

FALL 2025 CLASS CATALOG | SEPTEMBER 8-NOVEMBER 14

OLLI at Chico State

WHERE LEARNING NEVER RETIRES

Three Ways to Learn This Fall!

**In the Classroom
Outdoor Experiences
Online Learning**

**Fall Class Preview: August 14
Registration Begins: August 21
Classes Begin: September 8**



The **Osher Lifelong Learning Institute** in Chico, California is a learning community of more than 900 members. 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

FALL 2025 AT OLLI CHICO

Welcome to OLLI All Year!

When you join OLLI, you become part of our welcoming community of lifelong learners. OLLI is designed for adults 50 and older and is open to everyone. As a member, you can take or teach classes, join or organize social meetups, attend free events, and access all of OLLI's member benefits.

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 100 classes on everything from geography to great literature; from yoga to improv. 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 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 '25 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 materials fees may be requested at both membership levels for some classes.

Benefits for All Members:

- Invitations to all OLLI social meetups, events, and travel opportunities
- Access to online lectures from many other OLLI programs across the country
- Free parking at primary classroom complex, The Social Chico
- Discounted lunch option and tickets
- 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

Table of Contents:

Schedule at a Glance	2
Registration & Policies	5
In-Classroom Classes.....	6
Online Learning Classes	13
Outdoor Experiences.....	16
A Special Thank You	19
Class Request Form	20
Membership Form.....	21
Trips & Events with OLLI.....	22
Class Preview Events.....	Back Cover

FALL '25 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					
*	In Search of California's Vanishing Flora: Section 1	David Popp	9-2	Sep 8	Various Locations
*	In Search of California's Vanishing Flora: Section 2	David Popp	9-2	Sep 15	Various Locations
*	Meandering in Interesting Places: Bidwell-Sacramento River State Park	Candice Roethler	9-11	Oct 13	Various Locations
	Cracker Barrel	David Price	10-11:30	Sep 8-Nov 10	The Social Chico, Bradley 2 and Link to be Provided
	Estate Planning 101	Dana Campbell	10-11:30	Sep 8-Sep 29	The Social Chico, Gordon 1
@	Hail to the Celts	Lynn H. Elliott	10-11:30	Sep 8-Nov 10	Link to be Provided
	Playing Guitar at Beginning Level 2 and Singing Along	Phil Elkins	10-11:30	Sep 8-Nov 10	Westmont of Chico (formerly The Terraces), Lobby
	Sing Gospel Music	Phil Elkins	10-11:30	Sep 15-Nov 3	Westmont of Chico (formerly The Terraces), Lobby
*	New Looks at Old Books	Janet Rechtman	10-11:30	Oct 6-Oct 27	The Social Chico, Gordon 1
	French 1	Leanne Ulvang (she/her/elle)	1-2	Sep 8-Nov 10	Link to be Provided
\$	The Word for World Is Forest: An Ecological Novel	Charles Copeland	1-2:30	Sep 29-Nov 10	The Social Chico, Bradley 1
\$	French 2	Leanne Ulvang (she/her/elle)	2:05-3	Sep 8-Nov 10	Link to be Provided
*	Meditation and Journaling for Clarity	Kim Goosmann	3-3:45	Sep 8-Nov 3	The Social Chico, Gordon 2
	Sketchbook Journaling	Marvey Mueller	3-4:30	Sep 8-Oct 13	The Social Chico, Bradley 1
	French 3: Conversation	Leanne Ulvang (she/her/elle)	3:05-4	Sep 8-Nov 10	Link to be Provided
	Recreational Mathematics	LaDawn Haws	6:15-7:30	Sep 8-Nov 10	The Social Chico, Bradley 1
TUESDAY CLASSES					
*	Tap Dance Is Fun: Section 1	Mary Sweeney	8:30-9:30	Sep 9-Nov 4	Chico Creek Dance, Studio B
	Retirement Planning & Investments in a Changing Economy	Steven Cliadakis (he/him/his)	8:30-10	Oct 21-Oct 28	Link to be Provided
*	Meandering in Interesting Places: Downtown Oroville Murals and History Tour	Mary Johnson	8:30-11	Sep 30	Various Locations
* \$	Hatha Yoga	Rob Cossetta (he/him/his)	8:45-9:45	Sep 9-Nov 4	Nibukikan Martial Arts Academy
*	108-Form Tai Chi: Beginning	Lenora Wong	10-11	Tu & F, Sep 9-Nov 14	Center for Spiritual Living
@	B-Line Paratransit and Other Services	Victoria Proctor (she/her/hers)	10-11	Sep 16	Link to be Provided
*	Collage x 7	Debbie Vermette	10-11:30	Sep 9-Oct 28	The Social Chico, Bradley 1
*	Let's Do Improv: Section 1	Valerie Althoff	10-11:30	Sep 9-Oct 7	The Social Chico, Gordon 1
	More Spiritual Principles	Rosie Potestio	10-11:30	Sep 9-Oct 14	The Social Chico, Gordon 2
@	Intro to One-Point and Two-Point Perspective Drawing	Cris Guenter	10-11:30	Oct 28-Nov 4	Link to be Provided
\$ @	Intro to Drawing and Painting on the iPad	Cris Guenter	10-11:30	Sep 30-Oct 21	Link to be Provided
	Tuesday Tunes	Bitz Haley	10:30-11:45	Sep 9-Nov 04	Haley Music Therapy, Group Room and Link to be Provided
	Slow Reading Shakespeare: A Second Look at Hamlet	Jack Ayer	10:30-12	Sep 9-Nov 4	Link to be Provided
	108-Form Tai Chi: Intermediate	Lenora Wong	11-12	Tu & F, Sep 9-Nov 14	Center for Spiritual Living
	Cribbage: Learn and Play	Susan Levine	1-2:30	Sep 9-Nov 4	The Social Chico, Bradley 1
	Reading Poetry for Inspiration and Enrichment	Kate Foley	1-2:30	Sep 9-Nov 4	Link to be Provided
*	Solving Moral Problems: A Technique	Becky White	1-2:30	Sep 9-Nov 4	The Social Chico, Bradley 2
*	Improv: Beyond the Basics	Valerie Althoff	1-2:30	Oct 14-Nov 4	The Social Chico, Gordon 1
	The Power of Words: Euphemism, Metaphor, and Mindset	Karen Burdette (she/her/hers)	1-2:30	Oct 14-Nov 4	The Social Chico, Gordon 2

*	Gentle Yoga	Tom Hess (he/him/his)	2-3	Sep 9-Oct 7	Yoga Center of Chico
@	Let's Keep Knitting	Gale Ulvang	3-4:30	Sep 9-Nov 4	Link to be Provided
	United States Politics and the Trump Administration: Update	George Wright	3-4:30	Oct 7-Nov 4	The Social Chico, Gordon 1
	Master Gardener Lecture Series	Debra Barger (she/her/hers)	3:30-4:45	Sep 9-Oct 7	The Social Chico, Bradley 2
	The Aging Eye	Benjamin Gilbert	5:30-6:30	Sep 9-Oct 28	Chico Eye Center
WEDNESDAY CLASSES					
\$	Beginning Spanish from Chapter 2	Memo Keswick	8-9	Sep 10-Nov 12	The Social Chico, Bradley 1
*	HOOFSERS: A Hiking Community for Like-Minded Women	Cynthia Weeks-Finnegan	8-3	Sep 17-Oct 29	Various Locations
*	Fitness for Lifetime Mobility: Section 1	Paul Coots	8:30-9:45	Sep 10-Oct 29	The Social Chico, Bradley 2
\$	Beginning Spanish from Chapter 6	Memo Keswick	9-10	Sep 10-Nov 12	The Social Chico, Bradley 1
	Wednesday Park Walks: Section 1	Amy Hahn	9:15-10:30	Sep 10-Oct 8	Various Locations
	Wednesday Park Walks: Section 2	Amy Hahn	9:15-10:30	Oct 15-Nov 12	Various Locations
\$	Watercolor for Beginners	Christine MacShane	9:30-11:30	Sep 10-Nov 12	Christine MacShane Art Studio
\$	Beginning Spanish from Chapter 10	Memo Keswick	10-11	Sep 10-Nov 12	The Social Chico, Bradley 1
	Create Your Own Unique Cartoon Characters	Dick Kennedy	10-11	Sep 10-Oct 8	Link to be Provided
	Costly Mistakes of Estate Planning	Miste Ciadakis	10-11	Oct 15	Link to be Provided
	Learn to Draw in a Less Than Perfect Way	Dick Kennedy	10-11	Oct 15-Nov 12	Link to be Provided
*	Fitness for Lifetime Mobility: Section 2	Paul Coots	10-11:15	Sep 10-Oct 29	The Social Chico, Bradley 2
*	A Place of Inner Peace (In Spite of Chaos): Beginning	Gayle Womack	10-11:30	Sep 10-Oct 8	The Social Chico, Gordon 1
	Food Smarts	Samantha Line	10-11:30	Oct 15-Nov 5	The Social Chico, Gordon 2
*	Trash and the Neal Road Landfill	Eric Dugger	10-12	Oct 22	Neal Road Recycling and Waste Facility
\$	Spanish Composition and Conversation	Memo Keswick	11-12	Sep 10-Nov 12	The Social Chico, Bradley 1
* \$	Garden Gourmands: Section 1	Debra Barger (she/her/hers)	11-1	Sep 10-Sep 17	Various Locations
* \$	Garden Gourmands: Section 2	Debra Barger (she/her/hers)	11-1	Oct 1-Oct 8	Various Locations
*	A-Thrifting We Will Go	Linda Patrick	1-2	Sep 10-Oct 15	The Social Chico, Bradley 1
*	A Place of Inner Peace (In Spite of Chaos): Advanced	Gayle Womack	1-2:30	Sep 10-Oct 8	The Social Chico, Gordon 1
\$	Acrylic Painting	Christine MacShane	1-2:30	Sep 10-Nov 12	Christine MacShane Art Studio
	Age Well, Drive Smart	Cory Lyon (he/him/his)	1-2:30	Sep 10	The Social Chico, Bradley 2
*	Reader's Theatre	Pam Loyd	1-2:30	Sep 10-Nov 12	Westmont of Chico (formerly The Terraces), Creekside Room
@	Women Artists Who Challenged Norms	Dolores Mitchell	1-2:30	Sep 10-Oct 1	Link to be Provided
	Writer's Workshop	Paul Belz	1-2:30	Sep 10-Nov 12	The Social Chico, Gordon 2
@	Chico State Faculty Lecture Series	Sandra Flake (she/her/hers)	1-2:30	Oct 8-Nov 12	The Social Chico, Bradley 2 and Link to be Provided
*	Creating a Desk Calendar	Debbie Vermette	1-2:30	Oct 29-Nov 12	The Social Chico, Bradley 1
	Six Pillars of Brain Health	Kris Ritualo	3-4	Sep 10	Link to be Provided
	World Dance	Memo Keswick	3-4	Sep 10-Nov 12	Westmont of Chico (formerly The Terraces), Creekside Room
	HomeFit: Making Home Safe and Livable for All	Kris Ritualo	3-4	Oct 8	Link to be Provided
	Sierra Nevada Brewery Tour	Andrew Lavin (he/him/his)	3-4	Nov 12	Sierra Nevada Brewery
	Let's Play Games	Donna Knorton	3-5	Sep 10-Nov 12	The Social Chico, Bradley 1
	World Dance Songs	Memo Keswick	4-5	Sep 10-Nov 12	Westmont of Chico (formerly The Terraces), Long Exercise Room
	Skywatchers' Almanac: Folklore, Facts, and Physics	Lynda Klein	6:15-7:30	Sep 10-Nov 12	The Social Chico, Gordon 1

THURSDAY CLASSES					
*	Birding in the Chico Area: Beyond the Basics	Joyce Bond	8–11	Sep 11–Nov 6	Various Locations
*	A Tranquility Walk	Diana Hoffmeister	8:15–1	Sep 25	Various Locations
*	Birding in the Chico Area: All Levels	Joyce Bond	9–11	Sep 25–Nov 13	Various Locations
*	Finance: Learning from the Masters	Richard Ponarul	10–11:30	Sep 11–Oct 16	The Social Chico, Gordon 2
	Gospel Music as a Mirror of American Culture	Rebecca Herring Reiner	10–11:30	Sep 11–Nov 13	The Social Chico, Bradley 2
	Learning Through Conversation: The US Constitution, Part 1: The Legislative Branch	Charles Copeland	10–11:30	Sep 11–Nov 13	The Social Chico, Bradley 1
*	Let's Do Improv: Section 2	Valerie Althoff	1–2:30	Sep 11–Oct 9	The Social Chico, Gordon 1
@	Arts of Zen Buddhism	Katherine Harper (she/her/hers)	1–2:30	Sep 11–Nov 13	Link to be Provided
@	Great Decisions	William Tefteller (he/him/his)	1–2:30	Sep 11–Nov 13	The Social Chico, Bradley 2 and Link to be Provided
	Passages: Who We Are and What We Do	Jessica Melchor	1–2	Oct 16	The Social Chico, Gordon 1
	Writing Short Plays	Pam Loyd	1–3	Sep 11–Nov 13	Westmont of Chico (formerly The Terraces), Lassen Room
	Medicare Open Enrollment FAQ	Victoria Brennan	1–3	Oct 30	The Social Chico, Gordon 1
	Creation Zone	Lynda Klein	2:30–4:30	Sep 11–Nov 13	The Social Chico, Bradley 1
FRIDAY CLASSES					
*	Deer Creek Hike	Vickie Bernhardt	8:30–2:30	Oct 10	Various Locations
*	Hike & History: Meadow Hike & Jonesville Hotel	Pamela Waldsmith	8:30–3	Sep 12	Various Locations
*	Explore Your Public Lands: Gray Lodge Wildlife Area	Vickie Stoll	8:30–4:30	Nov 21	Various Locations
	Hike Leading Homeroom	Lorraine Smith (she/her/hers)	9–4	Sep 12–Nov 7	Various Locations
	Poetry for Pleasure	Paul Belz	9:15–10:15	Sep 12–Nov 7	The Social Chico, Gordon 2
\$	Salmon Spawning Kayak Tour: Section 1	Rachel McMillan	9:30–12:30	Oct 3	Forebay Aquatic Center
*	Tap Dance Is Fun: Section 2	Mary Sweeney	9:45–10:45	Sep 12–Nov 7	Chico Creek Dance, Studio B
	Espionage 101	Terry Wilson	1–2	Sep 12–Nov 14	The Social Chico, Gordon 1
* \$	Arts & Eats	Bill Houck	1–2:30	Oct 17–Nov 14	Various Locations
\$	Salmon Spawning Kayak Tour: Section 2	Rachel McMillan	1–4	Oct 3	Forebay Aquatic Center
	Stay Safe, Stay Strong: Section 1	Farshad Azad	10–11	Oct 10	Azad's Martial Arts Center
	Stay Safe, Stay Strong: Section 2	Farshad Azad	10–11	Oct 17	Azad's Martial Arts Center
	What In The World? A Data-Based Look at Some Contemporary Global Issues	Steve Herman	10–11:30	Sep 19–Nov 7	The Social Chico, Bradley 2
*	Stansbury Home Tour: Section 1	Elizabeth Carrillo	11–12:30	Sep 19	The Stansbury Home
*	Stansbury Home Tour: Section 2	Elizabeth Carrillo	11–12:30	Oct 10	The Stansbury Home
	The Basics of Routine Veterinary Care	Sandy Hazanow (she/her/hers)	3–4	Sep 12–Oct 3	The Social Chico, Bradley 2

Note: Some class titles and locations have been abbreviated for space. Please refer to locations below and the class descriptions section for full names.

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 olli.csuchico.edu and select “Find Locations” on the home page.

- Azad's Martial Arts Center.....313 Walnut Street, #150, Chico
- Center for Spiritual Living 14 Hillary Lane, Chico
- Chico Creek Dance.....1144 W. 1st Street, Chico
- Chico Eye Center..... 3401 Esplanade, Chico
- Christine MacShane Art Studio..... 1459 Humboldt Road, Suite B, Chico
- Forebay Aquatic Center..... 930 Garden Drive, Oroville
- Haley Music Therapy 2250 Floral Avenue, Suite 20, Chico
- Neal Road Recycling and Waste Facility 1023 Neal Road, Chico
- Nibukikan Martial Arts Academy 664 E. 1st Avenue, Suite 10, Chico
- Sierra Nevada Brewery..... 1075 E. 20th Street, Chico
- The Social Chico, Bradley & Gordon Classrooms 1400 W. 3rd St., Chico
- The Stansbury Home 307 W. 5th Street, Chico
- The Lodge at Westmont of Chico 2750 Sierra Sunrise Terrace, Chico (Formerly The Terraces)
- Yoga Center of Chico 250 Vallombrosa, Suite 150, Chico

REGISTRATION & POLICIES

Class Registration Opens August 21 & 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 Limited Classes (3-Class Limit)

To provide more fair opportunities for members to enroll in their favorite classes, there is a class limit policy in effect 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 (*). You can register for any number of classes without 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.

Waitlists

- If a class is full, add yourself 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 09–Nov 14 • 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.

→ Schedule Note: This class meets twice a week.

108-Form Tai Chi: Intermediate

Tue & Fri, Sep 09–Nov 14 • 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.

→ Schedule Note: This class meets twice a week.

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

Wed, Sep 10–Oct 08 • 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.

This class brings to life the words of renowned second-century Stoic philosopher Marcus Aurelius: “Your ability to control your thoughts – treat it with respect. It’s all that protects your mind from false perceptions – false to your nature, and that of all rational beings.” You have power over your mind – not outside events. Realize this, and you will find strength. Come to class and discover how we can trick ourselves into believing everything the brain says. *Class Notes:* This class is for people who have already taken a previous inner peace class.

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

Wed, Sep 10–Oct 08 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Gayle Womack

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

This class provides an introduction to how living in the now can bring you inner peace despite chaos. This class for beginners will prepare you for the next level class.

A-Thrifting We Will Go *

Wed, Sep 10–Oct 15 • 1:00PM–2:00PM • The Social Chico, Bradley 1
Instructor(s): Linda Patrick

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

This is an introductory class on how to effectively shop at thrift and consignment stores. These types of stores are a great way to enjoy and reap the benefits of buying fashion and household items without paying high-end retail prices. We will also discuss how to repurpose many items found in your home and garage. Class meetings will be a mix of in the classroom and out and about at thrift stores.

Acrylic Painting \$

Wed, Sep 10–Nov 12 • 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. *Class Notes:* There is an additional \$120 materials fee payable to the instructor at the first class meeting.

Age Well, Drive Smart

Wed, Sep 10 • 1:00PM–2:30PM • The Social Chico, Bradley 2
Instructor(s): Cory Lyon (he/him/his), Midge Vandervelden (she/her/hers)

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

California is facing continuing growth in the number of seniors residing in the state with 8.6 million adults aged 65 and older expected by 2030. The overall goal of the Age Well, Drive Smart program is to ensure older adults have access to continued driver’s education and training to help keep roads safe for everyone. Upon completion of this course you will be issued an Age Well, Drive Well certificate that can be presented to your insurance company for a possible discount.

Arts & Eats * \$

Fri, Oct 17–Nov 14 • 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 Spanish from Chapter 2 \$

Wed, Sep 10–Nov 12 • 8:00AM–9:00AM • 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 2. *Class Notes:* The book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

Beginning Spanish from Chapter 6 \$

Wed, Sep 10–Nov 12 • 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 6. *Class Notes:* The book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

Beginning Spanish from Chapter 10 \$

Wed, Sep 10–Nov 12 • 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 10. *Class Notes:* The book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

Chico State Faculty Lecture Series @

Wed, Oct 08–Nov 12 • 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 7 *

Tue, Sep 09–Oct 28 • 10:00AM–11:30AM • The Social Chico, Bradley 1

Instructor(s): Debbie Vermette, Mary Sweeney, Akhila Murphy, Melissa Ottem, Donna Sandberg, Joan Goodreau, Lynda Klein

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

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

Cracker Barrel

Mon, Sep 08–Nov 10 • 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.

Creating a Desk Calendar *

Wed, Oct 29–Nov 12 • 1:00PM–2:30PM • The Social Chico, Bradley 1

Instructor(s): Debbie Vermette

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

What better way to welcome the new year than with a personal desk calendar created by you! No art experience necessary; just come to create and have fun.

Creation Zone

Thu, Sep 11–Nov 13 • 2:30PM–4:30PM • The Social Chico, Bradley 1

Instructor(s): Lynda Klein, Mary Sweeney

- Fee for À La Carte Members: \$55. 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.

Cribbage: Learn and Play

Tue, Sep 09–Nov 04 • 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!

Espionage 101

Fri, Sep 12–Nov 14 • 1:00PM–2:00PM • The Social Chico, Gordon 1

Instructor(s): Terry Wilson

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

This class will focus on recent spying cases in the US. The phenomenon of trust betrayal remains a key research issue. We will focus on espionage and personal attributes, foreign influences, divided loyalties, employment and security clearances, espionage characteristics, consequences of spying, and motivation. As time permits we will discuss key spies, such as Aldrich Ames, Ana Montes, and Robert Hanssen. This class will include a brief overview of the 17 agencies that comprise the US intelligence community.

Estate Planning 101

Mon, Sep 08–Sep 29 • 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.

Finance: Learning from the Masters *

Thu, Sep 11–Oct 16 • 10:00AM–11:30AM • The Social Chico, Gordon 2

Instructor(s): Richard Ponarul

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

This class will explore key ideas from five prominent thought leaders in finance. Registered participants will receive links to video lectures presented by these distinguished scholars, which will serve as the foundation for our class discussions.

Fitness for Lifetime Mobility *

Section 1: Wed, Sep 10–Oct 29 • 8:30AM–9:45AM • The Social Chico, Bradley 2

Section 2: Wed, Sep 10–Oct 29 • 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.

Physical well-being allows us to live our longest, most capable, and fulfilling lives. Come ensure your well-being through mobility exercises. We'll practice balance, strength, agility, and flexibility movements that improve your mobility. Each class follows a similar routine that can be done at home, allowing you to look after the health of your body for many years to come. All ability levels are welcome. Please wear comfy clothing. Your body will thank you! *Class Notes:* Please bring an exercise or yoga mat, a yoga strap or similar strap, and a yoga block or rolled-up towel.

Food Smarts

Wed, Oct 15–Nov 05 • 10:00AM–11:30AM • The Social Chico, Gordon 2

Instructor(s): Samantha Line, Primavera Macias (she/her/hers)

- Fee for À La Carte Members: \$0. Fee for Unlimited Members: Included.

Enjoy fun and lively activities with other older adults! Discover simple, practical strategies for making healthy food choices and adopting a balanced, nourishing approach to support your overall health. You'll learn how to incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your meals, and how to set sustainable health goals. Each class will include food demonstrations and tastings.

Gentle Yoga *

Tue, Sep 09–Oct 07 • 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. *Class Notes:* 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.

Gospel Music as a Mirror of American Culture

Thu, Sep 11–Nov 13 • 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.

“Don’t let the devil keep all the good tunes.” Gospel music hit the airways in 1925 and remained a driving force through the 1950s. The nascent recording industry documented African American spirituals, camp meeting shouts, and country gospel harmonies. This American roots music would go on to influence the development of the rhythm and blues, rock, and soul music that followed. We will explore background history, then sing and play gospel songs from that era. Come ready to have a good time!

Great Decisions @

Thu, Sep 11–Nov 13 • 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, Patti Davis

- 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. *Class Notes:* The announced topics for 2025 include US and China relations, international cooperation on climate change, the future of NATO and European security, and Middle East policy after Gaza.

Hatha Yoga * \$

Tue, Sep 09–Nov 04 • 8:45AM–9:45AM • Nibukikan Martial Arts Academy
Instructor(s): Rob Cossetta (he/him/his)

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

Join us for an hour of hatha yoga with strength and mobility training. *Class Notes:* Bring a yoga mat, two blocks, and a good, solid yoga blanket. There is an additional \$20 studio fee payable to the instructor at the first class meeting.

Hike Leading Homeroom

Fri, Sep 12–Nov 07 • 9:00AM–4:00PM • Various Locations
Instructor(s): Lorraine Smith (she/her/hers), Vickie Stoll

- Fee for À La Carte Members: \$0. Fee for Unlimited Members: Included.

This class will provide you with basic information and support to help you explore the possibility of confidently creating your own OLLI outdoor classes. During two in-class meetings we'll cover the how-tos of planning and leading OLLI hikes, hear from a variety of current hike leaders about their approach to diverse OLLI hikes, and answer all your questions. Together we'll plan and enjoy two hikes during which the instructors will provide on-the-hike training. *Class Notes:* Participants must attend the classroom meetings to participate in the hikes.

→ Schedule Note: This class has two classroom meetings in Bradley 1, September 12 and October 10, 10AM–12PM, and two hikes September 26 and November 7, 9AM–4PM.

Improv: Beyond the Basics *

Tue, Oct 14–Nov 04 • 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.

You've enjoyed your first dip into improv and want to do a bit more. In this class for those who have taken a previous improv class, we will build on the exercises and skits to get more comfortable with being spontaneous.

Learning Through Conversation: The US Constitution, Part 1: The Legislative Branch

Thu, Sep 11–Nov 13 • 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.

This learning through conversation seminar will examine the Preamble and Article 1 of the US Constitution. In *The Federalist Papers*, how did Madison, Hamilton, and John Jay explain the bicameral legislature, elections, legislative procedures, powers, and restrictions on the Senate and House of Representatives? How did they explain the relationship between Congress and the executive and judicial branches? *Class Notes:* All reading for this class is available free online.

Let's Do Improv *

Section 1: Tue, Sep 09–Oct 07 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Section 2: Thu, Sep 11–Oct 09 • 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.

Improv, or improvisational comedy, is like acting, only there's no script. The motto of improv is "yes, and." It's about being spontaneous and listening. You're given a scenario, and you make it up as you go. Join us to build more self-confidence, use your imagination more, and have a lot of fun.

Let's Play Games

Wed, Sep 10–Nov 12 • 3:00PM–5:00PM • The Social Chico, Bradley 1
Instructor(s): Donna Knorton

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

Join us to play games, socialize, and have fun. We have Rummikub, Qwirkle, Sequence, Mexican Train, card games and more, from the well-known to the obscure. Bring a game to share or just show up and have fun.



At OLLI, the passion for learning AND teaching is contagious!

Volunteer Instructor Louis Buchholtz leads "Thinking Like a Physicist" during OLLI's winter 2025 term. He shared revelations and thinking from Galileo to Einstein that became the foundational, underlying principles of modern physics and had fun with hands-on demonstrations. Photos at left and on our catalog cover are courtesy of Andrew Lavin.

Master Gardener Lecture Series

Tue, Sep 09–Oct 07 • 3:30PM–4:45PM • The Social Chico, Bradley 2
Instructor(s): Debra Barger (she/her/hers), 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

Thu, Oct 30 • 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. *Class Notes:* 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.

Meditation and Journaling for Clarity *

Mon, Sep 08–Nov 03 • 3:00PM–3:45PM • The Social Chico, Gordon 2
Instructor(s): Kim Goosmann

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

Meditation calms the mind, and when the mind is calmed, life's true desires appear. Each class session will begin with a guided meditation to bring focus and clarity, then transition into silent meditation. Meditation will be followed by a journal prompt to express hopes, thoughts, and dreams. All journal entries will remain private. *Class Notes:* Bring a journal and something to write with.

→ Schedule Note: This class meets every other week.

More Spiritual Principles

Tue, Sep 09–Oct 14 • 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.

A continuing study of spiritual principles which help us to experience life with strength and resilience. These are fundamental truths that are universally accepted and passed on through many traditions. This class will focus on the following principles: truth is dependent on context, nonattachment and acceptance, giving up the need to know why, let them, and the power of choice.

New Looks at Old Books *

Mon, Oct 06–Oct 27 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Janet Rechtman, Robin Dizard (she/her/hers)

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

Old tales are like hidden treasure chests. Most people have forgotten what is in them – or never knew about them in the first place. This class offers chances to experience (read, savor, discuss) these hidden treasures. The readings are all in the public domain (virtually on the internet or in hard copies in libraries and bookstores). The chosen readings permit us to look at social institutions, such as property, religion, and the state, and the efforts of individuals to accommodate, resist, or change their circumstances.

Passages: Who We Are and What We Do

Thu, Oct 16 • 1:00PM–2:00PM • The Social Chico, Gordon 1
Instructor(s): Jessica Melchor, Stacey Campbell

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

This class will provide an overview of Passages and the programs it offers to family caregivers and older adults. Passages is one of 33 Area Agencies on Aging across the state offering guidance, support, resources, and education to communities in a five-county radius. Join us to learn more about the services and local resources available to you.

Playing Guitar at Beginning Level 2 and Singing Along

Mon, Sep 08–Nov 10 • 10:00AM–11:30AM • Westmont of Chico (formerly The Terraces), Lobby
Instructor(s): Phil Elkins

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

This class is for people who already know how to play the A-G chords. We play and sing 3-, 4-, and 5-chord songs by Elvis Presley, Buddy Holly, Johnny Cash, the Everly Brothers, and other musicians from the '50s, '60s, and '70s. The class is mostly to practice feeling comfortable with playing guitar while singing. There is some instruction on more advanced guitar playing. Bring a guitar, ukulele, or other stringed instrument, or you're welcome to come just to sing along with the class. *Class Notes:* Music stand and battery-operated tuner recommended. Songs will be sent out before each class.

→ Schedule Note: This class meets on the second, fourth, and fifth Monday of each month.

Poetry for Pleasure

Fri, Sep 12–Nov 07 • 9:15AM–10:15AM • The Social Chico, Gordon 2
Instructor(s): Paul Belz, Jennifer Castañeda

- 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.

→ Schedule Note: This class meets September 12, September 26, October 10, October 24, and November 7.

Reader's Theatre *

Wed, Sep 10–Nov 12 • 1:00PM–2:30PM • Westmont of Chico (formerly The Terraces), Creekside Room
Instructor(s): Pam Loyd

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

Reader's theatre is an easy acting form of theater where actors read the scripts so no memorizing is required. There is minimal physical movement because actors are generally seated while reading the play. The acting is done primarily with the actor's voices, emotions, facial expressions, and gestures. This will be a playful class where we will read a variety of short comic plays with fun characters in silly situations. *Class Notes:* Short plays will be emailed to participants each week to print and bring to class.

Recreational Mathematics

Mon, Sep 08–Nov 10 • 6:15PM–7:30PM • The Social Chico, Bradley 1
Instructor(s): LaDawn Haws

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

While some people might consider “recreational mathematics” an oxymoron, this class will pursue the enjoyable aspects of math. Be prepared to be an engaged participant in this class with interactive demonstrations and exploration through drawing, cutting things with scissors, and other activities. Most activities will have a historical context. This class will show you how to find interest, enjoyment, and appreciation of mathematics in the world surrounding you.

Sierra Nevada Brewery Tour

Wed, Nov 12 • 3:00PM–4:00PM • Sierra Nevada Brewery
Instructor(s): Andrew Lavin (he/him/his)

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

We'll guide you through the brewing process, where you can gaze into our shimmering kettles; then venture into our hop cooler to get your hands on our favorite ingredient; then we'll talk about the magic that is fermentation while standing beneath our massive 25,000-gallon tanks. *Class Notes:* The tour route is over 1/4 mile.

Sing Gospel Music

Mon, Sep 15–Nov 03 • 10:00AM–11:30AM • Westmont of Chico (formerly 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!

→ Schedule Note: This class meets on the first, third, and fifth Monday of each month.

Sketchbook Journaling

Mon, Sep 08–Oct 13 • 3:00PM–4:30PM • The Social Chico, Bradley 1
Instructor(s): Marvey Mueller

- Fee for À La Carte Members: \$55. 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 seasonal sights available to us as examples, plan on some brilliant pages in your sketchbook. *Class Notes:* This class requires a strong skill level. Only prior students or those who submit their work to the instructor for consideration will be admitted.

Skywatchers' Almanac: Folklore, Facts, and Physics

Wed, Sep 10–Nov 12 • 6:15PM–7:30PM • The Social Chico, Gordon 1
Instructor(s): Lynda Klein

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

Join us for this beginner's guide to navigating the heavens. We will consider an eclectic mix of mythology, historic viewpoints, and current events in meteorology, astronomy, and cosmology. Eyes to the sky!

Solving Moral Problems: A Technique *

Tue, Sep 09–Nov 04 • 1:00PM–2:30PM • The Social Chico, Bradley 2
Instructor(s): Becky White

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

In this class you will learn the nature and characteristics of a moral or ethical dilemma, along with a technique for identifying, addressing, and solving the dilemma. New dilemmas will be provided for each class period. You will be encouraged, but not required, to bring your own suitably anonymized dilemmas to class for discussion and analysis.

Spanish Composition and Conversation \$

Wed, Sep 10–Nov 12 • 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. *Class Notes:* There is an additional \$25 materials and speaker fee payable to the instructor at the first class meeting.

Stansbury Home Tour *

Section 1: Fri, Sep 19 • 11:00AM–12:30PM • The Stansbury Home

Section 2: Fri, Oct 10 • 11:00AM–12:30PM • The Stansbury Home

Instructor(s): 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.

Stay Safe, Stay Strong

Section 1: Fri, Oct 10 • 10:00AM–11:00AM • Azad's Martial Arts Center

Section 2: Fri, Oct 17 • 10:00AM–11:00AM • Azad's Martial Arts Center

Instructor(s): Farshad Azad

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

Join us for an empowering self-defense class designed exclusively for OLLI members. In this fun, dynamic, safe, and practical session, Senior Grandmaster Azad, renowned for training tens of thousands of people in personal safety, will teach real-world strategies to protect yourself at home, in public, and beyond. Learn simple but powerful techniques to stay safe, enhance awareness, and defend yourself effectively. This class is for people of all abilities.

Tap Dance Is Fun *

Section 1: Tue, Sep 09–Nov 04 • 8:30AM–9:30AM • Chico Creek Dance, Studio B

Section 2: Fri, Sep 12–Nov 07 • 9:45AM–10:45AM • 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 the 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. *Class Notes:* Wear comfortable clothing that allows for ease of movement and tap shoes, preferably with low heel.

→ Schedule Note: This class does not meet September 26 (Section 2) or September 30 (Section 1).

The Aging Eye

Tue, Sep 09–Oct 28 • 5:30PM–6:30PM • Chico Eye Center

Instructor(s): Doctors at Chico Eye Center

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

Our eyes exhibit age-related changes in performance as we get older, particularly as we reach our 60s. Some of these changes are perfectly normal and don't signify any sort of disease process. And though cataracts can be considered an age-related disease, they are common in older adults and can be readily corrected with surgery. Benjamin Gilbert and other doctors from OLLI sponsor Chico Eye Center explores these common changes, as well as more serious age-related eye diseases. Understanding more about our aging eyes and

what we can do as we notice changes can help improve our eye health and overall quality of life.

→ Schedule Note: This class meets September 9, September 30, October 14, and October 28.

The Basics of Routine Veterinary Care

Fri, Sep 12–Oct 03 • 3:00PM–4:00PM • The Social Chico, Bradley 2

Instructor(s): Sandy Hazanow (she/her/hers), Sarah Richardson (she/her/hers)

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

Using a multimedia approach, this class offered by OLLI sponsor Riverwood Veterinary Hospital will dissect the process of a routine pet physical to systematically examine the steps of a thorough assessment and the importance of specific findings and their implications. Discussion will branch into concepts such as the importance of listening to pet owner's history and ways that proactive training can facilitate good veterinary care. You will see some interesting – and possibly freakish – things, learn to help your pet, and have a fun time.

The Power of Words: Euphemism, Metaphor, and Mindset

Tue, Oct 14–Nov 04 • 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 Word for World Is Forest: An Ecological Novel \$

Mon, Sep 29–Nov 10 • 1:00PM–2:30PM • The Social Chico, Bradley 1

Instructor(s): Charles Copeland

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

This learning through conversation seminar will discuss a short 1972 science fiction novel by Ursula K. Le Guin that asks the question, how can an ecological and environmental Armageddon be prevented? Humans from Earth invade an alien planet in order to harvest its natural resources. The indigenous humanoids fight to preserve their world and their culture. Le Guin, daughter of the famous Kroeber anthropologists, imagines an astonishing culture of pacifists. *Class Notes:* The required book, *The Word for World Is Forest* by Ursula K. Le Guin, is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers. The recommended edition for this class is the 2010 Tor Books edition, ISBN 978-0-7653-2464-1.

Trash and the Neal Road Landfill *

Wed, Oct 22 • 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. *Class Notes:* 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.

Tuesday Tunes

Tue, Sep 09–Nov 04 • 10:30AM–11:45AM • Haley Music Therapy, Group Room 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!

United States Politics and the Trump Administration: Update

Tue, Oct 07–Nov 04 • 3:00PM–4:30PM • The Social Chico, Gordon 1
Instructor(s): George Wright

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

The class will assess the domestic and foreign policies of the Trump administration and the impact they have on domestic politics and international geopolitics.

Watercolor for Beginners \$

Wed, Sep 10–Nov 12 • 9:30AM–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 brushwork. All materials are provided. *Class Notes:* There is an additional \$120 materials fee payable to the instructor at the first class meeting.

What In The World? A Data-Based Look at Some Contemporary Global Issues

Fri, Sep 19–Nov 07 • 10:00AM–11:30AM • The Social Chico, Bradley 2
Instructor(s): Steve Herman

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

This class will explore contemporary geographical topics such as resource supply and consumption, selected environmental issues, and demographic changes, using the most reliable, easily available data sources. We will keep in mind the role that bias plays as we strive to better understand our world.

World Dance

Wed, Sep 10–Nov 12 • 3:00PM–4:00PM • Westmont of Chico (formerly 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.

→ Schedule Note: This class will meet in the Creekside Room on September 10 and November 12.

World Dance Songs

Wed, Sep 10–Nov 12 • 4:00PM–5:00PM • Westmont of Chico (formerly 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 10–Nov 12 • 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 nonfiction, 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

Thu, Sep 11–Nov 13 • 1:00PM–3:00PM • Westmont of Chico (formerly The Terraces), Lassen 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.

Arts of Zen Buddhism @

Thu, Sep 11–Nov 13 • 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 examines the precepts of Buddhism in general and of the Chan/Zen branch of Buddhism specifically. We will explore major examples of art and architecture related to Zen. A primary goal of the class is to examine the historical context for the development of the Zen arts; therefore, an examination of the social, religious, political, and cultural influences on the production of art and architecture will be important. In addition, we will consider the fundamental teachings of Buddhism and meditation as a means for developing thoughtful and humane interactions in contemporary life.

B-Line Paratransit and Other Services @

Tue, Sep 16 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Victoria Proctor (she/her/hers)

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

Join us to learn more about the various services B-Line, Butte County's public transit provider, offers for older adults and people with disabilities.

Chico State Faculty Lecture Series @

Wed, Oct 08–Nov 12 • 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!

Costly Mistakes of Estate Planning

Wed, Oct 15 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Miste Cliadakis

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

Many people make the wrong choices when it comes to estate planning. If not done properly, you could leave your loved ones facing hard decisions when you pass away or become incapacitated. Join Miste Cliadakis from OLLI sponsor Altum Wealth Advisors to learn how to avoid the most common mistakes that could damage your financial succession and legacy.

Cracker Barrel

Mon, Sep 08–Nov 10 • 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.

Create Your Own Unique Cartoon Characters

Wed, Sep 10–Oct 08 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Dick Kennedy

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

Have fun exploring the many possibilities for creating your own unique characters. Learn to draw cartoon heads and bodies, along with all their features. Learn how to bring your characters to life and give each their own unique personality. You will learn how to make them talk and think. Enjoy exploring single- and multi-panel comic strips. Absolutely no drawing ability required. All that's needed is a pencil and some inexpensive paper.

French 1

Mon, Sep 08–Nov 10 • 1:00PM–2:00PM • Link to be Provided

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

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

This class is for people who have studied some French in the past. We study basic French grammar, usage, pronunciation, and vocabulary. The focus is communicating with others in written and spoken French. *Class Notes:* The recommended book, *Easy French Step-by-Step* by Myrna Bell Rochester, is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

French 2 \$

Mon, Sep 08–Nov 10 • 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.

The class is reading *Le Chien Jaune* by Georges Simonet. The class reads aloud, followed by translation into English, with some discussion of vocabulary, grammar, and the plot. *Class Notes:* The French edition of the book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers. The class will pick up where the class left off last term. New students this term will want to catch up before class starts.

French 3: Conversation

Mon, Sep 08–Nov 10 • 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 11–Nov 13 • 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, Patti Davis

- 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. *Class Notes:* The announced topics for 2025 include US and China relations, international cooperation on climate change, the future of NATO and European security, and Middle East policy after Gaza.

Hail to the Celts @

Mon, Sep 08–Nov 10 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Lynn H. Elliott

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

The Celtic fringe is composed of six nations: Brittany, Cornwall, Ireland, the Isle of Man, Scotland, and Wales. Through their ancient language and culture, they are the inheritors of nearly three thousand years of unbroken cultural tradition. Welsh author Emyr Humphreys said, "At any time since the eleventh century, it could have disappeared, but for the determination of one generation or another that it should not." This class will trace the history of the Celts and their culture.

HomeFit: Making Home Safe and Livable for All

Wed, Oct 08 • 3:00PM–4:00PM • Link to be Provided

Instructor(s): Kris Ritualo

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

Learn how to adapt your living space for safe and independent aging. Download valuable resources, including the HomeFit Guide, and take the first step toward a more livable home. Don't miss this opportunity to enhance your home for a better quality of life.

Intro to Drawing and Painting on the iPad \$ @

Tue, Sep 30–Oct 21 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

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

This class will provide basic skills for drawing and painting on the iPad. We will navigate three digital art apps, explore techniques for creating digital drawings and paintings, practice using layers, and experience how to export completed

digital images for printing. The apps featured in this class are Freeform, Sketchbook, and ArtRage Vitae Mobile Painting. *Class Notes:* You will need an iPad and to download and install Sketchbook (free) and ArtRage Vitae Mobile Painting (\$4.99) from the App Store. Freeform is already included on the iPad. An Apple Pencil or capacitive stylus are not required for this class; however, if you have one of these, you can use it.

Intro to One-Point and Two-Point Perspective Drawing @

Tue, Oct 28–Nov 04 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

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

This class offers a hands-on introduction to one-point and two-point perspective drawing, techniques that create the illusion of depth on a flat surface by using converging lines. The first session focuses on one-point perspective, while the second session covers two-point perspective. *Class Notes:* See the full materials list with the class listing on the website.

Learn to Draw in a Less Than Perfect Way

Wed, Oct 15–Nov 12 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Dick Kennedy

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

Many beginning artists believe that if they want to learn to draw, they need to do it in a realistic style. It can be pretty intimidating to think that you need to make your drawings look like photographs. Well, it will comfort you to know that most drawings artists create aren't an attempt at realism. In this class you will learn to draw in a way that frees you from the pressure of being perfect. You only need a pencil and some inexpensive paper.

Let's Keep Knitting @

Tue, Sep 09–Nov 04 • 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.

Reading Poetry for Inspiration and Enrichment

Tue, Sep 09–Nov 04 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Kate Foley

- 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. We will discuss poetry from the perspective that the poet creates the work but the reader activates it.

Retirement Planning & Investments in a Changing Economy

Tue, Oct 21–Oct 28 • 8:30AM–10:00AM • 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.

Six Pillars of Brain Health

Wed, Sep 10 • 3:00PM–4:00PM • Link to be Provided

Instructor(s): Kris Ritualo

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

Unlock the secrets to a healthier mind and enhance your cognitive well-being. This interactive class will explore the six essential pillars of brain health. You will gain valuable insights and practical strategies to support and enhance your brain health, empowering you to lead a more vibrant and fulfilling life. Join us and take the first step toward fostering a healthier mind.

Slow Reading Shakespeare: A Second Look at Hamlet

Tue, Sep 09–Nov 04 • 10:30AM–12:00PM • Link to be Provided

Instructor(s): Jack Ayer

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

“Slow Reading Shakespeare” last tackled *Hamlet* in 2019. Six years on, it’s time for a second look. Those who joined in the first time, those who have joined other “Slow Reading Shakespeare” classes, and complete newbies to Shakespeare are all welcome to join this second look. You’ll be encouraged, but not required, to join in the discussion. You will want your own copy of the play, but any good standard edition will do. Email Jack (jdayer@ucdavis.edu) for guidance.

Tuesday Tunes

Tue, Sep 09–Nov 04 • 10:30AM–11:45AM • Haley Music Therapy, Group Room 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!

Women Artists Who Challenged Norms @

Wed, Sep 10–Oct 01 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Dolores Mitchell

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

Through lectures, videos, and discussions, we will focus on four women artists who challenged expectations of their time about their behavior and approach to subjects: Artemisia Gentileschi, Rosa Bonheur, Kathe Kollwitz, and Frida Kahlo. Additional artists will be included. Participants will receive emails with something to read, something to watch, and something to do in advance of each class meeting. *Class Notes:* The recommended book, *Why Have There Been No Great Women Artists?*, by Linda Nochlin, is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

OUTDOOR EXPERIENCES

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

A Tranquility Walk *

Thu, Sep 25 • 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 along the tree-lined shore of Paradise Lake. 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 back seat for a while and allow the nurturing energy of Mother Nature to slow you down as you appreciate the tranquility of your surroundings. *Class Notes:* Further details will be provided prior to the hike. Sturdy walking shoes required. There is a \$3 parking fee per vehicle.

Birding in the Chico Area: All Levels *

Thu, Sep 25–Nov 13 • 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. *Class Notes:* Please register for only one birding section.

→ Schedule Note: This class meets September 25, October 23, and November 13.

Birding in the Chico Area: Beyond the Basics *

Thu, Sep 11–Nov 06 • 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” 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. *Class Notes:* Please register for only one birding section.

→ Schedule Note: This class meets September 11, October 9, and November 6.

Deer Creek Hike *

Fri, Oct 10 • 8:30AM–2:30PM • Various Locations

Instructor(s): Vickie Bernhardt, Bill Casey

- 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. *Class Notes:* Further details will be provided prior to the hike.

Explore Your Public Lands: Gray Lodge Wildlife Area *

Fri, Nov 21 • 8:30AM–4:30PM • 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! *Class Notes:* Further details will be provided prior to the field trip.

Garden Gourmands * \$

Section 1: Wed, Sep 10–Sep 17 • 11:00AM–1:00PM • Various Locations

Section 2: Wed, Oct 01–Oct 08 • 11:00AM–1:00PM • Various Locations

Instructor(s): Debra Barger (she/her/hers), Laurie Smith

- 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. *Class Notes:* 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 12 • 8:30AM–3:00PM • Various Locations

Instructor(s): Pamela Waldsmith, Bill Casey

- 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 5,500' elevation. Be prepared for uneven ground. *Class Notes:* Hiking poles, good hiking shoes, and binoculars for birding are recommended. Further details will be provided prior to the hike.

HOOFERS: A Hiking Community for Like-Minded Women *

Wed, Sep 17–Oct 29 • 8:00AM–3:00PM • Various Locations

Instructor(s): Cynthia Weeks-Finnegan, Laura Lukes, Lois Olson

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

This initial HOOFers class brings together women interested in participating in our hiking community. This class is for women who can hike 3-6 miles on uneven to rough trails with moderate elevation gains and losses. We focus on trail safety, basic navigation skills, and knowledge of local trails. At our first, mandatory in-class meeting we learn about each other, evaluate our packs and equipment, share our experience, and plan our hikes. A short PowerPoint Presentation covers basic trail safety. Three subsequent meetings are hikes. *Class Notes:* Participants must attend the classroom meeting to participate in the hikes. This class is for women only.

→ Schedule Note: One classroom meeting 10AM-12PM September 17 in Gordon 2 and three outdoor hikes 8AM-3PM October 1, October 15, and October 29.

In Search of California's Vanishing Flora *

Section 1: Mon, Sep 08 • 9:00AM–2:00PM • Various Locations

Section 2: Mon, Sep 15 • 9:00AM–2:00PM • Various Locations

Instructor(s): David Popp

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

Get an introduction to California native plants and basic botany in the field as we saunter in search of California native wildflowers. *Class Notes:* Further details will be provided prior to the class. Dress appropriately and be prepared to face the elements of nature.

Meandering in Interesting Places: Bidwell-Sacramento River State Park *

Mon, Oct 13 • 9:00AM–11:00AM • Various Locations

Instructor(s): Candice Roethler, Mary Johnson

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

Join us for an outdoor adventure exploring interesting places in our community. We will meander at a leisurely pace for 1-3 miles. Participants should be comfortable walking and standing for up to two hours. A biologist from River Partners will be guiding us to visit a completed habitat restoration project along the Sacramento River. We will learn about the project's history and walk adjacent to the river with potential views of river otters, deer, and bald eagles. *Class Notes:* Further details will be provided prior to the walk.

Meandering in Interesting Places: Downtown Oroville Murals and History Tour *

Tue, Sep 30 • 8:30AM–11:00AM • Various Locations

Instructor(s): Mary Johnson, Candice Roethler

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

Join us for an outdoor adventure exploring interesting places in our community. We will meander at a leisurely pace for 1-3 miles. Participants must be comfortable walking and standing for up to two hours. This class will include viewing and discussing outdoor public murals that depict events, people, and sights that have been drawing people to Oroville since the Gold Rush. *Class Notes:* Further details will be provided prior to the walk.

Salmon Spawning Kayak Tour \$

Section 1: Fri, Oct 03 • 9:30AM–12:30PM • Forebay Aquatic Center

Section 2: Fri, Oct 03 • 1:00PM–4:00PM • Forebay Aquatic Center

Instructor(s): 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. *Class Notes:* 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.

Wednesday Park Walks

Section 1: Wed, Sep 10–Oct 08 • 9:15AM–10:30AM • Various Locations

Section 2: Wed, Oct 15–Nov 12 • 9:15AM–10:30AM • Various Locations

Instructor(s): Amy Hahn, Bill Casey

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

Join us for our Wednesday morning park walks! If you want to start a walking habit, add to your daily step count, spend a morning with old and new friends, or just enjoy beautiful Lower Park, lace up your shoes and join us. Each week, you have the opportunity to choose a 1-mile route looping at Hwy 99 or a 2.8-mile route looping at the 2nd bridge (Cedar Grove).

“What does it mean, say the words, that the earth is so beautiful? And what shall I do about it? What is the gift that I should bring to the world? What is the life that I should live?”

~ Mary Oliver, *Long Life: Essays and Other Writings*



SPECIAL THANK YOU!

At OLLI at Chico State, community is at the heart of who we are. Our lifelong learning program exists through the dedicated contributions of our volunteers – members and community partners who serve as guides, visionaries, teachers, and loyal supporters. We want to say a resounding thank you to all of them for 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. Membership fees 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 olli.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 connections with the broader 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 olli.csuchico.edu for our full accessibility statement and more information about our commitment to welcoming and inclusion.

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

FALL '25 CLASS SELECTIONS

IN PERSON

- ☐ \$55 108-Form Tai Chi: Beginning *
- ☐ \$55 108-Form Tai Chi: Intermediate
- ☐ \$30 A Place of Inner Peace: Advanced *
- ☐ \$30 A Place of Inner Peace: Beginning *
- ☐ \$55 A-Thrifting We Will Go *
- ☐ \$55 Acrylic Painting
- ☐ \$15 Age Well, Drive Smart
- ☐ \$30 Arts & Eats *
- ☐ \$55 Beginning Spanish from Chapter 10
- ☐ \$55 Beginning Spanish from Chapter 2
- ☐ \$55 Beginning Spanish from Chapter 6
- ☐ \$55 Collage x 7 *
- ☐ \$30 Creating a Desk Calendar *
- ☐ \$55 Creation Zone
- ☐ \$55 Cribbage: Learn and Play
- ☐ \$55 Espionage 101
- ☐ \$30 Estate Planning 101
- ☐ \$30 Finance: Learning from the Masters *
- ☐ \$55 Fitness for Lifetime Mobility: Sect. 1 *
- ☐ \$55 Fitness for Lifetime Mobility: Sect. 2 *
- ☐ \$0 Food Smarts
- ☐ \$30 Gentle Yoga *
- ☐ \$55 Gospel Music-Mirror of American Culture
- ☐ \$55 Hatha Yoga *
- ☐ \$0 Hike Leading Homeroom
- ☐ \$30 Improv: Beyond the Basics *
- ☐ \$55 Learning Through Conversation
- ☐ \$30 Let's Do Improv: Sect. 1 *
- ☐ \$30 Let's Do Improv: Sect. 2 *
- ☐ \$55 Let's Play Games
- ☐ \$30 Master Gardener Lecture Series
- ☐ \$15 Medicare Open Enrollment FAQ
- ☐ \$30 Meditation and Journaling for Clarity *
- ☐ \$30 More Spiritual Principles
- ☐ \$30 New Looks at Old Books *
- ☐ \$15 Passages: Who We Are and What We Do
- ☐ \$55 Playing Guitar and Singing Along
- ☐ \$30 Poetry for Pleasure
- ☐ \$55 Reader's Theatre *

IN PERSON, CONT.

- ☐ \$55 Recreational Mathematics
- ☐ \$15 Sierra Nevada Brewery Tour
- ☐ \$30 Sing Gospel Music
- ☐ \$55 Sketchbook Journaling
- ☐ \$55 Skywatchers' Almanac: Folklore, Facts...
- ☐ \$55 Solving Moral Problems: A Technique *
- ☐ \$55 Spanish Composition and Conversation
- ☐ \$15 Stansbury Home Tour: Sect. 1 *
- ☐ \$15 Stansbury Home Tour: Sect. 2 *
- ☐ \$15 Stay Safe, Stay Strong: Sect. 1
- ☐ \$15 Stay Safe, Stay Strong: Sect. 2
- ☐ \$55 Tap Dance Is Fun: Sect. 1 *
- ☐ \$55 Tap Dance Is Fun: Sect. 2 *
- ☐ \$30 The Aging Eye
- ☐ \$30 The Basics of Routine Veterinary Care
- ☐ \$30 The Power of Words
- ☐ \$55 The Word for World Is Forest:
- ☐ \$15 Trash and the Neal Road Landfill *
- ☐ \$30 US Politics and Trump Administration
- ☐ \$55 Watercolor for Beginners
- ☐ \$55 What In The World? ...Global Issues
- ☐ \$55 World Dance
- ☐ \$55 World Dance Songs
- ☐ \$55 Writer's Workshop
- ☐ \$55 Writing Short Plays

ONLINE

- ☐ \$55 Arts of Zen Buddhism
- ☐ \$15 B-Line Paratransit and Other Services
- ☐ \$15 Costly Mistakes of Estate Planning
- ☐ \$30 Create Unique Cartoon Characters
- ☐ \$55 French 1
- ☐ \$55 French 2
- ☐ \$55 French 3: Conversation
- ☐ \$55 Hail to the Celts
- ☐ \$15 HomeFit: Making Home Safe and Livable
- ☐ \$30 Intro to Drawing, Painting on the iPad
- ☐ \$30 Intro to Perspective Drawing
- ☐ \$30 Learn to Draw Less Than Perfect

ONLINE, CONT.

- ☐ \$55 Let's Keep Knitting
- ☐ \$55 Reading Poetry for Inspiration
- ☐ \$30 Retirement Planning & Investments
- ☐ \$15 Six Pillars of Brain Health
- ☐ \$55 Slow Reading Shakespeare: Hamlet
- ☐ \$30 Women Artists Who Challenged Norms

HYBRID - IN PERSON OR LIVE ONLINE!

- ☐ \$55 Chico State Faculty Lecture Series
- ☐ \$55 Cracker Barrel
- ☐ \$55 Great Decisions
- ☐ \$30 Tuesday Tunes

OUTDOOR EXPERIENCES

- ☐ \$15 A Tranquility Walk *
- ☐ \$30 Birding in the Chico Area: All Levels *
- ☐ \$30 Birding: Beyond the Basics *
- ☐ \$15 Deer Creek Hike *
- ☐ \$15 Explore Public Lands: Gray Lodge *
- ☐ \$30 Garden Gourmands: Sect. 1 *
- ☐ \$30 Garden Gourmands: Sect. 2 *
- ☐ \$15 Hike & History *
- ☐ \$30 HOOFERS: A Hiking Community *
- ☐ \$15 In Search of CA's Vanishing Flora: Sect. 1 *
- ☐ \$15 In Search of CA's Vanishing Flora: Sect. 2 *
- ☐ \$15 Meandering: Bidwell-Sac River State *
- ☐ \$15 Meandering: Downtown Oroville *
- ☐ \$15 Salmon Spawning Kayak Tour: Sect. 1
- ☐ \$15 Salmon Spawning Kayak Tour: Sect. 2
- ☐ \$30 Wednesday Park Walks: Sect. 1
- ☐ \$30 Wednesday Park Walks: Sect. 2

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.
- You can register for any number of classes without an asterisk (*).
- Classes have different start dates throughout the term. Please refer to the Schedule at a Glance for the class dates.

FALL '25 MEMBERSHIP FORM

Membership 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 & TOURS 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



Italy's Treasures, Spring '26

Vineyards, olive groves, and cities that float. Incredible history, indelible culture, and unforgettable cuisine. This is l'Italia at its most iconic. Enjoy the natural beauty and calm of the Alpine Lakes region. Snake along the edge of the sea to the medieval villages of Cinque Terre. Aboard off-road vehicles, explore the marble quarries of Carrara, where Michelangelo obtained the marble for his statue of David. Relax during a leisurely 4-night stay at a Tuscan villa. At a family-owned villa, learn the fine art of creating Tuscan cuisine during a hands-on cooking class. Explore Florence, the birthplace of the Renaissance. Discover Venice, a city of winding canals and bridges. From medieval masterpieces to bustling piazzas, be swept away by the legendary treasures of northern Italy in this small group tour.



Discover Scotland, Spring '26

From its rugged sea-sprayed islands to its stately castles layered in history, Scotland awaits. Learn how the bagpipes are played and enjoy dinner at the National Piping Centre's farm-to-table restaurant. Take a cruise on famed Loch Ness. Visit a local family on their farm and meet their sheepdogs. Marvel at the stunning scenery of the Isle of Skye. Explore the Orkney Islands' ancient Skara Brae. Visit Dunrobin Castle. Explore the regal city of Edinburgh. Put a modern twist on Scottish cuisine during an interactive cooking demonstration. Discover a land of rolling green Highlands, friendly sheepdogs, and historic castles.



Discover the Best of Eastern Canadian Cities, Summer '26

From the old-world style of Quebec City to the power of Niagara Falls, say bienvenue to Eastern Canada. Board a boat and experience Niagara Falls up close. Discover Niagara-on-the-Lake's quaint local shops and charming atmosphere. Have a breakfast of regional specialties at a local sugar shack and learn about maple syrup making. You choose how you explore Old Quebec – on foot with a local guide or on a panoramic coach tour. Walk the cobblestone streets of Old Montreal. An unforgettable experience awaits as you venture along picturesque countryside and glistening skyscrapers.

Three Ways to Learn This Fall!

In the Classroom
Outdoor Experiences
Online Learning

FALL 2025 AT OLLI CHICO

OLLI Fall '25 Calendar

June 29..... Summer Social Meetups Begin
August 14 Fall Class Preview
August 21 Fall Class Registration Opens
September 1..... Labor Day (*OLLI Closed*)
September 7 Summer Social Meetups End
September 8..... First Day of Fall Classes
September 23..... Rosh Hashanah (*No Classes*)
October 2 Yom Kippur (*No Classes*)
November 11 Veterans Day (*No Classes, OLLI Closed*)
November 14 Last Day of Fall Classes
November 16 Winter Social Meetups Begin

Fall '25 Class Preview

In August, we will highlight our fall offerings through 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 classes. The event is open to the public. **Invite your friends!**

- **Thursday, August 14, 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!

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. Whether you're taking all your classes together or enjoying separate parts of OLLI, registering early lets you avoid the rush on popular classes or classes with limited capacity. Contact the OLLI office by August 14 to confirm.



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