

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

## Three Ways to Learn This Spring! In the Classroom • Outdoor Meetups • Online Learning

**SPRING 2023 CLASS CATALOG** • FEBRUARY 6 — APRIL 21



- ▶ Spring Class Previews: January 11 & 12
- ▶ Registration Begins: January 19
- ▶ Classes Begin: February 6



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

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



## About Us

Membership in OLLI at Chico State opens a world of discovery for older adults who share interests in a variety of subjects. Members become part of a learning community, where they have access to classes without additional fees, can attend special events, and have the option of teaching a class in which they have special academic or professional expertise – or a hobby they want to share, no credential required. Explore the more than 90 classes offered this Spring in the style that suits you best – in person or online. Engage your mind. Make friends. Have fun!

## Join OLLI

Starting December 12, you can join OLLI for Spring and Summer terms. Membership is required to participate in OLLI classes, activities, and events. Your paid membership lets you take as many classes as you'd like each term, with no additional per-class fees, though a few classes may have small supplies or admissions fees.

**Fees:** Spring & Summer + Fall '22 Recorded Class Sessions \$195  
Spring & Summer Bundle \$145  
Spring Only \$125

### Installments Available!

See the Spring '23 Membership Form, page 20.

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

## Learn with a Friend!

Learning is great when you get to do it with friends! When you refer someone you know and they also join OLLI, you can **register early for classes this spring**, avoiding the rush on popular classes or classes with limited capacity. Contact the OLLI office by January 14 to confirm.



## Membership Benefits:

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

*Photos from Debbie Vermette's "Creating Small Collage Books" class. (Jason Halley/University Photographer)*

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## WAYS TO REGISTER AND/OR JOIN OLLI

**Registration Opens January 19 & Runs Throughout Spring**



### Online

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



### Phone

530-898-6679



### Email

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



### Mail

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



### In Person

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

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

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

## Accessibility & Safety

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

Proof of COVID-19 vaccination is required for all in-person classes. Boosters are 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.



## SPRING '23 SCHEDULE AT A GLANCE

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

\* = Counts toward class limit. \$ = Additional fee. @ = Recorded class.

MONDAY CLASSES					
*	24-Form Tai Chi	Mike McCluskey	8:30-9:30	M & Th, Feb 06-Apr 20	The Terraces
	Retirement Planning & Investments in a Changing Economy	Steven Cliadakis	8:30-9:30	Feb 20-Feb 27	Link to be Provided
*	Safe Urban Hiking	Eunice Lopez	8:30-10	Mar 06-Apr 03	Various Locations
	Age Well, Drive Smart: Section 3	Midge Vandervelden	10-11:30	Apr 17	Gordon 1
	Cracker Barrel: In-Person	David Price	10-11:30	Feb 06-Apr 17	Bradley 2
	Cracker Barrel: Online	David Price	10-11:30	Feb 06-Apr 17	Link to be Provided
@	Green Burial: The Greenest Way to "Go"	Mary Ann Perry	10-11:30	Mar 20-Mar 27	Link to be Provided
*	Learning to Play Bridge for Beginners	Gary Hedlind	10-11:30	Feb 06-Mar 06	Bradley 1
*	Nonprofit Board Governance	Janet Rechtman	10-11:30	Mar 20-Apr 03	Bradley 1
*	Planning for Assisted Living in Chico	Steven Cliadakis	10-11:30	Mar 20	Gordon 1
	Will: An English Playwright in Times of Radical Change	Lynn Elliott	10-11:30	Feb 06-Apr 17	Link to be Provided
*	Sing Gospel Music	Phil Elkins	11-12:30	Feb 06-Apr 17	The Terraces
	Beginning Guitar: Level 2	Phil Elkins	11:30-1	Feb 13-Apr 10	The Terraces
	French 1	Leanne Ulvang	1-2	Feb 06-Apr 17	Link to be Provided
	Age Well, Drive Smart: Section 1	Midge Vandervelden	1-2:30	Feb 27	Bradley 2
*	Creating a Junk Journal	Debbie Vermette	1-2:30	Feb 06-Feb 20	Bradley 1
@	The Dark Ages: How Dark Were They?	MaryClaire Morin	1-2:30	Feb 06-Apr 17	Link to be Provided
*	Leader to Elder: Reflections on Life Change	Janet Rechtman	1-4:30	Apr 10	Gordon 2
	French 2	Leanne Ulvang	2:05-3	Feb 06-Apr 17	Link to be Provided
@	Knitting Nuances	Gale Ulvang	3-4	Feb 13-Mar 06	Link to be Provided
*	Armchair Travel Sketching Journal	Marvey Mueller	3-4:30	Feb 06-Mar 06	Bradley 1
	Estate Administration	Dana Campbell	3-4:30	Feb 06-Feb 13	Gordon 2
*	Exploring Mixed Media Collage	Debbie Vermette	3-4:30	Mar 20-Apr 17	Bradley 1
	French 3: Conversation	Leanne Ulvang	3:05-4	Feb 06-Apr 17	Link to be Provided
TUESDAY CLASSES					
	Not Only Feathers Make a Bird	Roger Lederer	8:30-9:30	T & Th, Feb 07-Feb 23	Bradley 2
*	Brain Development, Trauma, and Your Mindset	Joni Samples	9:30-11	Mar 21-Apr 18	Gordon 1
*	108-Form Tai Chi: Beginning	Lenora Wong	10-11	T & F, Feb 07-Apr 21	Center for Spiritual Living
*	Feng Shui in the 21st Century	Valerie Althoff	10-11	Feb 07-Mar 07	Bradley 1
@	Gardening In The Real World	Lori Murphy Cole	10-11	Mar 21-Apr 18	Link to be Provided
	Reverse Mortgage Myth vs Reality	Annette Mercer	10-11	Mar 21	Bradley 1
@	Zen Drawing 101	Susan Levine	10-11	Mar 21-Apr 11	Link to be Provided
@	Using Watercolor and Ink Pens	Cris Guenter	10-11:30	Feb 07-Feb 28	Link to be Provided
*	Conversations on the Tao Te Ching	Rosie Potestio	10-11:30	Feb 07-Mar 21	Gordon 2
	Age Well, Drive Smart: Section 2	Midge Vandervelden	10-11:30	Mar 28	Bradley 2
	Tuesday Tunes: In-Person	Bitz Haley	10:30-11:45	Feb 07-Apr 25	Haley's Martial Arts Center
	Tuesday Tunes: Online	Bitz Haley	10:30-11:45	Feb 07-Apr 25	Link to be Provided
	Slow-Reading Shakespeare: Twelfth Night	Jack Ayer	10:30-12	Feb 07-Apr 18	Link to be Provided

*	108-Form Tai Chi: Intermediate	Lenora Wong	11-12	T & F, Feb 07-Apr 21	Center for Spiritual Living
* \$	Garden Gourmands	Debra Barger	11-1	Mar 21-Apr 11	Various Locations
	Curated Conversations with Chico Performances: Vocal Jazz 1920-1950	Stephen Cummins	1-2	Jan 24	Bradley 2
	Curated Conversations with Chico Performances: Modern Dance	Stephen Cummins	1-2	Feb 14	Gordon 2
	Curated Conversations with Chico Performances: California Trees	Stephen Cummins	1-2	Feb 28	Gordon 2
	Tet 1968: An Eyewitness Account	Len Spesert	1-2	Mar 21-Apr 11	Bradley 1
	Armchair Traveler: Here We Go Again! In-Person	Sue Monroe	1-2:30	Feb 07-Apr 18	Bradley 2
@	Armchair Traveler: Here We Go Again! Online	Sue Monroe	1-2:30	Feb 07-Apr 18	Link to be Provided
	National Security and the US Intelligence Community	Terry Wilson	1-2:30	Feb 07-Apr 18	Gordon 1
	Opening Pandora's Box: Reading Poetry for Meditation and Reflection	Kate Foley	1-2:30	Feb 07-Apr 18	Link to be Provided
*	Film, Movies, Cinema!	Aaron Bor	1-3	Feb 07-Mar 07	Bradley 1
	Feet With A Beat: Gentle Cardio Fitness	MaryJo Brown	3-4	Mar 07-Mar 28	The Terraces
@	Healthier You: Enloe Lecture Series	Jack Meyer	3-4	Mar 21-Apr 18	Link to be Provided
@	Let's Keep Knitting	Gale Ulvang	3-4:30	Feb 07-Apr 18	Link to be Provided

### WEDNESDAY CLASSES

	Learn to Draw Cartoons	Dick Kennedy	10-11	Feb 08-Apr 19	Link to be Provided
*	Fitness for Lifetime Mobility	Paul Coots	10-11:15	Feb 08-Apr 19	Bradley 2
*	Names: The History of Human Speech and How Language Forms Us	Robin Dizard	10-11:30	Feb 08-Apr 19	Gordon 1
*	Wisdom for Living in The Now: Section 1	Gayle Womack	10-11:30	Feb 08-Apr 19	Gordon 2
	Save or Shred: Organizing & Securely Disposing of Documents	Miste Cliadakis	10-11:30	Mar 01	Link to be Provided
@	Medicare Rights, Appeals, and Protections	Tatiana Fassieux	10-11:30	Apr 05	Link to be Provided
*	Living Deliberately: Mapping a Plan for Tomorrow	Teresa Matthews	10:30-12	Feb 15-Mar 29	Bradley 1
*	Wisdom for Living in The Now: Section 2	Gayle Womack	12:30-2	Feb 08-Apr 19	Gordon 2
@	Art Nouveau, Arts and Crafts, Symbolism, and Related Movements	Dolores Mitchell	1-2:30	Feb 08-Mar 08	Link to be Provided
	Chico State Faculty Lecture Series: In-Person	Sandra Flake	1-2:30	Feb 08-Apr 19	Bradley 2
@	Chico State Faculty Lecture Series: Online	Sandra Flake	1-2:30	Feb 08-Apr 19	Link to be Provided
\$	Science Fiction Book Group	Sydney Wilde	1-2:30	Feb 08-Apr 19	Link to be Provided
*	HOOFRs 3	Cynthia Weeks-Finnegan	1-3	Mar 22-Apr 19	Various Locations
	Flirting with French	Leanne Ulvang	1:30-2:30	Feb 08-Apr 19	Link to be Provided
	Writer's Workshop	Paul Belz	1:30-3	Feb 08-Apr 19	Bradley 1
	Friendly Activism: Tackling Tough Topics Through Humor	Christine Rowe	3-4:30	Feb 08-Mar 22	Bradley 2
@	Arts of Zen Buddhism	Katherine Harper	3-4:30	Feb 08-Apr 19	Link to be Provided

### THURSDAY CLASSES

	My Neighbor's Voice: Building Community Through Deep Listening	Victoria Chance	8:30-10	Feb 09-Mar 09	Link to be Provided
*	Birding in the Chico Area: Section 1	Joyce Bond	9-11	Feb 09-May 04	Various Locations
*	Birding in the Chico Area: Section 2	Joyce Bond	9-11	Feb 23-May 11	Various Locations
*	Explore Your Public Lands: Bidwell-Sacramento River State Park	Vickie Stoll	9-3	Mar 23	Various Locations
	TED Talks	Joe Matthews	9:30-11	Feb 09-Apr 20	Link to be Provided
	Water Operations Basics: In-Person	Renee Thatford	10-11	Mar 23	Bradley 2
@	Water Operations Basics: Online	Renee Thatford	10-11	Mar 23	Link to be Provided
	Aviation History: Back to the Pacific	Gary Hendrickson	10-11:30	Feb 09-Apr 20	Gordon 1
* \$	John Locke: Our First Founding Father	Charles Copeland	10-11:30	Feb 09-Apr 20	Bradley 1
@	Learn How to Draw	Susan Levine	10-11:30	Feb 09-Apr 20	Link to be Provided
*	Mindfulness for Health and Well-being	Rosann Lampkin	10-12	Feb 09-Mar 30	Gordon 2

Great Decisions: In-Person	William Tefteller	1-2:30	Feb 09-Apr 20	Bradley 2
@ Great Decisions: Online	William Tefteller	1-2:30	Feb 09-Apr 20	Link to be Provided

#### FRIDAY CLASSES

	World Dance	Memo Keswick	9-10	Feb 10-Apr 21	The Terraces
*	Hike Bidwell Park: Upper Yahi Trail	Vickie Stoll	9-3	Feb 24	Various Locations
*	Women's Hike to Iron Canyon	Lorraine Smith	9-4	Mar 03	Various Locations
	Poetry for Pleasure	Paul Belz	9:15-10:15	Feb 10-Apr 21	Bradley 1
*	Chico State University Farm Tour	Michelle Borges	10-12	Apr 14	University Farm.
	The Repair Shop	Walter Coffey	10-11:30	Feb 10-Apr 21	Bradley 2
* \$	Beginning Spanish	Memo Keswick	10:30-11:30	Feb 10-Apr 21	The Terraces
*	Contacting the Mystic Within	Terry Hunt	1-2:30	Feb 10-Apr 21	Bradley 1
* \$	Arts & Eats	Bill Houck	1-2:30	Mar 03-Apr 21	Various Locations
@	Artisan Bread Making: Beginning	Cathryn Hudin	1-3	Feb 10	Link to be Provided
	Music and Musicians	Walter Coffey	1-3	Feb 10-Apr 21	Bradley 2
@	Artisan Bread Making: Advanced	Cathryn Hudin	1-3	Mar 10	Link to be Provided

#### SATURDAY CLASSES

* \$	Discover Oroville's Museum Mile	Heather McCafferty	9:30-10:30	Mar 25-Apr 22	Various Locations
@	Let's Get Cooking!	Lisa Friefeld	11-1	Feb 11-Mar 25	Link to be Provided

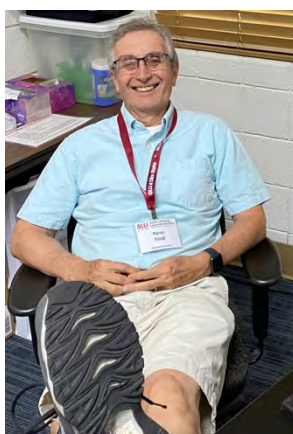
## Class Locations

OLLI holds classes in a number of locations across (and beyond) Chico with the majority of in-person classes held at The Social Chico. For Google Map links and printable directions for all class locations, visit the OLLI website at [olli.csuchico.edu](http://olli.csuchico.edu) and select "Find Locations" on the home page.

- Center for Spiritual Living..... 14 Hillary Lane, Chico
- Haley's Martial Arts Center ..... 260 Cohasset Road, #150, Chico
- The Social Chico, Bradley & Gordon Classrooms ..... 1400 W 3<sup>rd</sup> Street, Chico
- The Terraces ..... 2750 Sierra Sunrise Terrace, Chico
- University Farm ..... 311 Nicholas C Shouten Ln, Chico

## Dining at The Social Chico

A perk of taking classes at The Social Chico is the OLLI discount offered for lunch at the cafeteria. The cafeteria is open for OLLI members and student residents Monday-Friday, 11:30AM-12:30PM. Block cards for ten all-you-can-eat meals are available for \$75 at the cafeteria register. Individual meals are \$11.99. Credit/debit cards only.



Longtime member and OLLI audiovisual team volunteer Myron Flindt took a moment to relax at his command post in an OLLI classroom. "I originally joined OLLI so I could take classes and keep learning while in retirement. I stay in OLLI because of the lifelong friendships I've made along the way and for the chance to instruct, host online classes, and help fellow members with technology."

Myron Flindt, August 2022



*Learn more about our outstanding volunteer instructors by viewing their bios with the OLLI class listings online at [olli.csuchico.edu](http://olli.csuchico.edu).*

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

Tue & Fri, Feb 07–Apr 21 • 10AM–11AM • Center for Spiritual Living  
Instructor(s): Lenora Wong

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

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

Tue & Fri, Feb 07–Apr 21 • 11AM–12PM • Center for Spiritual Living  
Instructor(s): Lenora Wong

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

### **24-Form Tai Chi \***

Mon & Thu, Feb 06–Apr 20 • 8:30AM–9:30AM • The Terraces  
Instructor(s): Mike McCluskey, Mary McCluskey

This is the shortest of the six major Yang-style tai chi movements, taking about six minutes to complete. Tai Chi is known for developing balance, strength, and flexibility. It is a form of meditation in movement. In this class you will learn all 24 forms and by the end be able to join other groups wherever you go. **Note:** This class meets twice a week.

### **Age Well, Drive Smart**

**Section 1:** Mon, Feb 27 • 1PM–2:30PM • Bradley 2

**Section 2:** Tue, Mar 28 • 10AM–11:30AM • Bradley 2

**Section 3:** Mon, Apr 17 • 10AM–11:30AM • Gordon 1

Instructor(s): Midge Vandervelden

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. **Note:** Please register for only one section.

### **Armchair Travel Sketching Journal \***

Mon, Feb 06–Mar 06 • 3PM–4:30PM • Bradley 1

Instructor(s): Marvey Mueller

This class for seasoned sketchers will focus on development of skills through practice using a different theme each week. There will be guidance from the instructor but not specific lessons. Prerequisite: one of the previous sketching classes.

### **Armchair Traveler: Here We Go Again! In-Person**

Tue, Feb 07–Apr 18 • 1PM–2:30PM • Bradley 2

Instructor(s): Sue Monroe

The words "travel" and "vacation" are often used interchangeably, but careful examination indicates subtle differences between the two. Vacation implies an escape, while travel may offer the opportunity for total immersion in a different culture. Both are relevant and explored in depth by OLLI members whose pictures, stories, and information will leave you aching to go – and return with your own adventure to tell.

## Arts & Eats \* \$

Fri, Mar 03–Apr 21 • 1PM–2:30PM • Various Locations  
Instructor(s): Bill Houck, Maureen Fredrickson

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

## Aviation History: Back to the Pacific

Thu, Feb 09–Apr 20 • 10AM–11:30AM • Gordon 1  
Instructor(s): Gary Hendrickson

This class covers the American victory at Guadalcanal, the island hopping and stepping stones across the Pacific, and America's gains in airpower supremacy over the Japanese.

## Beginning Guitar: Level 2

Mon, Feb 13–Apr 10 • 11:30AM–1PM • The Terraces  
Instructor(s): Phil Elkins

This class is for people who know how to play the basic A to G chords on guitar, although class members may bring other stringed instruments to play, e.g. mandolin, bass, ukulele, banjo, harmonica, or squeeze box. Or sing along without an instrument! Songs and lyrics will be emailed each week, featuring artists like Johnny Cash, Bob Dylan, The Beatles, The Everly Brothers, The Drifters, and other favorites from the 1950s and 1960s. **Note:** This class will meet at 11:30AM on the second Monday of each month and at 11AM on the fourth Monday of each month.

## Beginning Spanish \* \$

Fri, Feb 10–Apr 21 • 10:30AM–11:30AM • The Terraces  
Instructor(s): Memo Keswick

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

## Brain Development, Trauma, and Your Mindset \*

Tue, Mar 21–Apr 18 • 9:30AM–11AM • Gordon 1  
Instructor(s): Joni Samples

How does your brain develop? Does trauma, like COVID or other issues, change your brain? We'll explore some of these questions, as well as create a mindset or thinking pattern, in other words a habit, that could overcome some of these kinds of situations. You choose what you'd like to explore and change. Now comes the hard part: practice! There are fun ways to form new healthier habits, and we'll explore those as well.

## Chico State Faculty Lecture Series: In-Person

Wed, Feb 08–Apr 19 • 1PM–2:30PM • Bradley 2  
Instructor(s): Sandra Flake (she/her)

Chico State's tradition of academic excellence goes back more than 130 years. With over 900 faculty members and 14,200 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

## Contacting the Mystic Within \*

Fri, Feb 10–Apr 21 • 1PM–2:30PM • Bradley 1  
Instructor(s): Terry Hunt

Do you have a deep source of wisdom available to you, but one to which you seldom listen? For centuries mystics have confounded their companions with wisdom from an unknown source. Socrates taught us: "The unexamined life is not worth living." The Buddha taught us to contact The Source through meditation. And Jesus said, "He who has eyes to see and ears to hear better use them." In this class we will learn how to recognize, learn from, and share our "peak experiences."

## Conversations on the Tao Te Ching \*

Tue, Feb 07–Mar 21 • 10AM–11:30AM • Gordon 2  
Instructor(s): Rosie Potestio

The little book of the Tao Te Ching is regarded by many as the ultimate commentary on the nature of our existence. It offers advice and guidance that is balanced, moral, and spiritual, and always concerned with working for the good. This class will focus group discussions on a few significant lessons contained in this manuscript. Come, bring your thoughts, and we will delve into deeper meanings and understandings together.



## Cracker Barrel: In-Person

Mon, Feb 06–Apr 17 • 10AM–11:30AM • Bradley 2  
Instructor(s): David Price

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

## Creating a Junk Journal \*

Mon, Feb 06–Feb 20 • 1PM–2:30PM • Bradley 1  
Instructor(s): Debbie Vermette

A Junk Journal is like your junk drawer in the kitchen: it has a little bit of everything and anything. Junk Journal pages can be made from maps, music sheets, crossword books, dictionaries, or sewing patterns and then embellished with napkins, paper or fabric scraps, stamps, pictures from magazines, tags, and so much more. It's a fun way to use up those little bits of scraps you've been saving for years!

## Curated Conversations with Chico Performances

Instructor(s): Stephen Cummins, Karen Avis

Chico Performances is curating a series of lectures prior to six Laxson Auditorium performances during the 2022-2023 season. These pre-show lectures, exclusively for OLLI members, will be held the Tuesday before each performance at The Social Chico. When you sign up for a lecture, you will receive a 20% discount on two tickets for each performance. You can purchase your discounted tickets through the Chico Performances Box Office using the code in your registration confirmation email.

### California Trees ~ Treelogy: A Musical Portrait of Redwood, Sequoia, and Joshua Trees Featuring Billy Childs, Steven Mackey, Gabriella Smith, & Delirium Musicum

Lecture: Tue, Feb 28 • 1PM–2PM • Gordon 2  
Performance: Tue, Feb 28 • 7:30PM • Laxson Auditorium

### Modern Dance ~ Pilobolus: BIG FIVE-OH!

Lecture: Tue, Feb 14 • 1PM–2PM • Gordon 2  
Performance: Fri, Feb 17 • 7:30PM • Laxson Auditorium

### Vocal Jazz 1920-1950 ~ Jazz at Lincoln Center Presents: Songs We Love

Lecture: Tue, Jan 24 • 1PM–2PM • Bradley 2  
Performance: Tue, Jan 24 • 7:30PM • Laxson Auditorium

## We're Expanding Our Learning Community to Oroville!

After several years without an Oroville chapter, OLLI is hoping to make our way back for more classes and connections, starting with:

### Discover Oroville's Museum Mile \*\$

Sat, Mar 25–Apr 22 • 9:30AM–10:30AM • Various Locations  
Instructor(s): Heather McCafferty (she/her)

Join us on a journey of discovery along Oroville's Museum Mile! The City of Oroville owns and operates five city museums, each telling a part of the story of this region's rich heritage. Explore the history of Oroville's Chinese population at the Chinese Temple, walk through C.F. Lott's 1856 Victorian revival style home, delve into nature at the Feather River Nature Center, celebrate the largest known documented collection of hand tools at Bolt's Antique Tool Museum, and check out the oversized replica of a 49er's cabin at the Pioneer History Museum. Enjoy docent-led tours each class and dig deeper into the stories, artifacts, and lives of this unique Northern California town. **Note:** There is a \$4 entry fee for each of the museums, except for the Feather River Nature Center & Native Plant Park. The schedule of museums will be emailed to registered participants.

## Estate Administration

Mon, Feb 06–Feb 13 • 3PM–4:30PM • Gordon 2  
Instructor(s): Dana Campbell, Tara Campbell,

Intended as a primer for estate administrators, we will explore the intricacies of probate and of trust administration. We will discuss strategy, requirements, and dangers lurking in the administration of estates. If you are currently administering an estate or may be responsible for an administration in the future, please join us for discourse and fellowship. You are not alone! We will also briefly touch upon why administering a trust is so much easier than having to complete a probate.

## Exploring Mixed Media Collage \*

Mon, Mar 20–Apr 17 • 3PM–4:30PM • Bradley 1  
Instructor(s): Debbie Vermette

Explore collage by using different papers such as tissue, magazines, books, and music, to name a few. Collage is easy and doesn't require "artistic talent." We'll complete several projects and have fun doing them!

## Feet With A Beat: Gentle Cardio Fitness

Tue, Mar 07–Mar 28 • 3PM–4PM • The Terraces  
Instructor(s): MaryJo Brown (she/her)

Get up and out of your seat with this gentle exercise/dance class. It combines low-impact cardio movements with upbeat music. It doesn't matter how much rhythm you have as long as you are having fun! This class focuses on building connections and increasing core fitness and flexibility.

## Feng Shui in the 21st Century \*

Tue, Feb 07–Mar 07 • 10AM–11AM • Bradley 1  
Instructor(s): Valerie Althoff

Feng shui has been around for centuries, but the world is different now, and feng shui must adapt to the challenges we face in today's world. This class looks at ways to balance and harmonize your spaces, with all the technology and "stuff" we deal with on a regular basis. Your spaces are a reflection of your life. Change your spaces, change your life. This is more important than ever in today's complex world! In this class, we will work with the floor plan of your home for opportunities to enhance areas of your life. We take a deeper look at the energy of who you are and why you relate to the world as you do.

## Film, Movies, Cinema! \*

Tue, Feb 07–Mar 07 • 1PM–3PM • Bradley 1  
Instructor(s): Aaron Bor

Want to watch some great and interesting movies? In this course we'll watch and discuss some of our favorites. Each meeting will feature a representative movie from a different genre.

## Fitness for Lifetime Mobility \*

Wed, Feb 08–Apr 19 • 10AM–11:15AM • Bradley 2  
Instructor(s): Paul Coots, James Salber

Flexibility declines with age, but more so if you're not active. Come rejuvenate your mental, physical, and spiritual well-being through exercise. We'll practice balance, strength, and flexibility movements that lead to enhanced mobility. Each class follows a similar pragmatic routine that can be done at home. Consistent practice with exercises that increase your range of motion means you'll be looking after the health of your joints for many years to come. Comfortable clothing recommended for ease of motion.

## Friendly Activism: Tackling Tough Topics Through Humor

Wed, Feb 08–Mar 22 • 3PM–4:30PM • Bradley 2  
Instructor(s): Christine Rowe

Explore, evolve, and enjoy the power of humor for dealing with tough times and topics from four perspectives. (1) Learn about the changing historic role of comedy as an influence for social change. (2) Practice types of humor for dealing with tough topics. (3) Explore real examples of comedy changing the world. (4) Develop and share how we can play with these ideas in our own lives. The class is interactive, so come prepared to practice how to harvest the fun out of the dysfunctional.

## Great Decisions: In-Person

Thu, Feb 09–Apr 20 • 1PM–2:30PM • Bradley 2  
Instructor(s): William Tefteller, Myron Flindt, David Price

"Great Decisions" is the Foreign Policy Association's public education program about U.S. foreign policy and global affairs. Topics include energy geopolitics, war crimes, China and the US, economic warfare, politics in Latin America, global famine, Iran and the US, and climate migration. We will select four topics each term, plus additional topics of interest to the class. **Note:** The Foreign Policy Association publishes a study guide each year, available for \$35 plus shipping at [www.fpa.org](http://www.fpa.org). The study guide is not required for the class.

## John Locke: Our First Founding Father \* \$

Thu, Feb 09–Apr 20 • 10AM–11:30AM • Bradley 1  
Instructor(s): Charles Copeland

During the English Glorious Revolution of 1688, John Locke articulated principles of constitutional government. We will examine excerpts of his writing. Then we will discuss five short founding documents of our constitutional system, dated 1776 to 1793. Topics will include the rule of law, innate rights, equality, and religious toleration. We will create thoughtful conversations about the meaning and significance of these principles. Participants should plan to spend an hour preparing for each week's conversation. **Note:** The required book, *The Second Treatise of Government & A Letter Concerning Toleration* by John Locke, published by Dover Thrift Editions, is available at Barnes & Noble, Amazon, and other booksellers.

## **Leader to Elder: Reflections on Life Change \***

Mon, Apr 10 • 1PM–4:30PM • Gordon 2  
Instructor(s): Janet Rechtman

In this half-day reflective workshop, participants can articulate their own perspectives about the lived experience of leadership as one ages. We will also explore the dynamics in play in the construction of elders' leadership identity.

## **Learning to Play Bridge for Beginners \***

Mon, Feb 06–Mar 06 • 10AM–11:30AM • Bradley 1  
Instructor(s): Gary Hedlind

This class will be presented in steps, beginning with starting the game and bidding suggestions. The five lessons will outline the basics of the game and its stages.

## **Living Deliberately: Mapping a Plan for Tomorrow \***

Wed, Feb 15–Mar 29 • 10:30AM–12PM • Bradley 1  
Instructor(s): Teresa Matthews, Len Matheson, Anne Osborn

Webster says a deliberate life "is carefully thought out and formed, or done on purpose; premeditated." At retirement, we can be tempted to just loaf –we are done! Actually, a quarter of our life is still ahead. How will we use that time fully, despite challenges like arthritis, heart disease, or cancer? It is possible, and this class will allow participants to form their own plan through information and worksheets. We seldom take time to be deliberate –come join the adventure!

## **Mindfulness for Health and Well-being \***

Thu, Feb 09–Mar 30 • 10AM–12PM • Gordon 2  
Instructor(s): Rosann Lampkin

This course will teach participants about the research behind and efficacy of mindfulness practice. It is an experiential course that can be easily incorporated into daily life. Based on the work of Jon Kabat-Zinn and other mindfulness masters, the course will include practice in sitting and walking meditation, and a gentle flowing movement called qigong. Readings and audio tapes from world-renowned mindfulness teachers are used. This class will provide the foundation for the intention, commitment, and practice of mindfulness, fostering and promoting health and well-being. *Note:* In addition to the seven-week class, there will be a day-long event on Saturday, March 25. Details will be disclosed closer to the start of class. Registration priority will be given to those who registered for the cancelled fall session of this class.

## **Music and Musicians**

Fri, Feb 10–Apr 21 • 1PM–3PM • Bradley 2  
Instructor(s): Walter Coffey

Each week we'll view a feature-length documentary or two shorter films. The films will generally feature a performer or composer, the impact of their environment on their music, and the impact of their music on other musicians and on society. Or the focus might be on a style of music from swing to country, jazz to rock. This is a class for the open-minded and intellectually curious because, paraphrasing Mick Jagger, you might not always hear what you like, but sometimes you just might like what you hear.

## **Names: The History of Human Speech and How Language Forms Us \***

Wed, Feb 08–Apr 19 • 10AM–11:30AM • Gordon 1  
Instructor(s): Robin Dizard

In human speech we can locate signs of our deep past and evidence of how we think now. In many respects, names are special: they are our addresses in the universe. This course considers the history of human language and some of its special effects, like poems, curses, predictions, and riddles as they pertain to names.

## **National Security and the US Intelligence Community**

Tue, Feb 07–Apr 18 • 1PM–2:30PM • Gordon 1  
Instructor(s): Terry Wilson

This class will offer a description of the 17 intelligence agencies that comprise the US intelligence community. It will include the five basic intelligence sources and a description of the six steps of the intelligence cycle. We will drill down into several of the intelligence agencies, such as the DIA (Defense Intelligence Agency). Relevant books and periodicals will be recommended. Time permitting we will examine the polygraph examination, detection dogs, and contemporary spies and traitors.

## **Nonprofit Board Governance \***

Mon, Mar 20–Apr 03 • 10AM–11:30AM • Bradley 1  
Instructor(s): Janet Rechtman

Participants in this class can deepen their understanding of the role of the board and the board's relationship to the executive director. We will look at nonprofit basics, board member roles and responsibilities, and board structures in the context of the nonprofit life cycle. There will also be opportunities to explore specific questions and concerns raised by participants.

## Not Only Feathers Make a Bird

Tue & Thu, Feb 07–Feb 23 • 8:30AM–9:30AM • Bradley 2  
Instructor(s): Roger Lederer (he/him/his)

Everything you always wanted to know about birds. Learn how birds evolved, what feathers are for, how birds fly and why some don't, and how birds survive the trials and tribulations of a difficult life. Their amazing abilities include migrating thousands of miles without eating, seeing ultraviolet, navigating by smell, detecting food without seeing or touching it, and keeping perfect hearing all their lives. We'll examine the fascinating world of birds and, in the process, you will learn why so many people become birdwatchers.

## Planning for Assisted Living in Chico \*

Mon, Mar 20 • 10AM–11:30AM • Gordon 1  
Instructor(s): Steven Cliadakis (he/him)

Many people may consider assisted living facilities as a viable option for themselves or their loved ones sometime in the future. How do you go about researching the various facilities, amenities, and levels of care associated with assisted living? What are the costs? This class will explore financial and lifestyle considerations associated with transitioning into an assisted living facility, with representatives on hand to introduce key aspects of their respective facilities. The objective is to provide information and resources so you can make informed decisions.

## Poetry for Pleasure

Fri, Feb 10–Apr 21 • 9:15AM–10:15AM • Bradley 1  
Instructor(s): Paul Belz

Reading poetry helps you to know things more fully; it commands your attention; and it can sustain good conversation. In this class, participants select poetry from favorite sources to read aloud with fellow enthusiasts. **Note:** This class meets February 10, 24, March 10, 24, and April 7, 21.

## Reverse Mortgage Myth vs Reality

Tue, Mar 21 • 10AM–11 AM • Bradley 1  
Instructor(s): Annette Mercer, Dominic Schuessler

The goal of this class is to educate members about various mortgage loans and how they can be applied to your unique situation. Experts from OLLI Sponsor Tri Counties Bank will address Home Equity Conversion Mortgages (HECM) and other home mortgages, with an emphasis on dispelling myths surrounding reverse mortgages. Learn about current mortgage rates, loan terms, down payment requirements, mortgage insurance, and closing cost and fees of all kinds. Understanding the difference between various mortgage options can help put you in the driver's seat on your next home sale or purchase.

## Sing Gospel Music \*

Mon, Feb 06–Apr 17 • 11AM–12:30PM • The Terraces  
Instructor(s): Phil Elkins

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

## Tet 1968: An Eyewitness Account

Tue, Mar 21–Apr 11 • 1PM–2PM • Bradley 1  
Instructor(s): Len Spesert (he/him)

A brief summary of the Vietnam War, the build-up to Tet, overview of the attack at Long Binh Post, including a contemporary narrated recording of the attack, and the effect of Tet on the outcome of the war.

## The Repair Shop

Fri, Feb 10–Apr 21 • 10AM–11:30AM • Bradley 2  
Instructor(s): Walter Coffey

*The Repair Shop* is a British series that features expert restorers bringing cherished antiques back to life. Restoration experts in art conservation, carpentry, metalwork, watchmaking, and many other specialized skills demonstrate techniques that can be applied in everyday life. The individual stories of the customers on *The Repair Shop* often offer historical perspectives of general interest. Examples include repair of running shoes worn at the 1936 Berlin Olympics and the restoration of a seventeenth-century painting of Queen Henrietta Marie, the wife of Charles I.

## Tuesday Tunes: In-Person

Tue, Feb 07–Apr 25 • 10:30AM–11:45AM • Haley's Martial Arts Center  
Instructor(s): Bitz Haley

Start your Tuesday with music and songs. Join us in a fun, informal weekly sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If you like music, you will like this class. All levels welcome! **Note:** This class meets February 2, 21, March 2, 21, and April 11, 25.



## Water Operations Basics: In-Person

Thu, Mar 23 • 10AM–11AM • Bradley 2

Instructor(s): Renee Thatford, Steve Stull

The course will cover a brief history of California Water Service, our service areas, and the customers we serve. We'll discuss how the water that people drink is produced, and how it is sampled on a routine basis. We'll dive into how a water main is installed and tested and how it becomes part of our larger water distribution systems. We'll also talk about investing in infrastructure and our Water Main Replacement Program. Lastly we'll discuss Cal Water's strong safety culture, and how we aim to be best in class in customer service.

## Wisdom for Living in The Now \*

Section 1: Wed, Feb 08–Apr 19 • 10 AM–11:30AM • Gordon 2

Section 2: Wed, Feb 08–Apr 19 • 12:30PM–2PM • Gordon 2

Instructor(s): Gayle Womack

Come prepared to discuss how this concept can work in your daily life: remembering that the past is gone and the future hasn't happened. One can be reflective but not ruminate over and over about the past or the

future. This powerful concept for living can bring inner peace, even in the face of suffering. **Note:** Please register for only one section.

## World Dance

Fri, Feb 10–Apr 21 • 9AM–10AM • The Terraces

Instructor(s): Memo Keswick

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.

## Writer's Workshop

Wed, Feb 08–Apr 19 • 1:30PM–3PM • Bradley 1

Instructor(s): Paul Belz

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



*Learn more about our outstanding volunteer instructors by viewing their bios with the OLLI class listings online at [olli.csuchico.edu](http://olli.csuchico.edu).*

## Armchair Traveler: Here We Go Again! Online @

Tue, Feb 07–Apr 18 • 1PM–2:30PM • Link to be Provided

Instructor(s): Sue Monroe

The words "travel" and "vacation" are often used interchangeably, but careful examination indicates subtle differences between the two. Vacation implies an escape, while travel may offer the opportunity for total immersion in a different culture. Both are relevant and explored in depth by OLLI members whose pictures, stories, and information will leave you aching to go – and return with your own adventure to tell.

## Art Nouveau, Arts and Crafts, Symbolism, and Related Movements @

Wed, Feb 08–Mar 08 • 1PM–2:30PM • Link to be Provided

Instructor(s): Dolores Mitchell

Featured artists include Toulouse Lautrec, Gustav Klimt, Alphonse Mucha, Camille Claudel, Paula Modersohn Becker, Antoni Gaudi, and others. We'll look at inspiration from poetry, music, and psychological theories. Classes will have lectures, discussions, activities, and videos.

## Artisan Bread Making: Advanced @

Fri, Mar 10 • 1PM–3PM • Link to be Provided

Instructor(s): Cathryn Hudin

Building on the techniques learned in the beginning-level class, you'll learn to transform the basic dough into more beautiful, specialty seasonal bread. Prerequisite: "Artisan Bread Making: Beginning."

## **Artisan Bread Making: Beginning @**

Fri, Feb 10 • 1PM–3PM • Link to be Provided

Instructor(s): Cathryn Hudin

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

## **Arts of Zen Buddhism @**

Wed, Feb 08–Apr 19 • 3PM–4:30PM • Link to be Provided

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

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.

## **Chico State Faculty Lecture Series: Online @**

Wed, Feb 08–Apr 19 • 1PM–2:30PM • Link to be Provided

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

Chico State's tradition of academic excellence goes back more than 130 years. With over 900 faculty members and 14,200 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

## **Cracker Barrel: Online**

Mon, Feb 06–Apr 17 • 10AM–11:30AM • Link to be Provided

Instructor(s): David Price

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

## **Flirting with French**

Wed, Feb 08–Apr 19 • 1:30PM–2:30PM • Link to be Provided

Instructor(s): Leanne Ulvang, Michèle Martens

Formerly "French for Travelers," this course is for those who want to focus on pronunciation, politesse, and practicalities – the vocabulary and idioms helpful as an introduction to French and for travelers in French-speaking countries. The class is conducted mainly in English, with the aim of explaining how to say and understand basic French expressions. Note: flirting WITH French, not flirting IN French!

## **French 1**

Mon, Feb 06–Apr 17 • 1PM–2PM • Link to be Provided

Instructor(s): Leanne Ulvang, Michèle Martens

This course is for people who have studied some French in the past. We study basic French grammar, usage, and vocabulary. The focus is communicating with others in written and spoken French. If you are new to French, consider enrolling in "Flirting with French" (formerly "French for Travelers") for an introduction to the sounds of, and expressions in, French.

## **French 2**

Mon, Feb 06–Apr 17 • 2:05PM–3PM • Link to be Provided

Instructor(s): Leanne Ulvang

You know a fair amount of French, but you sometimes blank on a verb conjugation or wonder when to use which preposition? You want to express your thoughts in French with more facility? Be prepared for classes that focus on grammar, usage, creating French sentences, and improving listening skills, plus reading French writings to hone our skills.

## **French 3: Conversation**

Mon, Feb 06–Apr 17 • 3:05PM–4PM • Link to be Provided

Instructor(s): Leanne Ulvang, Jane Ziad, Claude Geffray

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.

## **Gardening In The Real World @**

Tue, Mar 21–Apr 18 • 10AM–11AM • Link to be Provided

Instructor(s): Lori Murphy Cole (she/hers), Leanne Ulvang

This course examines the various aspects that face gardeners on the West Coast: our warming climate, drought, and fire, and how we apply those challenges to a real garden.

## Great Decisions: Online @

Thu, Feb 09–Apr 20 • 1PM–2:30PM • Link to be Provided  
Instructor(s): William Tefteller, Myron Flindt, David Price

"Great Decisions" is the Foreign Policy Association's public education program about U.S. foreign policy and global affairs. Topics include energy geopolitics, war crimes, China and the US, economic warfare, politics in Latin America, global famine, Iran and the US, and climate migration. We will select four topics each term, plus additional topics of interest to the class. **Note:** The Foreign Policy Association publishes a study guide each year, available for \$35 plus shipping at [www.fpa.org](http://www.fpa.org). The study guide is not required for the class.

## Green Burial: The Greenest Way to "Go" @

Mon, Mar 20–Mar 27 • 10AM–11:30AM • Link to be Provided  
Instructor(s): Mary Ann Perry (she/her)

Let's face it! We are all going to "go" one of these days, and green burial is the greenest way. Learn about the science and practice of green burial, as well as other alternative disposition methods like water cremation and human composting. We will discuss the green burial movement and its connection with land conservation and restoration. We will also hear from conservation practitioners in this field.

## Healthier You: Enloe Lecture Series @

Tue, Mar 21–Apr 18 • 3PM–4PM • Link to be Provided  
Instructor(s): Jack Meyer

This lecture series consists of distinct classes, each designed to address a unique area of health-related issues. Presented by highly-qualified physicians and other caregivers, these classes will provide you with an opportunity to learn more about staying healthy and active. Each class is a complete topic and participants are invited to attend any combination of the offerings during the series.

## Knitting Nuances @

Mon, Feb 13–Mar 06 • 3PM–4PM • Link to be Provided  
Instructor(s): Gale Ulvang

How often have you said, "I wish I'd known that before I started" in the middle of a new knitting project? This class offers knitters at all experience levels a framework for creating successful knitting results. In four sessions, we'll consider pattern and yarn choices, reading patterns, tool selection, and handy techniques for cast ons, bind offs, selvages, and finishing. We'll work from a simple pattern with both a chart and written instructions to practice what we're learning.

## Learn How to Draw @

Thu, Feb 09–Apr 20 • 10AM–11:30AM • Link to be Provided  
Instructor(s): Susan Levine

If you can't draw, know it's not your fault. You weren't taught properly. First published in 1979, Betty Edwards' *Drawing on the Right Side of the Brain* applied brain science to drawing instruction. Using her teaching techniques to bypass our internal barriers and connect us to our innate ability to draw, we learn we can do more than we believed. If you want to start exploring art classes but still draw like a child, start here. Stick-figure level drawing skill is perfect and welcome.

## Learn to Draw Cartoons

Wed, Feb 08–Apr 19 • 10AM–11 AM • Link to be Provided  
Instructor(s): Dick Kennedy

Cartooning is a fun, non-threatening way to get into drawing. It can teach you many of the drawing fundamentals in an easy to understand way. Have fun exploring the many possibilities for creating your own unique characters. Learn how to bring your characters to life and give each their own personality. Make them talk and think. Absolutely no drawing ability required. All you need is a pencil and some inexpensive paper.

## Let's Get Cooking! @

Sat, Feb 11–Mar 25 • 11AM–1PM • Link to be Provided  
Instructor(s): Lisa Friefeld (she/her), Andy Friefeld (he/him)

Learn to make new recipes and cook along with Andy and Lisa in this four-part cooking series. We will share our cooking knowledge and favorite recipes. **Note:** Supply lists will be sent to those enrolled in the class. This class meets February 11, 25, and March 11, 25.

## Let's Keep Knitting @

Tue, Feb 07–Apr 18 • 3PM–4:30PM • Link to be Provided  
Instructor(s): Gale Ulvang

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 hang out 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.

## **Medicare Rights, Appeals, and Protections @**

Wed, Apr 05 • 10AM–11:30AM • Link to be Provided

Instructor(s): Tatiana Fassieux, Victoria Brennan

This course will provide participants with the tools necessary to appeal denials of care or coverage for those with Medicare. Whether you're covered by regular Medicare or by a Medicare Advantage plan, including prescription drug coverage, you have certain protections and rights to appeal denials. This includes those who have retiree coverage as secondary to Medicare.

## **My Neighbor's Voice: Building Community Through Deep Listening**

Thu, Feb 09–Mar 09 • 8:30AM–10AM • Link to be Provided

Instructor(s): Victoria Chance, Mary Anne Inglis

My Neighbor's Voice (MNV) is committed to encouraging respectful conversations about the things that matter most. Using MNV Listening Cards, we focus on one topic each week: Our Society, Civil Rights and Responsibilities, Health and Environment, and Political Thought. During class, we have a moderated listening practice with our cards. Each participant takes turns answering questions and listening to their neighbor answer a related question. At the end of several listening rounds, we open the forum up for free discussion of the topic of the day.

## **Opening Pandora's Box: Reading Poetry for Meditation and Reflection**

Tue, Feb 07–Apr 18 • 1PM–2:30PM • Link to be Provided

Instructor(s): Kate Foley, Susan Bollinger

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 class member once said that she liked reading poetry because it was like opening Pandora's box –one never knew what one would find inside. A wide range of poets and poetry will be presented, from classic to contemporary, and we will discuss them from the perspective that the poet creates the work, but the reader activates it.

## **Retirement Planning & Investments in a Changing Economy**

Mon, Feb 20–Feb 27 • 8:30AM–9:30AM • Link to be Provided

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

This class will discuss how tax law changes, rising interest rates, and a changing economy may affect your investments and retirement plans. We will share the financial market perspectives of respected economists and explore the investment trends and best practices in a constantly changing economic landscape. We will discuss various investment

vehicles, such as mutual funds, index funds, ETFs, alternative investments, and others. The class will finish by highlighting the principles of financial planning and how they can be applied to your personal retirement goals.

## **Save or Shred: Organizing & Securely Disposing of Documents**

Wed, Mar 01 • 10AM–11:30AM • Link to be Provided

Instructor(s): Miste Cliadakis

As your financial life gets more complicated, it's difficult to know how long to keep documents and when it's safe to get rid of them. Some things you'll need to hold on to for your whole life; others for just a few months. Learn tips on organizing your financial documents, how long to keep them, and best practices for safeguarding your personal data.

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

Wed, Feb 08–Apr 19 • 1PM–2:30PM • Link to be Provided

Instructor(s): Sydney Wilde

This class will discuss favorite science fiction authors, their books, and the human, political, and scientific issues they raise. The books and authors will be chosen by Sydney from suggestions by participants. This is a fun, free-flowing gathering of science fiction enthusiasts. Please join us and bring your ideas, insights, and suspension of disbelief. *Note:* We will focus on two trilogies about Mars: Ben Bova's *Mars*, *Return to Mars*, and *Mars Life*, and Kim Stanley Robertson's *Red Mars*, *Green Mars*, and *Blue Mars*. The books will be available in e-books, audio, paperback, and hard-bound formats, new and used; ranging in cost from \$0 (library) or \$2.99–\$11 on Amazon, Barnes & Noble, and/or other commercial outlets.

## **Slow-Reading Shakespeare: Twelfth Night**

Tue, Feb 07–Apr 18 • 10:30AM–12PM • Link to be Provided

Instructor(s): Jack Ayer

Another opportunity to explore a Shakespeare play and try to understand the source of its enduring appeal. You'll be encouraged, but not required, to join in the discussion. No prior exposure to Shakespeare is required. Seasoned readers will be on hand to help newcomers get traction. *Note:* You'll need a copy of the play. There are many options. Email Jack (jdayer@ucdavis.edu) for guidance.



## TED Talks

Thu, Feb 09–Apr 20 • 9:30AM–11AM • Link to be Provided  
Instructor(s): Joe Matthews

TED Conferences, LLC is a media organization that posts talks online for free distribution under the slogan "ideas worth spreading." TED's early emphasis was on technology and design, consistent with its Silicon Valley origins, but it has since broadened its repertoire to include talks on many scientific, cultural, and academic topics. Join us for the opportunity to view and discuss various TED Talks and get to know fellow OLLI members better.

## The Dark Ages: How Dark Were They? @

Mon, Feb 06–Apr 17 • 1PM–2:30PM • Link to be Provided  
Instructor(s): MaryClaire Morin

We will look at the art, culture, and history of the British Isles. Vikings, monks, illiterate peasants, myths, and legends. The class will look at awesome art and decide how dark these years were!

## Tuesday Tunes: Online

Tue, Feb 07–Apr 25 • 10:30AM–11:45AM • Link to be Provided  
Instructor(s): Bitz Haley

Start your Tuesday with music and songs. Join us in a fun, informal weekly sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If you like music, you will like this class. All levels welcome!  
**Note:** This class meets February 2, 21, March 2, 21, and April 11, 25.



## Using Watercolor and Ink Pencil @

Tue, Feb 07–Feb 28 • 10AM–11:30AM • Link to be Provided  
Instructor(s): Cris Guenter

This course will introduce learners to the differences between watercolor pencils and ink pencils, basic techniques for applying these two types of pencils to watercolor paper and turning them into paintings, and how to then use these pencils in combination with watercolor paintings. Those who have taken this course previously are welcome to retake it and work on drawings and watercolor painting they have in progress.

## Water Operations Basics: Online @

Thu, Mar 23 • 10AM–11AM • Link to be Provided  
Instructor(s): Renee Thatford, Steve Stull

The course will cover a brief history of California Water Service, our service areas, and the customers we serve. We'll discuss how the water that people drink is produced, and how it is sampled on a routine basis. We'll dive into how a water main is installed and tested and how it becomes part of our larger water distribution systems. We'll also talk about investing in infrastructure and our Water Main Replacement Program. Lastly we'll discuss Cal Water's strong safety culture, and how we aim to be best in class in customer service.

## Will: An English Playwright in Times of Radical Change

Mon, Feb 06–Apr 17 • 10AM–11:30AM • Link to be Provided  
Instructor(s): Lynn Elliott

After a short introduction we'll watch the TV series *Will*, based on William Shakespeare's early life, which introduces us to a time of radical change in England where being on the wrong side, politically or religiously, could result in torture and death.

## Zen Drawing 101 @

Tue, Mar 21–Apr 11 • 10AM–11AM • Link to be Provided  
Instructor(s): Susan Levine

Drawing as a form of relaxation and meditation? Yes! Drawing accesses parts of your brain that are not so active in our twenty-first-century life. This will give you a break from the constant input of modern life and instead put you into a relaxing, creative space. You will learn and practice three relaxing styles of abstract, non-representational drawing in which there is no wrong way to do it. No drawing experience or "talent" required. Stick-figure drawing level skill works.



*Learn more about our outstanding volunteer instructors by viewing their bios with the OLLI class listings online at [olli.csuchico.edu](http://olli.csuchico.edu).*

### **Birding in the Chico Area: \***

**Section 1:** Thu, Feb 09–May 04 • 9AM–11AM • Various Locations

**Section 2:** Thu, Feb 23–May 11 • 9AM–11AM • Various Locations

Instructor(s): Joyce Bond

Through observation and the use of binoculars and field guides, class participants learn to identify birds in their natural habitat. We will meet once a month at different birding locations for field trips that typically involve one to two miles of walking. **Note:** Section 1 will meet on February 9, March 9, April 16, and May 4. Section 2 will meet on February 23, March 23, April 20, and May 11. Please register for only one section.

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

Fri, Apr 14 • 10AM–12PM • University Farm

Instructor(s): Michelle Borges

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

### **Explore Your Public Lands: Bidwell–Sacramento River State Park \***

Thu, Mar 23 • 9AM–3PM • Various Locations

Instructor(s): Vickie Stoll, Lorraine Smith

California State Parks preserve and protect our state's outstanding natural and cultural resources and create opportunities for outdoor recreation. The Bidwell-Sacramento River State Park preserves a disappearing natural resource, the riverine habitat, along the Sacramento River and Big Chico Creek. On this excursion, we will meet with park staff to explore riparian areas along the river in various stages of restoration and learn how healthy river ecosystems reduce flooding, improve water quality, and provide habitat for birds, animals, and pollinators. **Note:** We will be walking two to three miles along the river, on and off trails. Wear good walking shoes and bring a hat, sunscreen, water, and lunch. We will take time to identify plants and birds and especially to enjoy the beautiful Sacramento River.

### **Garden Gourmands \* \$**

Tue, Mar 21–Apr 11 • 11AM–1PM • Various Locations

Instructor(s): Debra Barger, Debi Durham

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 two Master Gardeners as we explore different area gardens followed by a no-host lunch at various local eateries to enjoy the bounty of Butte County. **Note:** Registered participants will receive the specific garden location/address via email one week before each tour. There will be a no-host lunch held after each class from 12 to 1PM.

### **Hike Bidwell Park: Upper Yahi Trail \***

Fri, Feb 24 • 9AM–3PM • Various Locations

Instructor(s): Vickie Stoll, Lorraine Smith

Beginning at the Diversion Dam, we'll hike to the end of the Yahi trail (U ford) and back, approximately 5.25 miles. This upper portion of the Yahi trail offers the most interesting views, features an array of wildflowers in spring, and is less traveled than the lower portion. This hike is moderately challenging, with uneven terrain and some steep sections. Our pace will be leisurely, with time to take photographs, observe and identify wildflowers and birds, and enjoy the views. **Note:** Further details will be provided prior to the hike. Sturdy hiking boots required; hiking poles recommended.

## HOOFERS 3 \*

Wed, Mar 22–Apr 19 • 1PM–3PM • Various Locations  
Instructor(s): Cynthia Weeks-Finnegan, Lois Olson

The focus of this class will be on sharpening our skills in app usage, aligning our expectations when planning hikes, and building our HOOFERS community of informed, active hikers. Women who sign up for this class must be able to negotiate uneven surfaces, hike three to five miles, and not experience breathing difficulties at 5,000 ft elevations. If participant has questions or doubts regarding their abilities, contact Cynthia (tomkevin11@yahoo.com) or Lois (7ljoto@live.com). **Note:** One in-person classroom meeting 1–3PM March 22 in Gordon 1, and three outdoor hikes 8AM–4PM March 29, April 12, and April 19.

## Safe Urban Hiking \*

Mon, Mar 06–Apr 03 • 8:30AM–10AM • Various Locations  
Instructor(s): Eunice Lopez (she/her/ella), Kerri Vanderbom (she/her)

Urban hiking means not taking the most direct route through a city, but rather exploring our surroundings. We will spend the majority of each class walking, but because we need to understand situations that put

pedestrians at risk and strategies for controlling those situations, there will be a few safety tips thrown in along the way. You'll also receive *Defensive Walking*, a booklet of tips on how to be in charge of your safety rather than relying on an imperfect system to protect you.

## Women's Hike to Iron Canyon \*

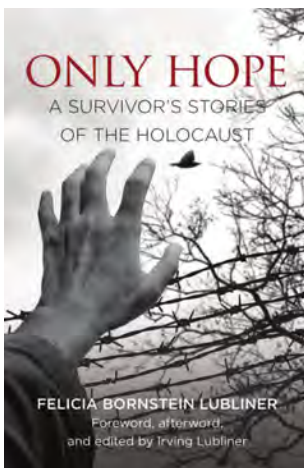
Fri, Mar 03 • 9AM–4PM • Various Locations  
Instructor(s): Lorraine Smith, Vickie Stoll

This easy-moderate hike located in the Sacramento River Bend Recreation Area is a sunny 4.5-mile loop with 272 feet elevation gain. The trail crosses volcanic terrain with scenic views of Lassen and Shasta and the Sacramento River. Our pace will be leisurely, with time to take photographs, observe and identify wildflowers and birds, and enjoy the views. This trail has uneven terrain, a lava cap, and two small stream crossings. Team up with other women to enjoy a fun day outdoors! **Note:** Sturdy hiking boots/shoes required; hiking poles recommended. Further details will be provided prior to the hike.

## COMMUNITY SPEAKER SERIES

### Holocaust Through the Eyes of a Survivor

January 27, 3–4PM, Online



The Community Speaker Series features discussions with students, faculty, and friends of OLLI on ideas, innovative work, and timely topics. The purpose of these events is to bring a diverse group of speakers who will inspire, excite, and challenge the community with fresh ideas and perspectives on education, social issues, the arts, and our environment. In January, Dr. Irv Lubliner, professor emeritus at Southern Oregon University (SOU), will share excerpts from *Only Hope: A Survivor's Stories of the Holocaust*.

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her son, who also leads classes for the OLLI at SOU, sheds light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. This is followed by a Q & A session.

Irv Lubliner teaches math, music, and literature classes for the OLLI program at Southern Oregon University, where he also serves on the Council of Directors. Specializing in mathematics education, he taught for 40 years and led seminars for math teachers in 39 states. In 2019, he created Felabra Press and published his mother's writing about her experiences during the Holocaust, the book that will serve as the theme for this presentation.





## SPECIAL THANK YOU!

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

### Our Donors

Individual donations from 20.3 percent of OLLI members totaled more than \$37k in 2021-22. Your generosity provided fee assistance for members who needed a lift; new computer equipment to help us stay connected and engaged; air purifiers to keep us safe; and a financial boost when revenue targets fell short due to membership losses in the pandemic.

### Business Sponsors

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

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**VALLEY'S EDGE**  
BUILDING COMMUNITY



"I give to OLLI because of the unique foundation it offers: of interaction, insights, and affinity. I've made one-time gifts in the past, but there are also sustaining gift options. Having now begun volunteering for OLLI over the past several months, I've learned how much every bit of help matters and the difference that a gift of any size can make. I hope that you will show what OLLI means to you by pledging a gift." ~ Kendall Moalem

Make a one-time or sustaining gift online or by mail.  
Visit [olli.csuchico.edu](https://olli.csuchico.edu) and click Donate. Thank you!



# SPRING '23 CLASS REQUEST FORM

*Classes have different start dates throughout the semester. Please consult the class schedule.*

Classes with \* Count Toward 3-Class Limit

## MONDAY CLASSES

24-Form Tai Chi	Estate Administration	Learning to Play Bridge for Beginners
Age Well, Drive Smart: Section 1	Exploring Mixed Media Collage	Nonprofit Board Governance
Age Well, Drive Smart: Section 3	French 1	Planning for Assisted Living in Chico
Armchair Travel Sketching Journal	French 2	Retirement Planning & Investments
Beginning Guitar: Level 2	French 3: Conversation	Safe Urban Hiking
Cracker Barrel: In-Person	Green Burial: The Greenest Way to "Go"	Sing Gospel Music
Cracker Barrel: Online	Knitting Nuances	The Dark Ages: How Dark Were They?
Creating a Junk Journal	Leader to Elder: Reflections on Life Change	Will: An English Playwright

**TUESDAY CLASSES**

108-Form Tai Chi: Beginning	Conversations on the Tao Te Ching	Not Only Feathers Make a Bird
108-Form Tai Chi: Intermediate	Feet With A Beat: Gentle Cardio Fitness	Opening Pandora's Box: Reading Poetry...
Age Well, Drive Smart: Section 2	Feng Shui in the 21st Century	Reverse Mortgage Myth vs Reality
Armchair Traveler: In-Person	Film, Movies, Cinema!	Slow-Reading Shakespeare: Twelfth Night
Armchair Traveler: Online	Garden Gourmands	Tet 1968: An Eyewitness Account
Brain Development, Trauma, and Your Mindset	Gardening In The Real World	Tuesday Tunes: In-Person
Chico Performances: California Trees	Healthier You: Enloe Lecture Series	Tuesday Tunes: Online
Chico Performances: Modern Dance	Let's Keep Knitting	Using Watercolor and Ink/Intense Pencils
Chico Performances: Vocal Jazz 1920-1950	National Security & US Intelligence	Zen Drawing 101

## WEDNESDAY CLASSES

Art Nouveau, Arts and Crafts, Symbolism	Friendly Activism	Save or Shred
Arts of Zen Buddhism	HOOFRs 3	Science Fiction Book Group
Chico State Faculty Lecture Series: In-Person	Learn to Draw Cartoons	Wisdom for Living in The Now: Section 1
Chico State Faculty Lecture Series: Online	Living Deliberately	Wisdom for Living in The Now: Section 2
Fitness for Lifetime Mobility	Medicare Rights, Appeals, and Protections	Writer's Workshop
Flirting with French	Names: The History of Human Speech...	

## THURSDAY CLASSES

Aviation History: Back to the Pacific	Great Decisions: Online	TED Talks
Birding in the Chico Area: Section 1	John Locke: Our First Founding Father	Water Operations Basics: In-Person
Birding in the Chico Area: Section 2	Learn How to Draw	Water Operations Basics: Online
Explore Your Public Lands	Mindfulness for Health and Well-being	
Great Decisions: In-Person	My Neighbor's Voice	

## FRIDAY CLASSES

Artisan Bread Making: Advanced	Chico State University Farm Tour	Poetry for Pleasure
Artisan Bread Making: Beginning	Contacting the Mystic Within	The Repair Shop
Arts & Eats	Hike Bidwell Park: Upper Yahi Trail	Women's Hike to Iron Canyon
Beginning Spanish	Music and Musicians	World Dance

## SATURDAY CLASSES

Discover Oroville's Museum Mile      Let's Get Cooking!

**Class Registration  
Begins Jan. 19 @ 9AM**

**Class Selections:**

Write your class selections below AND highlight or circle your choices at left.

[illegible]

**Mail Completed Form To:** OLLI at Chico State • 400 W. 1st St • Chico, CA 95929-0792

Membership for those aged 50+ or retired is required to participate in OLLI classes, activities, and 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 \_\_\_\_\_

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!*

Make your selection next to the option you prefer and enter your credit card information below.

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

**Spring '23 & Summer '23 Bundle**  
**+ Fall '22 Recorded Class Sessions**

- ☐ 2 Payments of \$97.50 or  
☐ Single Payment of \$195

**Spring '23 & Summer '23 Bundle**

- ☐ 2 Payments of \$72.50 or  
☐ Single Payment of \$145

**Spring '23 Only**

- ☐ 2 Payments of \$62.50 or  
☐ Single Payment of \$125

**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: \_\_\_\_\_

**Membership Payment:** Join & pay fees online at [olli.csuchico.edu](http://olli.csuchico.edu) or mail this form & payment to the OLLI office (address below).

☐ Check(s) enclosed, payable to "Chico State Enterprises" ☐ Charge My Credit Card \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_

Exp. \_\_\_\_\_ 3-Digit Card Security Code: \_\_\_\_\_

**Mail Form & Payment To:** OLLI at Chico State • 400 W. 1st St • Chico, CA 95929-0792

## Trips & Tours

In partnership with Chico Area Recreation & Park District (CARD) and Capay Rancho Women's Club, OLLI is offering a series of day trips this Spring. Learn more and register on the CARD website at [chicorec.com](http://chicorec.com) or call CARD at 530-895-4711.

### **The Simon & Garfunkel Story: Tribute Performance**

Tuesday, January 17 | Redding

This immersive concert-style theater show chronicles the amazing journey of folk-rock duo Paul Simon and Art Garfunkel, from their humble beginnings to the famous "Concert in Central Park" reunion with more than half a million fans in attendance. Tickets: \$135/person

### **Hairspray**

Thursday, March 16 | SAFE Credit Union Performing Arts Center, Sacramento

Join 16-year-old Tracy Turnblad in 1960's Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Tickets: \$155/person



### **Pretty Woman: The Musical**

Thursday, May 4 | SAFE Credit Union Performing Arts Center, Sacramento

Based on one of Hollywood's most beloved romantic stories of all time, with an award-winning creative team. Are you ready to fall in love all over again? Tickets: \$155/person

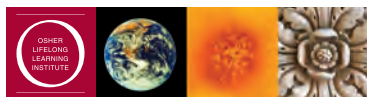
## **Shades of Ireland: A Fully-Guided, In-Person Tour, Fall 2023**

Experience the "Emerald Isle" in all its vibrant shades as you travel from the lively city of Dublin to the untamed natural beauty throughout the Irish countryside. In the Republic of Ireland, kiss the Blarney Stone at historic Blarney Castle. See Killarney from an Irish jaunting car. Experience the world-famous beauty of the Ring of Kerry. Marvel at the stunning 700-foot Cliffs of Moher. Enjoy tea and scones on a traditional family farm. In Northern Ireland, tour the walled city of Derry. Stand on the awe-inspiring Giant's Causeway. Uncover the history of the Titanic at Belfast's famed Titanic Experience. From breathtaking nature and stunning coasts to a captivating culture and friendly locals – this is Ireland.



This OLLI-exclusive experience is sponsored by small group tour company, Collette, used by a number of OLLI programs across the country. A Collette representative will join us for the In-Person Spring Class Preview on January 12. They will also be a featured guest at an Irish-themed picnic lunch on March 1 at Wildwood Park.

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



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

## Three Ways to Learn This Spring!

- In the Classroom
- Outdoor Meetups
- Online Learning

## SAVE THE DATE

### OLLI Spring '23 Calendar

December 12 ..... Spring '23 Memberships Available  
January 11 ..... Live-Online Spring Class Preview  
January 12 ..... In-Person Spring Class Preview  
January 19 ..... Spring Class Registration Opens  
January 27 ..... Community Speaker Series  
February 6 ..... First Day of Spring Classes  
March 13-17 ..... Spring Break (No Classes)  
March 31 ..... Cesar Chavez Day  
(OLLI Closed, No Classes)  
April 21 ..... Last Day of Spring Classes

### Spring Class Previews

Learn about Spring classes, plan your schedule, and hear from some of the volunteer instructors who'll be leading classes. Both events are open to the public. **Invite your friends!**

#### Live-Online Class Preview

**Wednesday, January 11**  
**10:30–11:30AM**

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

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

#### In-Person Class Preview

**Thursday, January 12**  
**10:30AM–Noon**

Chico Masonic Family Center  
1110 W. East Avenue, Chico.

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