Faroky	10:30-12	Sep 11-Oct 16	Bidwell Bridge Club
\$	Spanish Composition and Conversation	Memo Keswick	11-12	Sep 11-Nov 13	The Social Chico, Bradley 1
* \$	Garden Gourmands	Debra Barger	11-1	Sep 18-Oct 09	Various Locations
*	A Place of Inner Peace (In Spite of Chaos)	Gayle Womack	1-2:30	Sep 11-Oct 09	The Social Chico, Gordon 1
	Politics and the United States: 2008 to the Present	George Wright	1-2:30	Sep 11-Nov 13	The Social Chico, Bradley 1
\$	Science Fiction and Fantasy Book Group	Stephen Fritter	1-2:30	Sep 11-Nov 13	Link to be Provided
@	The Art of Seeing Art	Dolores Mitchell	1-2:30	Sep 11-Oct 09	Link to be Provided
	Writer's Workshop	Paul Belz	1-2:30	Sep 11-Nov 13	The Social Chico, Gordon 2
*	Writing Short Plays	Pam Loyd	1-3	Sep 11-Nov 13	The Terraces, Shasta Room
@	Chico State Faculty Lecture Series	Sandra Flake (she/her/hers)	1-2:30	Oct 09-Nov 13	The Social Chico, Bradley 2 and Link to be Provided
	Medicare Open Enrollment FAQ	Victoria Brennan	1-3	Nov 06	The Social Chico, Gordon 1
	World Dance	Memo Keswick	3-4	Sep 11-Nov 13	The Terraces, Long Exercise Room
	Telling Your Story	Lisa Holeman	3-4	Sep 25-Nov 13	The Terraces, Sierra Room
	World Dance Songs	Memo Keswick	4-5	Sep 11-Nov 13	The Terraces, Long Exercise Room

THURSDAY CLASSES

*	Birding in the Chico Area: Advanced Birding	Joyce Bond	8-11	Sep 12-Nov 07	Various Locations
*	A Tranquility Walk	Diana Hoffmeister	8:15-1	Oct 10	Various Locations
	My Neighbor's Voice: Building Community Through Deep Listening	Kyle Gookins	8:30-10	Sep 12-Oct 17	Link to be Provided
*	Birding in the Chico Area: All Levels	Joyce Bond	9-11	Sep 26-Nov 14	Various Locations

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

\$	Adventures in Utopia, Eutopia, and Dystopia: Aldous Huxley's Brave New World	Charles Copeland	10-11:30	Sep 12-Nov 14	The Social Chico, Bradley 1
	Folk Music in Mid-Century America: Revival or Red Scare?	Rebecca Herring Reiner	10-11:30	Sep 12-Nov 14	The Social Chico, Bradley 2
	Smartphone 101: The iPhone	Susan Levine	10-11:30	Oct 10-Oct 31	The Social Chico, Gordon 1
*	Walk the Yellowstone Kelly Heritage Trail in Paradise	Melissa Loura	10-2	Oct 24	Various Locations
\$	Acrylic Painting	Christine MacShane	1-2:30	Sep 12-Nov 14	Christine MacShane Art Studio
*	Creative Cogitations	Hilary Hassenzahl	1-2:30	Sep 12-Oct 24	The Social Chico, Bradley 1
@	Great Decisions	William Tefteller (he/him/his)	1-2:30	Sep 12-Nov 14	The Social Chico, Bradley 2 and Link to be Provided
* \$	Developing Deeper Women's Friendships	Pam Loyd	1-3	Sep 12-Nov 14	The Terraces, Sierra Room
*	Living the Four Agreements	Valerie Althoff	1-2:30	Oct 17-Nov 14	The Social Chico, Gordon 2
*	Creation Zone	Mary Sweeney	3:30-5	Sep 26-Oct 31	The Social Chico, Bradley 1

FRIDAY CLASSES

*	Women's Hike to Forest Lake in Lassen Volcanic National Park	Lorraine Smith (she/her/hers)	8-4	Sep 27	Various Locations
*	Hike & History: Meadow Hike & Jonesville Hotel	Pamela Waldsmith	8:30-3	Sep 13	Various Locations
*	Deer Creek Hike	Vickie Bernhardt	8:30-2	Oct 11	Various Locations
\$	Introduction to Kayak and SUP Paddling: Section 1	Brad Cooke	9-11	Sep 13	Forebay Aquatic Center
\$	Introduction to Kayak and SUP Paddling: Section 2	Brad Cooke	9-11	Sep 20	Forebay Aquatic Center
\$	Salmon Spawning Kayak Tour: Section 1	Brad Cooke	9-11	Oct 04	Forebay Aquatic Center
*	Explore Your Public Lands: Gray Lodge Wildlife Area	Vickie Stoll	9-4	Nov 15	Various Locations
	Poetry for Pleasure	Paul Belz	9:15-10:15	Sep 13-Nov 15	The Social Chico, Gordon 2
*	Stansbury Home Tour	Dino Corbin	10-11:30	Sep 13	Various Locations
	The Civil War and Reconstruction with David Blight	Walter Coffey	10-11:30	Sep 13-Nov 15	The Social Chico, Gordon 1
	Ekphrastic Writing and Art	Joan Goodreau	10-11:30	Oct 04-Oct 25	The Social Chico, Bradley 1
\$	Salmon Spawning Kayak Tour: Section 2	Brad Cooke	12:30-2:30	Oct 04	Forebay Aquatic Center
* \$	Arts & Eats	Bill Houck	1-2:30	Sep 13-Oct 11	Various Locations
	Music and Musicians	Walter Coffey	1-3	Sep 13-Nov 15	The Social Chico, Gordon 1
@	Artisan Bread Making: Beginning	Cathryn Hudin	1-3	Oct 04	Link to be Provided
@	Holiday Cookies: Make Ahead, Bake Anytime	Cathryn Hudin	1-3	Oct 18	Link to be Provided

Class Locations: OLLI holds classes in several locations across (and beyond) Chico. For Google Map links and printable directions for all class locations, visit the OLLI website at oli.csuchico.edu and select "Find Locations" on the home page.

- Bidwell Bridge Club965 Salem Street, Chico
- Center for Spiritual Living.....14 Hillary Lane, Chico
- Chico Creek Dance 1144 W. 1st Street, Chico
- Christine MacShane Art Studio 1459 Humboldt Road, Suite B, Chico
- Haley Music Therapy..... 2627 Forest Avenue, Chico
- Neal Road Recycling and Waste Facility.....1023 Neal Road, Chico
- The Social Chico, Bradley & Gordon Classrooms1400 W. 3rd Street, Chico
- The Terraces 2750 Sierra Sunrise Terrace, Chico
- Yoga Center of Chico250 Vallombrosa, Suite 150, Chico

REGISTRATION & POLICIES

Class Registration Opens August 22 & Runs Throughout Fall



Online

olli.csuchico.edu



Phone

530-898-6679



Email

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

Fair Access to Favorite Classes (3-Class Limit)

To provide more fair opportunities for members to enroll in their favorite classes, there is a 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 (*).

Waitlists

- If a class is full, you can be added to the waitlist. If space becomes available in a class with a waitlist, waitlisted members will be added to the class in the order they were added to the waitlist. We ask that you not attend the class until you have been officially registered.
- There is no fee to be added to the waitlist. À La Carte Members on the waitlist will be contacted for payment before being registered in the class.
- If you paid À La Carte class fees ahead of registration day and you were added to a waitlist for a class, but were not enrolled in the class, the OLLI office will contact you to arrange registration in another class of the same cost, a credit on your account, or a refund. Refunds for credit card payments will be processed within 2 business days. Refunds for check payments can take 4-6 weeks to process.

Drop and Refund Policies

- No refunds will be given for membership fees. Any unused membership fees will help support our programs. Thank you!

Unlimited Membership ~ Class Drop Policy

- If you will no longer be taking a class, please contact the OLLI office at olli@csuchico.edu or 530-898-6679 so we can offer that spot to another member.

À La Carte Membership ~ Class Drop/Refund Policy

- If OLLI cancels a class, you will receive a credit on your account for the full amount of the class fee. Credits for cancellations can be issued as refunds upon request. Refunds for credit card payments will be processed within 2 business days. Refunds for check payments can take 4-6 weeks to process.
- The deadline to drop a class and receive a credit on your account for the full class price is the business day before the second class meeting for classes that meet 3 or more times and 5 business days before the first class meeting for classes that meet 1 or 2 times.
- If you drop a class after the drop deadline, we will issue a credit on your account for the class price minus an administrative fee of \$10 for each dropped class.
- Credits from dropped or cancelled classes can only be used for class fees. They cannot be used for membership payments.
- To qualify for a credit for a dropped class, you must contact the OLLI office at olli@csuchico.edu or 530-898-6679. Contact with the instructor will not constitute an official drop request.
- Credits expire one year after they are issued. No refunds will be given for unused credits.
- No refunds will be given except as stated in this policy. Any unused fees will help support our programs. Thank you!

IN THE CLASSROOM

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

108-Form Tai Chi: Beginning *

Tue & Fri, Sep 10–Nov 15 • 10:00AM–11:00AM • Center for Spiritual Living
Instructor(s): Lenora Wong

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

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, Sep 10–Nov 15 • 11:00AM–12:00PM • Center for Spiritual Living
Instructor(s): Lenora Wong

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

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.

24-Form Tai Chi *

Mon & Thu, Sep 09–Nov 14 • 8:30AM–9:30AM • The Terraces, Long Exercise Room
Instructor(s): Mike McCluskey, Mary McCluskey

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This is the shortest of the six major Yang-style tai chi movements, taking about six 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 all 24 forms and by the end be able to join other groups wherever you go. *Note:* This class meets twice a week.

A Place of Inner Peace (In Spite of Chaos) *

Wed, Sep 11–Oct 09 • 1:00PM–2:30PM • The Social Chico, Gordon 1
Instructor(s): Gayle Womack

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Inner peace is a lifetime journey done with discernment but not judgment. The only requirement is a willingness to be aware of how much one ruminates about the past or tries to predict the future. This happens while missing what is happening in the present time. In this discussion class we will be aware of a possible runaway ego. The ego can be a good thing or a destructive thing. Awareness can end the destructive ego cycle.

Acrylic Painting \$

Thu, Sep 12–Nov 14 • 1:00PM–2:30PM • Christine MacShane Art Studio
Instructor(s): Christine MacShane

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This acrylic class is for the absolute beginner as well as more experienced painters. We will follow step-by-step instructions to create our paintings while also learning why and what we are doing. Paintings will be completed over several class sessions. All materials are provided. *Note:* There is an additional \$150 materials fee payable to the instructor at the first class meeting.

Adventures in Utopia, Eutopia, and Dystopia: Aldous Huxley's Brave New World \$

Thu, Sep 12–Nov 14 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Charles Copeland

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

In 1932 Aldous Huxley created an imaginary future to examine the benefits and liabilities of living in a eutopia based on peace, prosperity, and stability. Does the quest for happiness conflict with liberty, knowledge, and progress? Join this learning through conversation seminar as we explore a future world order organized according to the alleged principles of Henry Ford. Published 92 years ago, Huxley's masterpiece confronts many of today's national and global issues. *Note:* The required book, *Brave New World* by Aldous Huxley, is available at Barnes & Noble, Amazon, and other booksellers. The recommended edition is the Harper Perennial Modern Classics edition, ISBN 978-0-06-085052-4.

Arts & Eats * \$

Fri, Sep 13–Oct 11 • 1:00PM–2:30PM • Various Locations
Instructor(s): Bill Houck

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

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.

Beginning Guitar: Level 2

Mon, Sep 09–Oct 28 • 10:00AM–11:30AM • The Terraces, Lobby
Instructor(s): Phil Elkins

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

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 meets on the second and fourth Monday of each month. This class also meets on September 30.

Beginning Spanish from Chapter 1 \$

Wed, Sep 11–Nov 13 • 9:00AM–10:00AM • The Social Chico, Bradley 1
Instructor(s): Memo Keswick

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class uses a group study of the book *Complete Spanish Step by Step*, Premium 2nd Edition, by Barbara Bregstein, beginning with chapter 1. *Note:* The book is available at Barnes & Noble, Amazon, and other booksellers.

Beginning Spanish from Chapter 5 \$

Wed, Sep 11–Nov 13 • 10:00AM–11:00AM • The Social Chico, Bradley 1
Instructor(s): Memo Keswick

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class uses a group study of the book *Complete Spanish Step by Step*, Premium 2nd Edition, by Barbara Bregstein, beginning with chapter 5. *Note:* The book is available at Barnes & Noble, Amazon, and other booksellers.

Chico State Faculty Lecture Series @

Wed, Oct 09–Nov 13 • 1:00PM–2:30PM •
The Social Chico, Bradley 2 and Link to be Provided
Instructor(s): Sandra Flake (she/her/hers)

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Chico State's tradition of academic excellence goes back more than 130 years. With over 850 faculty members and 13,000 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

Collage x 5 *

Tue, Oct 15–Nov 12 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Debbie Vermette, Joan Goodreau, Donna Sandberg, Melissa Ottem, Akhila Murphy

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Five OLLI members who love collage will share techniques and projects each week. Come and make art!

Conversational Spanish

Mon, Sep 09–Nov 04 • 1:00PM–2:00PM • The Social Chico, Gordon 1
Instructor(s): Jennifer Castañeda

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

The purpose of this class is to engage in conversation in Spanish. The instructor will provide a topic from a list generated by participants and a brief instruction on vocabulary and sentence frames which will facilitate discussion. Participants will then converse in multi-level groups. Each class will also include a short pronunciation exercise to help the participants improve their Spanish fluency. Participants should have at least an advanced beginner knowledge of Spanish. *Note:* This class does not meet on October 14 and October 21.

Cracker Barrel

Mon, Sep 09–Nov 04 • 10:00AM–11:30AM •
The Social Chico, Bradley 2 and Link to be Provided
Instructor(s): David Price

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

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.

Creation Zone *

Thu, Sep 26–Oct 31 • 3:30PM–5:00PM • The Social Chico, Bradley 1
Instructor(s): Mary Sweeney, Lynda Klein

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Do you draw, write novels, knit, paint, collage, hook rugs, embroider, or make any other art or craft? Do you need an impulse to get you going? Instead of doing it alone, come to the OLLI Creation Zone. We will have tables (with plastic sheets covering them to allow for messiness) and chairs set up. You bring yourself, your ideas, and your materials. No instruction, no demands, just a group of people creating in comradery.

Creative Cogitations *

Thu, Sep 12–Oct 24 • 1:00PM–2:30PM • The Social Chico, Bradley 1
Instructor(s): Hilary Hassenzahl

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class is about the creative thinking process, how to develop it, and how it applies across a broad spectrum of topics such as invention/innovation, the arts, industry, creative problem solving, repurposing materials, bio-inspired design, and improvisation. Class members will draw on their unique talents, knowledge bases, hobbies, and interests to complete the challenges introduced. The class will be playful and interactive and ranges in subject matter from the silly and fantastical to tackling serious world problems.

Cribbage: Learn and Play

Tue, Sep 10–Nov 12 • 1:00PM–2:30PM • The Social Chico, Bradley 1
Instructor(s): Susan Levine

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Cribbage is a great card game for two people: fast, unpredictable, and portable. Though the game has many rules, this class will take you through all facets of the game, step by step. By the time you have finished this class, you will not only know the game well, but you will also know how to teach the game to others. If you already know the game, come play with us. Been looking for someone to play with? Maybe you will find a new friend and opponent here!

Developing Deeper Women’s Friendships * \$

Thu, Sep 12–Nov 14 • 1:00PM–3:00PM • The Terraces, Sierra Room
Instructor(s): Pam Loyd

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Most women have a variety of casual friends with whom they socialize, yet many women feel they don’t have deep emotional closeness with enough of those friends. They long for more intimate friendships where they feel truly known at a deeper, more personal level. This class will explore how to develop deeper meaningful friendships between women, as well as share our own experiences. Topics will include friendship myths, types of friendships, unhealthy friendships, steps in developing meaningful friendships, and mutual sharing and self-disclosure in friendships. *Note:* The recommended book, *Friendships Don’t Just Happen* by Shasta Nelson, is available at Barnes & Noble, Amazon, and other booksellers. This class is for women only.

Duplicate Bridge \$

Wed, Sep 11–Oct 16 • 10:30AM–12:00PM • Bidwell Bridge Club
Instructor(s): Sherri Faroky

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class is for those who know the basics of Bridge and want to improve their game. Each session begins with a lesson followed by play of hands related to the day’s topic with guidance from the instructor. *Note:* There will be an additional materials fee of \$5 payable to the instructor at the first class.

Ekphrastic Writing and Art

Fri, Oct 04–Oct 25 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Joan Goodreau, Jean Varda

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

We will design collages on the covers of blank composition books, then write inside the notebooks about the collage pieces and other art provided for viewing. Composition books will be provided by the instructors.

Estate Planning 101

Mon, Sep 09–Sep 23 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Dana Campbell, Tara Campbell

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

This class is designed to assist you in planning the transfer of your wealth to a spouse, children, grandchildren, and any other people or organizations you want to benefit from your estate. OLLI sponsors Dana and Tara Campbell will explore the advantages and disadvantages of different methods for wealth transfer to enable you to make better decisions regarding your own estate. Plan on both lecture and discussion as many exciting things can be learned from information and experiences of participants.

Exploring Mixed Media Collage *

Tue, Sep 10–Oct 08 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Debbie Vermette

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Collage is a creative medium accessible to people of all artistic skill levels. We’ll explore the world of collage by using different papers and techniques. There is no wrong way to create a collage. It is simply a matter of layering color, texture, and patterns. And it’s fun!

Feng Shui Basics *

Tue, Sep 10–Oct 08 • 1:00PM–2:30PM • The Social Chico, Gordon 1
Instructor(s): Valerie Althoff

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Feng shui teaches that your spaces are a reflection of your life. If some part of your life is out of whack, your spaces will indicate that. The motto is: change your spaces, change your life. You’ll learn to see where you spend time (home, office, car) from a new perspective and get useful solutions (called “cures”) to help shift your spaces. This class shows you that these modifications can help enhance and balance your life.

Finding Balance: Stability and Mobility *

Mon, Sep 23–Nov 04 • 9:45AM–10:45AM • The Terraces, Long Exercise Room
Instructor(s): Mary Sweeney

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Everyone can have better balance! Balance improves with practice under safe and friendly conditions. Participants will explore balance while sitting, standing, and moving through space, including walking in all directions. Participants will learn how various factors affect balance (and what to do about it), including muscle strength, flexibility, vision, vestibular sense, proprioception, coordination, and cognition. Come experience the art, science, and joy of re-establishing your body’s stability and mobility. *Note:* This class is for all levels. Wear comfortable clothing that allows for ease of movement. Go barefoot if that is comfortable for you and you have no skin issues. Otherwise, wear thin-soled, flat shoes that work for your feet.

Fitness for Lifetime Mobility *

Wed, Sep 11–Nov 13 • 10:00AM–11:15AM • The Social Chico, Bradley 2
Instructor(s): Paul Coots

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Mobility declines with age, but more so if we're not active. Come enhance your physical and spiritual well-being through exercise. We'll practice balance, strength, and flexibility movements that lead to increased mobility. Each class follows a similar routine that can be done at home, allowing you to look after the health of your joints for many years to come. Please wear comfy clothing. Your body will thank you! *Note:* Please bring an exercise or yoga mat, a yoga strap or similar strap, and a yoga block or a rolled up towel.

Folk Music in Mid-Century America: Revival or Red Scare?

Thu, Sep 12–Nov 14 • 10:00AM–11:30AM • The Social Chico, Bradley 2
Instructor(s): Rebecca Herring Reiner

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

American folk music experienced a commercial revival from the late 1940s through the mid-1960s. Its roots in support of the labor movement, and later embrace of anti-war protest songs, earned many performers the label of "communist pinkos." Other performers, however, cultivated a clean-cut, down-home, all-American image. We will explore the history of this dichotomy, then play and sing the songs known collectively as "folk music." Bring your instruments, your voice, and your curiosity. Leave your inhibitions at home and be prepared to have a good time!

Gentle Meditative Yoga Flow *

Tue, Sep 10–Nov 12 • 10:30AM–11:30AM • Chico Creek Dance, Studio B
Instructor(s): Linda Strand-Talmo

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Embark on a journey to inner peace with these tranquil yoga sessions. This class is designed to calm the mind and foster a deep connection with your inner self through gentle movements. Participants will engage in exercises performed both seated on the floor and through simple standing postures. This class is open to all, regardless of prior yoga experience. Please bring a yoga mat. While not essential, you're welcome to bring any personal yoga props to enhance your practice. *Note:* This class will not meet October 29.

Gentle Yoga *

Tue, Sep 10–Oct 01 • 2:00PM–3:00PM • Yoga Center of Chico
Instructor(s): Tom Hess (he/him/his)

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Stretch your body and relax your mind with one hour of gentle yoga. The instructor specializes in making yoga accessible to everyone at any age or physical condition. There is always a way to practice yoga. This class will include some discussion and lecture on the philosophy of yoga. *Note:* The Yoga Center of Chico has a full supply of yoga mats and props, so you just need to bring yourself, dressed comfortably, to participate.

Great Decisions @

Thu, Sep 12–Nov 14 • 1:00PM–2:30PM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): William Tefteller (he/him/his), Myron Flindt, David Price, Lynn Cannon

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

"Great Decisions" is the Foreign Policy Association's public education program about US foreign policy and global affairs issues. We will cover four of the Foreign Policy Association's topics and add some additional topics that are of interest to the class. *Note:* The topics for fall 2024 will include: High Seas Treaty, climate technology and competition, US and China investment strategies, and pandemic preparation.

Living the Four Agreements *

Thu, Oct 17–Nov 14 • 1:00PM–2:30PM • The Social Chico, Gordon 2

Instructor(s): Valerie Althoff

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

In 1997, Don Miguel Ruiz published *The Four Agreements*. He writes that we have, mostly unconsciously, agreed to living as what he calls "the domesticated human," leading lives that can be unfulfilling and difficult. The four agreements can create the experience of inner freedom and contentment. In class, we will discuss each agreement and ways to apply them in everyday life. Familiarity with the book is helpful but not necessary. Just come and learn how to live a more wholesome life!

Logic in an Illogical World: The Search for Truth

Tue, Oct 22–Nov 12 • 1:00PM–2:30PM • The Social Chico, Gordon 1

Instructor(s): Gary Hedlind

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

The class will examine common flaws in logic which lead to questionable conclusions: opposites and falsehoods, blame and responsibility, paradoxes, fallacies, emotions, etc. The goal is to become aware of one's own blind spots that are obstacles in the search for truth.

Making an Altar to Remember Friends and Relatives We Have Lost *

Mon, Oct 07–Oct 21 • 10:00AM–11:00AM • The Social Chico, Bradley 1

Instructor(s): Joan Goodreau

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Discuss, plan, and prepare a simple altar in memory and in honor of friends and family you have lost. Some people observe holidays like Day of the Dead and All Souls Day that specifically honor loved ones who have died; for others, the upcoming winter holiday season and dark winter days can be a time to think of those who have died. The altars we build will give us a concrete, personal way to celebrate our departed loved ones with art, photos, and writings.

Master Gardener Lecture Series *

Tue, Sep 17–Oct 08 • 3:30PM–4:45pm • The Social Chico, Bradley 1
Instructor(s): Debra Barger, Felicity Brown

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

California Master Gardeners provide educational outreach from University of California Cooperative Extension (UCCE) offices throughout the state. The mission of the Butte County Master Gardeners is to extend research-based education and technical assistance throughout the non-commercial gardening community and to foster successful gardening practices by helping individuals make informed decisions about plants, pests, and the environment, with an emphasis on sustainability. Join us as we address a wide range of fascinating subjects.

Medicare Open Enrollment FAQ

Wed, Nov 06 • 1:00PM–3:00PM • The Social Chico, Gordon 1
Instructor(s): Victoria Brennan

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

The Medicare Annual Open Enrollment Period (AEP) for Part D prescription drug plans and Part C Medicare Advantage plans begins October 15 and ends December 7. This Medicare FAQ class will offer beneficiaries options for their healthcare needs in the coming year. Passages HICAP Medicare counselors will be on site and ready to perform AEP Part D prescription drug plan comparisons and plan changes for attendees who wish to reevaluate their current plan. *Note:* If you are interested in having a Part D prescription drug plan comparison conducted, please bring a list of your prescriptions (including name, dosage, and quantity taken per day) and your Medicare card.

Music and Musicians

Fri, Sep 13–Nov 15 • 1:00PM–3:00PM • The Social Chico, Gordon 1
Instructor(s): Walter Coffey

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

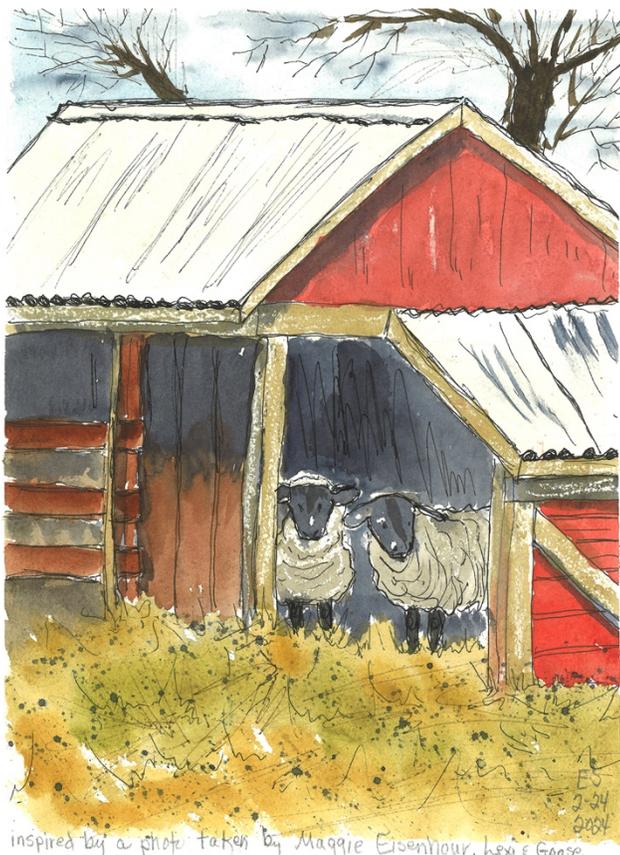
Each week we'll view a feature-length documentary or two shorter films. The films will generally feature a performer or composer, the impact of their environment on their music, and the impact of their music on other musicians and on society. Or the focus might be on a style of music from swing to country, jazz to 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.

Nature in the Neighborhood

Tue, Sep 10 • 10:00AM–11:30AM • The Social Chico, Bradley 2
Instructor(s): Hilary Hassenzahl

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Chico is known for its rich biodiversity and parks. Get to know Chico's non-human residents with highlights from four years of weekly wanderings and the research they inspired. Courtship displays, playful otters happily munching, a drinking fountain hawk bath, wildflower blooms, a rare mutant carpenter bee, and more surprises are captured on this photographic journey through parks and surrounding neighborhoods in the heart of Chico.



On the Cover: “Lexi & Goose”

Sketch with watercolor by OLLI member Elisabeth Stewart, inspired by a photograph taken by Maggie Eisenhour. The piece was one of sixty art pieces by OLLI members in the OLLI Art Gallery's spring show at The Social Chico.

On Being Nonprofit

Mon, Sep 09–Sep 30 • 1:00PM–2:00PM • The Social Chico, Bradley 1
Instructor(s): Janet Rechtman

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

This workshop is for anyone who has volunteered to help a nonprofit or tried to start a nonprofit themselves, including the delights and dilemmas of service and leadership in the nonprofit context. Content includes nonprofit basics, board member roles and responsibilities, and challenges and opportunities for elders in the context of the nonprofit life cycle. There will also be opportunities to explore specific questions and concerns raised by participants. This class does not provide legal advice.

Poetry for Pleasure

Fri, Sep 13–Nov 15 • 9:15AM–10:15AM • The Social Chico, Gordon 2
Instructor(s): Paul Belz

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Reading poetry helps you to know things more fully; it commands your attention; and it can sustain good conversation. In this class, participants select poetry from favorite sources to read aloud with fellow enthusiasts. *Note:* This class meets September 13, October 4, October 18, November 1, and November 15.

Politics and the United States: 2008 to the Present

Wed, Sep 11–Nov 13 • 1:00PM–2:30PM • The Social Chico, Bradley 1
Instructor(s): George Wright

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Since the 2008 Great Recession the United States has faced three separate, but overlapping, crises: stagnant economic growth, accelerating domestic political polarization, and geopolitical challenges to its post-World War II hegemonic status. This class will examine how the Obama, Trump, and Biden administrations have addressed and/or contributed to those crises. The class will conclude with a focus on how those crises are affecting the 2024 presidential election.

Power Your Mind

Wed, Sep 18–Oct 16 • 10:00AM–11:00AM • The Social Chico, Gordon 2
Instructor(s): Anjeanette Andrade, Melissa Bonham

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Join us as we learn to power the mind. We will discuss topics on ways to love your brain, prevent cognitive decline, and improve your overall mental health. This class will incorporate a few lighthearted and joyful activities, including crafting, mindfulness, and cooking sessions. *Note:* This class meets September 18 and October 16.

Reverse Mortgage Myth vs Reality @

Tue, Sep 17 • 10:00AM–11:00AM
The Social Chico, Bradley 2 and Link to be Provided
Instructor(s): Annette Mercer, Dominic Schuessler

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

This class will educate you about various mortgage loans and how they can be applied to your unique situation. Experts from OLLI sponsor Tri Counties Bank will address Home Equity Conversion Mortgages (HECM) and other home mortgages, with an emphasis on dispelling myths surrounding reverse mortgages. Learn about current mortgage rates, loan terms, down payment requirements, mortgage insurance, and closing costs and fees of all kinds. Understanding the difference between various mortgage options can help put you in the driver's seat on your next home sale or purchase. This class does not provide legal advice.

Sing Gospel Music

Mon, Sep 16–Nov 04 • 10:00AM–11:30AM • The Terraces, Lobby
Instructor(s): Phil Elkins

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

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 meets on the first and third Monday of each month.

Sketchbook Journaling

Mon, Oct 07–Nov 04 • 3:00PM–4:30PM • The Social Chico, Bradley 1
Instructor(s): Marvey Mueller

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Sharpen your drawing and watercolor skills as we paint and sketch together on a variety of subjects. The purpose of this class is to provide a supportive community for those who work to keep their journal practice alive. We will share ideas and sometimes our favorite art materials, the ones that make this practice all the more fun. With all the colors of fall available to us as examples, plan on some brilliant pages in your sketchbook. *Note:* This class requires a strong skill level. Only prior students or those who submit their work to the instructor for consideration will be admitted.

Smartphone 101: The iPhone

Thu, Oct 10–Oct 31 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Susan Levine

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

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...?"

Spanish Composition and Conversation \$

Wed, Sep 11–Nov 13 • 11:00AM–12:00PM • The Social Chico, Bradley 1
Instructor(s): Memo Keswick

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class covers writing and conversation in Spanish. The class will be conducted mostly in Spanish; English may be used for support. Participants will have the opportunity to speak and to write short compositions for review and discussion. The class may have native speakers and professional Spanish educators as guest speakers. There is nothing like having a professional Spanish educator to help learn Spanish conversation. *Note:* There is an additional \$25 materials and speaker fee payable to the instructor at the first class meeting.

Spiritual Principles for Life: Part 1 *

Tue, Sep 10–Oct 08 • 10:00AM–11:30AM • The Social Chico, Gordon 2
Instructor(s): Rosie Potestio

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Spiritual principles help us follow a path to experience life with strength and resilience. These are fundamental truths that are universally accepted and passed on over many years and through many traditions. As suggested in *The Eye of the I* by David R. Hawkins, MD, PhD, we will talk about some of the following principles: attitude, humility, kindness, giving up guilt, willingness to realize that “truth” is dependent on context, acceptance, and non-attachment.

Stansbury Home Tour *

Fri, Sep 13 • 10:00AM–11:30AM • Various Locations
Instructor(s): Dino Corbin, Elizabeth Carrillo

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Located at the corner of Fifth and Salem Streets, the Stansbury Home was built by Dr. Oscar Stansbury, a local physician, in 1883. Owned by the City of Chico since 1976, it is operated by the Stansbury Home Preservation Association as a historic house museum. This tour will include Dr. Stansbury’s office, with its display of the tools used in his practice, as well as rooms used by the Stansbury family with original interiors and furnishings intact.

Tap Dance Is Fun *

Tue, Sep 24–Nov 12 • 8:30AM–9:30AM • Chico Creek Dance, Studio B
Instructor(s): Mary Sweeney

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Tap dance involves rhythmic, percussive, and precise movement of the feet while promoting flow and individual style of the entire body. Classes will include warm-up, structured movement phrases that will build in complexity, and creative explorations. All levels are welcome. Good standing balance is recommended. *Note:* Wear comfortable clothing that allows for ease of movement and tap shoes, preferably with low heel.

Telling Your Story

Wed, Sep 25–Nov 13 • 3:00PM–4:00PM • The Terraces, Sierra Room
Instructor(s): Lisa Holeman

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Want to hear some interesting stories? Each class session will feature someone telling their life story. Students will have the option of being filmed and given a flash drive with the recording as a keepsake. This token of remembrance can be passed onto one’s family or friends. A memoir book will be available to students and a list of possible topics to address when giving their talk. Everyone has a story to tell. Come and share yours!

The Civil War and Reconstruction with David Blight

Fri, Sep 13–Nov 15 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Walter Coffey

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This is one part of a three-term presentation of David Blight’s online Yale University class. Four broad themes are closely examined: the crisis of union and disunion in an expanding republic; slavery, race, and emancipation as a national problem, personal experience, and social process; the experience of modern, total war for individuals and society; and the political and social challenges of Reconstruction. *Note:* Part three of a three-term series. This part covers the beginning of the war through the end of Reconstruction.

The Power of Words: Euphemism, Metaphor, and Mindset *

Tue, Oct 22–Nov 12 • 1:00PM–2:30PM • The Social Chico, Gordon 2
Instructor(s): Karen Burdette (she/her/hers)

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

This is a participatory, discussion-based class exploring the hidden assumptions in our language. Does the way we speak influence and manipulate the way we think? Our language is replete with militaristic euphemisms and metaphors, political code words and dog whistles, and hidden assumptions about power, patriarchy, hierarchy, and identity. Many of those words and phrases are so ingrained in our lexicon that we are oblivious to the potentially manipulative power they hold over us and our way of thinking.

The Tellers of Fairy Tales *

Tue, Oct 08–Nov 12 • 10:00AM–10:45AM • The Social Chico, Bradley 2
Instructor(s): Robin Dizard (she/her/hers)

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Fairy tales stretch back 5,000 years, but who wrote them down? Who collected and gave them the forms we know? This class considers seven men and women who, despite poverty, horrors of war, crippling psychological conditions, and even prison, rescued and passed along stories that amaze, amuse, terrify, and instruct us, even now. Topics include the West’s cultural debts to the East and connections between tellers and what they tell. Hear stories the likes of which you never knew in all your born days.

Trash and the Neal Road Landfill *

Section 1: Wed, Sep 18 • 10:00AM–12:00PM

Section 2: Wed, Oct 16 • 10:00AM–12:00PM

Neal Road Recycling and Waste Facility

Instructor(s): Eric Dugger, Eric Miller

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

The class will present a brief history of the disposal of trash through time, regulations affecting the disposal of trash, and the history of the Neal Road Recycling and Waste Facility (landfill). Learn about the recycling and diversion of wastes from the landfill, landfill operations, monitoring, amounts of waste disposed, as well as effects of disasters, electrical power generation, equipment used, and the future of landfill and related topics. *Note:* Bring walking shoes (no sandals), sunscreen, hat, sunglasses, and water as the majority of class will be outside to allow observation of landfill operations. You may also bring a folding chair and clipboard. Please register for only one section.

Tuesday Tunes

Tue, Sep 10–Nov 12 • 10:30AM–11:45am •

Haley Music Therapy and Link to be Provided

Instructor(s): Bitz Haley

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Start your Tuesday with music and songs. Join us in a fun, informal sing-along. Bring your voices and/or musical instruments. The operative word is “fun.” If you like music, you will like this class. All levels welcome! *Note:* This class meets September 10, September 24, October 8, October 22, and November 12.

Watercolor for Beginners \$

Wed, Sep 11–Nov 13 • 10:00AM–11:30AM • Christine MacShane Art Studio

Instructor(s): Christine MacShane

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class is an introduction to watercolor painting. We will cover techniques, color blending, color mixing, and brush work. All materials provided. *Note:* There is an additional \$120 materials fee payable to the instructor at the first class meeting.

Women’s Spousal Caregiver Support Group

Mon, Sep 09–Nov 04 • 1:30PM–3:00PM • The Social Chico, Gordon 2

Instructor(s): Debbie Vermette

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Join other women spousal caregivers to give and receive support. Talking with others who are experiencing relatable situations can be cathartic and helpful. It can also provide a safe space where stories, tips, and humor make a positive difference. *Note:* This class is for women only.

World Dance

Wed, Sep 11–Nov 13 • 3:00PM–4:00PM • The Terraces, Long Exercise Room

Instructor(s): Memo Keswick

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Learn fun social dances from around the world, including Bulgaria, Romania, Serbia, Greece, Israel, Scotland, and the United States. Line, circle, and couple dances. No partner required.

World Dance Songs

Wed, Sep 11–Nov 13 • 4:00PM–5:00PM • The Terraces, Long Exercise Room

Instructor(s): Memo Keswick

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Learn to sing or play songs used in world dances. These dances are mostly international folk dance melodies used at local dance club parties. The songs may have rhythms common or uncommon to western music, such as 2/4, 3/4, 7/8, and 9/8 time signatures. Lyrics and music will be provided.

Writer’s Workshop

Wed, Sep 11–Nov 13 • 1:00PM–2:30PM • The Social Chico, Gordon 2

Instructor(s): Paul Belz, Linda Crill (she/her/hers)

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This writer’s workshop serves a community of writers interested in sharing their writing and responding to other writers’ work. We will focus on fiction, memoir, creative non-fiction, poetry, travel writing, stories for children, and other types of writing. Following a workshop format, this class will be an opportunity for students to receive feedback for their written work and provide meaningful support to fellow writers.

Writing Short Plays *

Wed, Sep 11–Nov 13 • 1:00PM–3:00PM • The Terraces, Shasta Room

Instructor(s): Pam Loyd

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Learn to write a short 10- to 20-minute play. We will cover the basics of playwriting, including format, structure, character, conflict, and dialogue. This is a workshop-style class in which we discuss concepts and techniques, share what we have written, and write short exercises to develop skills. Prompts will be offered to stimulate your ideas. There will be an opportunity for some of the plays to be performed in the annual OLLI Play Festival.



ONLINE LEARNING

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

Art History of Later India @

Tue, Sep 10–Nov 12 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Katherine Harper (she/her/hers)

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class will examine the art and architecture of later South Asia (India and Pakistan) from the time of the introduction of Islam in 711 CE to the present. We will consider the social, religious, and political context for the various monuments. Special focus will be given to the Mughal Dynasty and the culture that influenced the creation of Taj Mahal.

Artisan Bread Making: Beginning @

Fri, Oct 04 • 1:00PM–3:00PM • Link to be Provided

Instructor(s): Cathryn Hudin

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

In this one-day class, participants will learn how to use four ingredients (flour, yeast, salt, and water) to make many kinds of bread, just like those lovely French baguettes. This class is based on the book *The New Artisan Bread in Five Minutes a Day*.

Behavioral Finance and the Psychology of Investing

Tue, Sep 24 • 8:30AM–10:00AM • Link to be Provided

Instructor(s): Steven Ciadakis (he/him/his)

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

What is behavioral finance and how does it work? What is the psychology behind risk-taking and investing? What makes people feel the way they do when making financial decisions? In this class Steven Ciadakis from OLLI sponsor Altum Wealth Advisors will highlight the theories of leading behavioral finance academics and discuss how they attempt to explain irrational investor behavior. The goal is to explore how we may develop a better understanding of our cognitive and emotional selves to help us make better financial decisions.

Chico State Faculty Lecture Series @

Wed, Oct 09–Nov 13 • 1:00PM–2:30PM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Sandra Flake (she/her/hers)

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Chico State's tradition of academic excellence goes back more than 130 years. With over 850 faculty members and 13,000 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

Cracker Barrel

Mon, Sep 09–Nov 04 • 10:00AM–11:30AM

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): David Price

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

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.

Demystifying Annuities

Wed, Nov 06 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Misté Ciadakis

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Have you ever heard radio hosts say, "I hate annuities," "Annuities are bad," or "Annuities have lots of fees"? In this class Misté Ciadakis from OLLI sponsor Altum Wealth Advisors will demystify what you may have heard about annuities. For example, you may not know that there are four main types of annuities, that some annuities have zero fees, that some annuities are liquid, or that some annuities act much like a CD. Annuities can be complex investment products, and they may not be suitable for everyone. Learn the pros and cons of the various annuities.

French 1

Mon, Sep 09–Nov 04 • 1:00PM–2:00PM • Link to be Provided

Instructor(s): Leanne Ulvang (she/her/elle), Michèle Martens

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

If you've studied French in the past – even as long ago as high school – and can construct a basic sentence in French, join us in improving our abilities to communicate orally and in writing. The class uses a text, but doesn't always follow its sequence. If you are completely new to French, this is not the class for you. *Note:* The recommended book, *Easy French Step-by-Step* by Myrna Bell Rochester, is available at Barnes & Noble, Amazon, and other booksellers.

French 2

Mon, Sep 09–Nov 04 • 2:05PM–3:00PM • Link to be Provided

Instructor(s): Leanne Ulvang (she/her/elle)

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class will focus on grammar, usage, creating French sentences, and improving listening skills, plus reading French stories. *Note:* A special emphasis this term is constructing sentences with subordinate clauses.

French 3: Conversation

Mon, Sep 09–Nov 04 • 3:05PM–4:00PM • Link to be Provided

Instructor(s): Leanne Ulvang (she/her/elle), Jane Ziad

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

On parle français dans cette classe, sans traduction (si nous avons de la chance). On doit avoir l'envie d'entendre et de parler mieux le français, et peut-être un jour le parler couramment. Il n'y a pas de textes.

Great Decisions @

Thu, Sep 12–Nov 14 • 1:00PM–2:30PM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): William Tefteller (he/him/his), Myron Flindt, David Price, Lynn Cannon

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

“Great Decisions” is the Foreign Policy Association’s public education program about US foreign policy and global affairs issues. We will cover four of the Foreign Policy Association’s topics and add some additional topics that are of interest to the class. *Note:* The topics for fall 2024 will include: High Seas Treaty, climate technology and competition, US and China investment strategies, and pandemic preparation.

Holiday Cookies: Make Ahead, Bake Anytime @

Fri, Oct 18 • 1:00PM–3:00PM • Link to be Provided

Instructor(s): Cathryn Hudin

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Cathryn has made and given away holiday cookies for fifty years. In this class, she will share three cookie recipes that are refrigerated before baking and then baked in a few minutes any time you desire. She will make one of the doughs during class and show how to prep all three for baking. You can optionally make the dough ahead of time and bake along with Cathryn.

Intro to Pencil Drawing @

Tue, Sep 10–Oct 01 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Being able to sketch or draw is a foundation for creating art in a variety of mediums and helps in explaining ideas and thoughts. This class will address beginning graphite pencil drawing approaches and techniques. Participants will actively draw in every class session while learning to construct simple to more complex drawings along the way. Join us to explore drawing together. *Note:* See the full materials list with the class listing on the website.

Let’s Keep Knitting @

Tue, Sep 10–Nov 12 • 3:00PM–4:30PM • Link to be Provided

Instructor(s): Gale Ulvang

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Knitting with others is a wonderful learning environment. This class is designed to give knitters who have mastered the basic stitches of knit and purl a chance to work on a project of their choosing while we chat and share ideas online with other knitters. All levels of ability are welcome! Gale contributes to the class by offering tips and suggestions for patterns, yarn, and tools based on her years of knitting experience.

My Neighbor’s Voice: Building Community Through Deep Listening

Thu, Sep 12–Oct 17 • 8:30AM–10:00AM • Link to be Provided

Instructor(s): Kyle Gookins, Mary Anne Inglis

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

My Neighbor’s Voice (MNV) is committed to encouraging respectful conversations about the things that matter most. Using MNV Listening Cards, we focus on universal community questions ranging from American culture to civic rights and responsibilities, spiritual thought to health and environment, and more. During class, we have a moderated listening practice with our cards. Each participant takes turns answering questions and listening to their neighbor answer a related question. At the end of several listening rounds, we open the forum up for free discussion on the topic of the day.

Myths, Legends, and Tales of the Celts @

Wed, Sep 11–Nov 13 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Lynn Elliott

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

W.B. Yeats, in his essay “The Celtic Element In Literature,” spoke of visions of a world expressed by people who “believed that trees were divine, and could take a human or grotesque shape and dance among the shadows.” Once a powerful people who dominated much of Europe, the Celts were reduced to a few small groups after the Roman invasions. However, their mythology survived, thanks largely to the efforts of medieval Irish and Welsh monks who wrote down the stories.

Reading Poetry for Insight and Pleasure

Tue, Sep 10–Nov 12 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Kate Foley, Susan Bollinger

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Each week the class will read poems by an individual poet, a collection of poems on a specific subject, or a collection of poems in a specific style. A wide range of poets and poetry will be presented, from classic to contemporary, and we will discuss them from the perspective that the poet creates the work but the reader activates it.

Retirement Planning & Investments in a Changing Economy

Tue, Sep 10–Sep 17 • 8:30AM–9:30AM • Link to be Provided

Instructor(s): Steven Cliadakis (he/him/his)

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

In this class Steven Cliadakis from OLLI sponsor Altum Wealth Advisors will discuss how tax law changes, inflation, falling interest rates, and a changing economy may affect your investments and retirement plans. The class will cover various investment vehicles, such as CDs, Treasuries, index funds, ETFs, alternative investments, and others. Hear the financial market perspectives of respected economists and explore investment trends and best practices. The class will highlight key principles of financial planning and how they can be applied to your personal retirement goals.

Reverse Mortgage Myth vs Reality @

Tue, Sep 17 • 10:00AM–11:00AM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Annette Mercer, Dominic Schuessler

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

This class will educate you about various mortgage loans and how they can be applied to your unique situation. Experts from OLLI sponsor Tri Counties Bank will address Home Equity Conversion Mortgages (HECM) and other home mortgages, with an emphasis on dispelling myths surrounding reverse mortgages. Learn about current mortgage rates, loan terms, down payment requirements, mortgage insurance, and closing costs and fees of all kinds. Understanding the difference between various mortgage options can help put you in the driver's seat on your next home sale or purchase. This class does not provide legal advice.

Science Fiction and Fantasy Book Group \$

Wed, Sep 11–Nov 13 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Stephen Fritter

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

This class will discuss favorite science fiction authors, their books, and the social, political, and scientific issues they raise. There may be occasional magical journeys into works of fantasy. The books and authors will be chosen by Stephen with suggestions from class participants and former class leader Sydney Wilde. This is a fun, free-flowing gathering of science fiction enthusiasts. Please join us and bring your ideas, insights, and suspension of disbelief. *Note:* Several classes will be devoted to the theme of generation starships with works by authors such as Robert A. Heinlein, Brian W. Aldiss, Poul Anderson, and Kim Stanley Robinson as source material. The books for this group will be available in e-book, audio, paperback, and hard-bound formats from Barnes & Noble, Amazon, and other booksellers.

Slow Reading Shakespeare: The Tempest

Tue, Sep 10–Nov 12 • 10:30AM–12:00PM • Link to be Provided

Instructor(s): Jack Ayer

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Join us for a collaborative read of Shakespeare's *The Tempest*, a play about colonialism and the dispossessed. You'll be encouraged, but not required, to join in the discussion. This class is for beginners and Shakespeare veterans alike. You will want your own copy of the play, but any good standard edition will do. E-mail Jack (jdayer@ucdavis.edu) for guidance.

The Art of Seeing Art @

Wed, Sep 11–Oct 09 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Dolores Mitchell

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

We use our senses and memories to help us navigate daily life. Applying them when visiting galleries and museums can be as enlightening as reading labels. This class explores the connection between viewing art and our personal experiences. For example, your awe at the Grand Canyon can be similar to your awe when seeing Michelangelo's *David*. In advance of each class, participants will receive emails with playful exercises and recommended readings and videos. Each of the five classes will focus on a separate discipline.

Tuesday Tunes

Tue, Sep 10–Nov 12 • 10:30AM–11:45am •

Haley Music Therapy and Link to be Provided

Instructor(s): Bitz Haley

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Start your Tuesday with music and songs. Join us in a fun, informal sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If you like music, you will like this class. All levels welcome! *Note:* This class meets September 10, September 24, October 8, October 22, and November 12.

Weekly Creations @

Tue, Oct 08–Nov 12 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

- Fee for À La Carte Members: \$55. Fee for Unlimited Members: Included.

Grab your sketchbook and assorted art materials! The goal of this class is to complete a piece of art each week during class time. For each session we will look at a photo, video clip, or artwork, briefly discuss it, and then create our own piece. Prior to each session, specific art materials that will be used by the instructor for that week will be shared. Participants are welcome to follow along with the instructor or take off in a direction of their own. *Note:* Materials: a sketchbook or drawing paper and any other assorted art media that you have and like to use.



OUTDOOR EXPERIENCES

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

A Tranquility Walk *

Thu, Oct 10 • 8:15AM–1:00PM • Various Locations

Instructor(s): Diana Hoffmeister, Akhila Murphy, Candice Roethler

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Join us for a leisurely walk of up to four miles on a mostly level path. Let's connect with nature in a way that stimulates our senses and unclutters our minds while enlivening our bodies with easy walking. Let your to-do list take a backseat for a while and allow the nurturing energy of Mother Nature to slow you down as you appreciate the tranquility of your surroundings. *Note:* Further details will be provided prior to the hike. Sturdy walking shoes required.

Birding in the Chico Area: Advanced Birding *

Thu, Sep 12–Nov 07 • 8:00AM–11:00AM • Various Locations

Instructor(s): Joyce Bond

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

This class is for students who have taken the “Birding in the Chico Area: All Levels” class more than once. We will not cover birding basics and will spend more time in the field. We will meet once a month at different locations for field trips that may involve 2-3 miles of walking. *Note:* This class meets September 12, October 10, and November 7. Please register for only one birding section.

Birding in the Chico Area: All Levels *

Thu, Sep 26–Nov 14 • 9:00AM–11:00AM • Various Locations

Instructor(s): Joyce Bond

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

This class is for both beginning and experienced birders. Through observation and the use of binoculars, field guides, and birding apps, class participants learn to identify birds in their natural habitat. We will meet once a month at different birding locations for field trips that may involve 1-2 miles of walking. *Note:* This class meets September 26, October 24, and November 14. Please register for only one birding section.

Deer Creek Hike *

Fri, Oct 11 • 8:30AM–2:00PM • Various Locations

Instructor(s): Vickie Bernhardt

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

This is a moderate out and back hike totaling 4 miles along picturesque Deer Creek. The trail meanders under a forest canopy, which we will admire in its seasonal beauty. Features to enjoy along our journey include stream crossings, some short steep rocky ascents and descents, waterfalls, and basalt cliffs towering above us on the walls of the canyon. We will hike at a leisurely pace, enjoying the flora and fauna along the way. *Note:* Further details will be provided prior to the hike. Sturdy hiking boots required; hiking poles recommended.

Explore Your Public Lands: Gray Lodge Wildlife Area *

Fri, Nov 15 • 9:00AM–4:00PM • Various Locations

Instructor(s): Vickie Stoll, Lorraine Smith (she/her/hers)

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

The North State is home to rich, diverse public lands: refuges, parks, forests, and reserves. Your public lands provide vital wildlife habitat and protect our natural resources. On this field trip, we'll explore Gray Lodge with guidance from a California Department of Fish and Wildlife Naturalist and enjoy an easy 2-mile nature walk on level paths. We will identify birds, enjoy stunning views of the Sutter Buttes, and learn about this haven for over 300 species of wildlife. Come explore your public lands with us! *Note:* Further details will be provided prior to the field trip.

Garden Gourmands * \$

Wed, Sep 18–Oct 09 • 11:00AM–1:00PM • Various Locations

Instructor(s): Debra Barger

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

California's temperate climate allows an amazing array of plants to be grown locally. Edible gardens, pollinator gardens, native gardens, contemplative gardens, and demonstration gardens are some of the many varieties to tour. Inspired by the successful model of the “Arts & Eats” OLLI class, “Garden Gourmands” will focus on touring the art of garden landscapes combined with eating locally. Join Master Gardeners as we explore different area gardens followed by a no-host lunch at various local eateries to enjoy the bounty of Butte County. *Note:* Registered participants will receive the specific garden location/address via email by the Saturday before each tour. Plan for possible travel time of at least 35 minutes before and after the scheduled class meeting time. There will be a no-host lunch held after each class from 12 to 1PM.

Hike & History: Meadow Hike & Jonesville Hotel *

Fri, Sep 13 • 8:30AM–3:00PM • Various Locations

Instructor(s): Pamela Waldsmith, Bill Casey, Richard Utter

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Join us for history and a hike. We will be treated to viewing the Jonesville Hotel with a local historian and resident. We will then hike in the meadows near the creek in Jonesville for about 5 miles at roughly 5500' elevation. Be prepared for uneven ground. *Note:* Hiking poles, good hiking shoes, and binoculars for birding are recommended. Further details will be provided prior to the hike.

Hiking Green Gate to Five Mile *

Wed, Nov 06 • 8:30AM–1:30PM • Various Locations

Instructor(s): Richard Utter, Pamela Waldsmith

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

We'll start at Green Gate and hike through Upper Bidwell Park into Lower Bidwell Park, coming out near Five Mile at Centennial Avenue. Binoculars are suggested for views, landmarks, and bird viewing. Expect elevation changes of approximately 1,000 feet and a hike 5+ miles in length. Our pace will be steady with occasional stops. The trail is rigorous; expect hills and uneven ground. *Note:* Further details will be provided prior to the hike.

Introduction to Kayak and SUP Paddling: \$

Section 1: Fri, Sep 13 • 9:00AM–11:00AM

Section 2: Fri, Sep 20 • 9:00AM–11:00AM

Forebay Aquatic Center

Instructor(s): Brad Cooke, Gail Coensgen, Rachel McMillan

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Participants will learn about the importance of water safety, how the design of the watercraft affects how the vessel performs, how to enter and exit the vessel, paddle design, and a variety of paddle strokes. This class is a great way to gain the necessary skills to have fun and be confident when participating in other kayak adventures on flat water and slow-moving water. *Note:* Wear water shoes and non-cotton clothing and expect to get a little wet. There will be an additional activity fee of \$40 payable at the class.

Meandering in Interesting Places *

Mon, Sep 30–Oct 21 • 9:00AM–11:00AM • Various Locations

Instructor(s): Candice Roethler

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Join us for two outdoor adventures, each approximately 1-3 miles on flat, even surfaces, as we explore interesting spaces in our community. We'll meander at a leisurely pace learning about the flora, fauna, history, and other highlights in the areas we are visiting. Participants should be comfortable walking at least a mile and standing for about two hours. *Note:* This class meets September 30 and October 21. This term's interesting places include visits to the Chico History Museum with local historian Dave Nopel and the Chico Creek Nature Center with Nature Center docents. Further details will be provided prior to each walk.

Salmon Spawning Kayak Tour: \$

Section 1: Fri, Oct 04 • 9:00AM–11:00AM

Section 2: Fri, Oct 04 • 12:30PM–2:30PM

Forebay Aquatic Center

Instructor(s): Brad Cooke, Gail Coensgen, Rachel McMillan

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Observe the Chinook salmon, or king salmon, spawning season up close as we kayak beside them in the Feather River. We'll start with a brief safety and how

to paddle lesson. Then we'll travel downriver to view the spawning salmon. You'll learn about the lifecycle of the salmon and the Feather River, and have a chance to see Oroville in a whole new way. *Note:* This class is for those with some kayaking experience. Wear non-cotton clothing and water shoes. There will be an additional activity fee of \$65 payable at the class.

Social Steps

Wed, Sep 11–Oct 02 • 8:30AM–10:00AM • Various Locations

Instructor(s): Hayley Shafer (she/her/hers), Kiana Cruise-Barriga (she/her/hers)

- Fee for À La Carte Members: \$30. Fee for Unlimited Members: Included.

Where safety meets socialization! Join Butte County Public Health for walks around Chico and learn about how to be a safer pedestrian every time you leave your house. Pedestrian safety is an important topic, as everyone is a pedestrian! During this class we will go for social walks, identify how we can get around safer, and get to know each other all at the same time. Safety items will be provided to participants of the class and each walk is about 1.5 miles long. *Note:* One in-person classroom meeting, 8:30-10AM September 11 in Gordon 2. All other classes will be outside. Further details will be provided prior to each walk.

Walk the Yellowstone Kelly Heritage Trail in Paradise *

Thu, Oct 24 • 10:00AM–2:00PM • Various Locations

Instructor(s): Melissa Loura, Pat Bronson

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Come enjoy Paradise and walk the Yellowstone Kelly Heritage Trail with us! We will walk the trail from the top to the bottom, a little over 5 miles downhill, and experience elevations from 2800-1800 feet. The trail is paved and will provide an opportunity to see the rebuild progress and the changing landscape. We will stop at Joy Lyn's Candy Shop. The last section of the path includes an art installation by muralist Shane Grammer. *Note:* Further details will be provided prior to the walk.

Women's Hike to Forest Lake in Lassen Volcanic National Park *

Fri, Sep 27 • 8:00AM–4:00PM • Various Locations

Instructor(s): Lorraine Smith (she/her/hers), Vickie Stoll

- Fee for À La Carte Members: \$15. Fee for Unlimited Members: Included.

Escape the valley heat and enjoy one of the lesser-known gems of Lassen Park! This moderately challenging hike begins at the Brokeoff Mountain Trailhead at 6800' elevation, and we'll steadily ascend 600 feet in 1.5 miles. Veering off the main trail we'll hike cross-country to beautiful and seldom-visited Forest Lake. 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:* Sturdy hiking boots/shoes required; hiking poles recommended. Further details will be provided prior to the hike. This class is for women only.

SPECIAL THANK YOU!

At OLLI at Chico State, community is at the heart of who we are. Our lifelong learning program exists through the heartfelt contributions of our volunteers – members and community partners who serve as guides, visionaries, teachers, and loyal supporters. We can't let this moment pass without acknowledging their hard work and tireless support that helps keep OLLI at Chico State at the forefront of active learning and engagement.

Our Donors

Generous contributions from our members help provide OLLI with its incredible variety of classes, in addition to classroom upgrades and new computer equipment to help us stay connected and engaged. Fees from our memberships cover only half of OLLI's total expenses. By making a donation to OLLI, either monetarily or by volunteering, you can help broaden the horizons of future OLLI members. Visit the "Donate" page at oli.csuchico.edu to support OLLI with a donation or the "Volunteer" page to sign up to join our volunteer team.

Business Sponsors

Connecting with local businesses helps expand programming, increase awareness of our program, and build prestige in the community. We would like to thank our sponsors for their partnership with our OLLI program.



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 oli.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.

FALL '24 CLASS SELECTIONS

IN PERSON

- \$55 108-Form Tai Chi: Beginning *
- \$55 108-Form Tai Chi: Intermediate *
- \$55 24-Form Tai Chi *
- \$30 A Place of Inner Peace *
- \$55 Acrylic Painting
- \$55 Adventures in Utopia, Eutopia, & Dystopia
- \$30 Arts & Eats *
- \$30 Beginning Guitar: Level 2
- \$55 Beginning Spanish from Chapter 1
- \$55 Beginning Spanish from Chapter 5
- \$30 Collage x 5 *
- \$55 Conversational Spanish
- \$30 Creation Zone *
- \$55 Creative Cogitations *
- \$55 Cribbage: Learn and Play
- \$55 Developing Deeper Women's Friendships *
- \$55 Duplicate Bridge
- \$30 Ekphrastic Writing and Art
- \$30 Estate Planning 101
- \$30 Exploring Mixed Media Collage *
- \$30 Feng Shui Basics *
- \$55 Finding Balance: Stability and Mobility *
- \$55 Fitness for Lifetime Mobility *
- \$55 Folk Music in Mid-Century America
- \$55 Gentle Meditative Yoga Flow *
- \$30 Gentle Yoga *
- \$30 Living the Four Agreements *
- \$30 Logic in an Illogical World
- \$30 Making an Altar to Remember Friends *
- \$30 Master Gardener Lecture Series *
- \$15 Medicare Open Enrollment FAQ
- \$55 Music and Musicians
- \$15 Nature in the Neighborhood
- \$30 On Being Nonprofit
- \$30 Poetry for Pleasure
- \$55 Politics and the United States
- \$30 Power Your Mind
- \$30 Sing Gospel Music

IN PERSON, CONT.

- \$30 Sketchbook Journaling
- \$30 Smartphone 101: The iPhone
- \$55 Spanish Composition and Conversation
- \$30 Spiritual Principles for Life: Part 1 *
- \$15 Stansbury Home Tour *
- \$55 Tap Dance Is Fun *
- \$55 Telling Your Story
- \$55 The Civil War and Reconstruction
- \$30 The Power of Words *
- \$55 The Tellers of Fairy Tales *
- \$15 Trash and the Neal Road Landfill: Sect 1 *
- \$15 Trash and the Neal Road Landfill: Sect 2 *
- \$55 Watercolor for Beginners
- \$55 Women's Spousal Caregiver Support Group
- \$55 World Dance
- \$55 World Dance Songs
- \$55 Writer's Workshop
- \$55 Writing Short Plays *

ONLINE

- \$55 Art History of Later India
- \$15 Artisan Bread Making: Beginning
- \$15 Behavioral Finance & Psych. of Investing
- \$15 Demystifying Annuities
- \$55 French 1
- \$55 French 2
- \$55 French 3: Conversation
- \$15 Holiday Cookies
- \$30 Intro to Pencil Drawing
- \$55 Let's Keep Knitting
- \$30 My Neighbor's Voice
- \$55 Myths, Legends, and Tales of the Celts
- \$55 Reading Poetry for Insight and Pleasure
- \$30 Retirement Planning
- \$55 Science Fiction and Fantasy Book Group
- \$55 Slow Reading Shakespeare: The Tempest
- \$30 The Art of Seeing Art
- \$55 Weekly Creations

HYBRID ~ IN PERSON OR LIVE ONLINE!

- \$55 Chico State Faculty Lecture Series
- \$55 Cracker Barrel
- \$55 Great Decisions
- \$15 Reverse Mortgage Myth vs Reality
- \$30 Tuesday Tunes

OUTDOOR EXPERIENCES

- \$15 A Tranquility Walk *
- \$30 Birding in the Chico Area: Advanced *
- \$30 Birding in the Chico Area: All Levels *
- \$15 Deer Creek Hike *
- \$15 Explore Public Lands: Gray Lodge *
- \$30 Garden Gourmands *
- \$15 Hike & History *
- \$15 Hiking Green Gate to Five Mile *
- \$15 Intro to Kayak and SUP Paddling: Sect 1
- \$15 Intro to Kayak and SUP Paddling: Sect 2
- \$30 Meandering in Interesting Places *
- \$15 Salmon Spawning Kayak Tour: Section 1
- \$15 Salmon Spawning Kayak Tour: Section 2
- \$30 Social Steps
- \$15 Walk the Yellowstone Kelly Heritage Trail *
- \$15 Women's Hike to Forest Lake *

CLASS FEE TOTAL FOR À LA CARTE MEMBERS

\$ _____

Add this amount to the payment section of the membership form.

Helpful Notes:

- Classes with an asterisk (*) count toward the 3-class limit. During the first two weeks of registration, you may register for up to three of these limited classes. After two weeks you may add additional limited classes to your schedule where space is available.
- Classes have different start dates throughout the term. Please refer to the schedule at a glance for the class dates.



FALL '24 MEMBERSHIP FORM

Membership for those aged 50+ or retired is required to participate in OLLI classes and member events. OLLI volunteer instructors are also required to join. Joining OLLI at Chico State supports our programs and enables you to enjoy OLLI's full range of offerings, make new friends, and socialize with people who share common interests.

YOUR CONTACT INFORMATION:

Has any of your information changed since the last time you registered? Yes!

Name _____ Phone # _____

Address _____ City _____ Zip _____

Email _____ Date of Birth ____/____/____

Emergency Contact Name _____

Relationship to You _____ Phone # _____

OLLI shares information by email and on our website. If you don't have access to a computer or email account, please check here to receive the information by mail. []

AVAILABLE MEMBERSHIP OPTIONS: *Installments Available!*

All memberships include three consecutive terms: **fall, winter, and spring**. Make your selection and enter your credit card information below.

Unlimited Membership

- 2 Payments of \$150 or
- 5 Payments of \$60 or
- Single Payment of \$300

À La Carte Membership

- Single Payment of \$50
- Individual class fees are extra and are listed with the class description and on the class registration form.*

Instructor-Only Unlimited Membership

- 2 Payments of \$120 or
- 5 Payments of \$48 or
- Single Payment of \$240

Upgrade from À La Carte Membership to Unlimited Membership \$250

Check the back of your catalog for your current membership status.

INFORMED CONSENT AGREEMENT:

As a participant in the Osher Lifelong Learning Institute at Chico State, 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 Chico State Enterprises, 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): _____ Date: _____

FEES: Enter your membership fee and class fees total from the other side of this form. If you have a current membership, enter \$0 for the membership fee. If you have or are paying for an Unlimited Membership, enter \$0 for the per class fee. Check the back of your catalog for your membership expiration date.

Membership Fee: \$ _____ + Per Class Fee Total (À La Carte Members Only): \$ _____ = Payment Total \$ _____

PAYMENT: Check enclosed, payable to "Chico State Enterprises" Charge My Credit Card \$ _____

Credit Card # _____ Exp. _____

MAIL FORM & PAYMENT TO: OLLI at Chico State • 400 W. 1st St • Chico, CA 95929-0792

TRIPS & EVENTS WITH OLLI

Fully-Guided, In-Person Tours with OLLI

Take a trip guided by seasoned tour guides from Collette, a favorite touring company of other OLLIs in the national Osher network. These OLLI-exclusive experiences promise memorable journeys in the company of friends.

For more information, visit the “Trips and Tours” page at olli.csuchico.edu



Exploring Greece and Its Islands, Spring '25

Opa! Embark on an unforgettable Greek adventure, where ancient history and vibrant culture converge. Visit Athens, marvel at the iconic Acropolis and stand in awe before the Parthenon's timeless grandeur. Come to know two breathtaking Byzantine monasteries in Meteora, built over 600 years ago. Tour the Delphi Museum with its priceless collection of ancient artifacts, and experience the ancient spirit of Olympia, the birthplace of the Olympic Games. Broaden your knowledge of traditional Greek culture with a delightful dance class and savor the essence of Greek cuisine through a hands-on cooking class. This journey offers a rich tapestry of history, culture, and authentic experiences that you will treasure for a lifetime.



Tropical Costa Rica, Winter '25

Lush forests and stunning waterfalls, rumbling volcanoes and endless coastlines. Costa Rica is a paradise teeming with exotic plants and incredible animals. Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. You will find a slice of paradise and so much more.

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 fall, avoiding the rush on popular classes or classes with limited capacity. Contact the OLLI office by August 15 to confirm.



Three Ways to Learn This Fall!

In the Classroom
Outdoor Experiences
Online Learning



OLLI Fall '24 Calendar

June 30..... Summer Social Meetups Begin
July 1..... Fall '24 Memberships Available
August 14 Live-Online Fall Class Preview
August 15 In-Person Fall Class Preview
August 22..... Fall Class Registration Opens
September 8..... Summer Social Meetups End
September 9..... First Day of Fall Classes
October 3 Rosh Hashanah (No Classes)
November 11 Veterans Day (No Classes, OLLI Closed)
November 15..... Last Day of Fall Classes

Fall '24 Class Previews

In August, we will highlight our fall offerings through an online class preview on Zoom and an in-person preview at the Chico Masonic Family Center. Learn about fall classes, plan your schedule, and hear from some of the volunteer instructors who will lead fall classes. Both events are open to the public. **Invite your friends!**

Live-Online Class Preview

Wednesday, August 14
10:30–11:30AM

We encourage everyone familiar with Zoom to join us online for the Live-Online Class Preview.

The link to join will be posted at **olli.csuchico.edu** and shared in the *Bits & Bytes e-newsletter!*

In-Person Class Preview

Thursday, August 15
10:30AM–Noon
Presentation begins at 11AM

Chico Masonic Family Center
1110 W. East Avenue, Chico

Free parking, coffee, and snacks. Come learn what OLLI has planned for fall!



olli.csuchico.edu
530-898-6679