FALL 2018 CLASS SCHEDULE NOW ONLINE!

More than 130 classes, outings, and activities

Kudos to Mary Brashears and the entire Curriculum Team for creating another robust schedule. And of course we are grateful to all 104 volunteer Peer Leaders and co-leaders who will be making lifelong learning fun, varied, and accessible to more than 1,200 older adults in Butte County this fall. View the online 2018 Fall Class Schedule, or download a pdf Schedule Packet, which includes the schedule, policies, and forms. There’s a lengthier packet that also contains Class Descriptions. See the Fall 2018 Calendar below for details on upcoming class previews, the August Intersession Lecture Series, and other important dates.

Class registration opens August 16 @ 9am. Classes begin September 4.

FEE CHANGE EFFECTIVE THIS FALL

We pride ourselves on being among the least expensive OLLIs in the 121-Institute network, and we take seriously our promise to keep fees fair, while also ensuring we can balance the budget. Current membership fees cover half of the total cost of OLLI operations. We are grateful to have such a robust program made up of members, volunteers, sponsors, and community friends. We thank you all for your continued support and commitment to OLLI.

Chico Chapter
- Fall ’18 & Spring ’19 Bundle: $215
- Fall ’18, Spring ’19, & Summer ’19 Bundle: $230 (Add summer and save $60!)
- Fall ’18 & Spring ’19 Bundle: Peer Leader Discount $185*

Greater Butte County Chapter
- Fall ’18 & Spring ’19 Bundle: $80

We suggest you Pay Your Membership Fee Early, either online, by mail, or by phone. This will help you get your classes faster and easier on registration day.

*To qualify for the Peer Leader discount, you must lead at least one class during the 18-19 academic year (fall, spring, and/or summer terms).

Through the generosity of our members donating to the Annual Fund, OLLI can offer some financial assistance for those who are fiscally challenged. Please call the OLLI office and speak to Susan to ask for Fee Assistance. She will explain the process and limitations.
**5-CLASS LIMIT FOR FIRST TWO WEEKS OF FALL REGISTRATION**

*Limit applies through August 30*

To provide fairer opportunities for members to enroll in their favorite classes, we will continue the class-limit policy through the first two weeks of fall registration. Limited classes are notated by a checkmark ( √ ). Fewer than half of all classes are limited, so you may enroll in as many as you’d like, **as long as five or fewer of the classes selected are notated with a checkmark.** Starting August 30, you can enroll in as many classes as there is space available.

**SUMMER ‘18 INTERSESSION SERIES: “BRAIN STATES”**

“Your Brain-Body Connection & How to Improve It” by Dr. Joni Samples

- **4 Workshops:** Tuesdays, August 7, 14, 21 & 28
- **When & Where:** 1:30–3pm | Craig Hall, Bradley 2, 1400 West 3rd Street
- **Cost:** $10 / class or $35 / series. [Register online now](#) and beat the heat!

**AUG. 7: THE BRAIN AND HOW IT WORKS**
To know how your car runs, it helps to know what the engine does—that it needs gas, oil, maintenance, etc. That’s true of your brain as well. You don’t need to be the mechanic, but it does help to know what keeps it running well and what will help it keep running for a long time. In this class, we’ll talk about, and review for some, the way the brain works and how to keep it well tuned.

**AUG. 14: YOUR HEART AND BODY & HOW THEY ARE CONNECTED TO THE BRAIN**
We used to think that the brain controlled all the emotions; however, we now know there are connections between the brain and the heart and the brain and the gut. So how do we know what those interactions are and how can we help them stay in tune with each other?

**AUG. 21: IMPROVING THE BRAIN-BODY CONNECTION PHYSICALLY**
How do nutrition, exercise, sleep and all those other things we’d like to ignore play into our brain health? What about sugar and alcohol? We want to be physically and mentally alert and well so what can we do to make sure the body is running on the highest octane? We’ll talk about the possibilities with no judgements!

**AUG. 28: IMPROVING THE BRAIN-BODY CONNECTION MENTALLY**
James Allen wrote a book called, “As a Man Thinketh.” Today we might say as a man or woman thinks, but whatever the verbiage and whether it’s Proverbs, James Allen, or the Secret, it’s about what you think. Unfortunately, the thoughts are so subconscious we don’t even know we think them. This last class will be about recognizing those thoughts and making a shift in your thinking.

**FALL 2018 CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>July 2–6</td>
<td>OLLI Office Closed</td>
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<tr>
<td>August 7</td>
<td>Brain States Every Tuesday in August, 1:30-3:00pm at Craig Student Living, Bradley 2</td>
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<tr>
<td>August 9</td>
<td>Fall Class Preview (Chico) at <a href="#">Manzanita Place</a>, 10am–Noon</td>
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<tr>
<td>August 14</td>
<td>Fall Class Preview (Oroville/Paradise) at Greater Butte County Library in Oroville, 1–2pm</td>
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<tr>
<td>August 16</td>
<td>Registration Opens at 9am</td>
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<tr>
<td>September 4</td>
<td>Fall Classes Begin</td>
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**HAVE SOMETHING TO SHARE?**

If you have something to say, a photo to share, or a question to pose to the editor, you can submit information using our new “[OLLI Newsletter Submission](#)” form.

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