

**SPRING 2024 CLASS CATALOG | APRIL 22-JUNE 28**



# OLLI at Chico State

WHERE LEARNING NEVER RETIRES

## Three Ways to Learn This Spring!

In the Classroom  
Outdoor Experiences  
Online Learning



Spring Class Previews: March 27 & 28  
Class Registration Begins: April 4  
Classes Begin: April 22

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

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

**530-898-6679**

# SPRING 2024 AT OLLI CHICO

## Welcome to OLLI All Year!

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

## Classes

Classes are the heart of the OLLI experience. Our classes vary from academic subjects taught by former educators to hobbies shared by enthusiasts. There are no tests or grades. The only requirement is an interest in learning. OLLI has three 10-week class terms spread out across the year. This spring, our volunteer instructors will lead over 70 classes on everything from kayaking to local news, drawing to inner peace. 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 practice your Spanish – in person or on Zoom. Social meetups are member-led: you decide what you want to do with other OLLI members. The OLLI office will send out the calendar of meetups each week to all members. Want to introduce a friend to OLLI? Bring them to a meetup to get a taste of what OLLI is all about.

## Join OLLI

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

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

**Installment Payment Plans Available!**  
See the Spring '24 Membership Form, page 17.

**Refund, Drop, and Waitlist Policies:**  
See our full policies on page 4.

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

## Benefits for All Members:

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

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# SPRING '24 SCHEDULE AT A GLANCE

*Classes listed by day & start time to help you plan.*

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

MONDAY CLASSES					
*	Hike 4 Fun	Lois Olson	8-4	May 06-May 13	Various Locations
*	Hiking Paynes Creek Crossing	Richard Utter	8:30-4	Apr 29	Various Locations
*	Finding Balance: Intermediate Stability and Mobility	Mary Sweeney	8:45-9:45	Apr 29-Jun 24	The Terraces, Long Exercise Room
*	Finding Balance: Beginning Stability and Mobility	Mary Sweeney	9:45-10:45	Apr 29-Jun 24	The Terraces, Long Exercise Room
	ABCs of Metaphor	Robin Dizard (she/her/hers)	10-10:45	May 13-June 17	The Social Chico, Bradley 1
	Beginning Guitar: Level 2	Phil Elkins	10-11:30	Apr 22-Jun 24	The Terraces, Lobby
	Cracker Barrel	David Price	10-11:30	Apr 22-Jun 24	The Social Chico, Bradley 2 and Link to be Provided
	Estate Administration	Dana Campbell	10-11:30	Apr 22-April 29	The Social Chico, Gordon 1
	Sing Gospel Music	Phil Elkins	10-11:30	Apr 29-Jun 17	The Terraces, Lobby
	French 1	Leanne Ulvang (she/her/elle)	1-2	Apr 22-Jun 24	Link to be Provided
*	New Looks at Old Books	Robin Dizard (she/her/hers)	1-2	May 13-Jun 24	The Social Chico, Gordon 1
	Accelerating the Route to Aha!	Linda Crill (she/her/hers)	1-2:30	Jun 17-Jun 24	The Social Chico, Bradley 2
@	Year-Round Vegetable Gardening	Skipper Clark (he/us)	1-2:30	Apr 22-Jun 24	Link to be Provided
	Spousal Caregiver Support Group	Debbie Vermette	1:30-3	Apr 22-Jun 24	The Social Chico, Gordon 2
	French 2	Leanne Ulvang (she/her/elle)	2:05-3	Apr 22-Jun 24	Link to be Provided
	French 3: Conversation	Leanne Ulvang (she/her/elle)	3:05-4	Apr 22-Jun 24	Link to be Provided
TUESDAY CLASSES					
	Brain Development and Your Mindset	Joni Samples	8:30-9:30	Apr 23-May 21	The Social Chico, Bradley 1
	Retirement Planning & Investments	Steven Cliadakis (he/him/his)	8:30-9:30	Apr 23-Apr 30	Link to be Provided
*	Tap Dance Is Fun	Mary Sweeney	8:30-9:30	Apr 30-Jun 25	Chico Creek Dance, Studio B
	Observing, Reflecting, Walking, and Biking with Artificial Intelligence	Richard Roth	10-11	Apr 23-May 14	Various Locations
*	108-Form Tai Chi: Beginning	Lenora Wong	10-11	Tu & Fr, Apr 23-Jun 28	Center for Spiritual Living
@	Climate Change: What's Really on the Horizon?	Cheri Chastain	10-11:30	Apr 23-Apr 30	The Social Chico, Bradley 2 and Link to be Provided
	Gratitude: A Deeper Look	Rosie Potestio	10-11:30	Apr 23-May 21	The Social Chico, Gordon 2
@	Taking and Editing Photos on Your iPhone	Cris Guenter	10-11:30	May 21-May 28	Link to be Provided
@	Using Watercolor and Inktense Pencils	Cris Guenter	10-11:30	Apr 23-May 14	Link to be Provided
	Power Your Mind	Anjeanette Andrade	10:30-11:30	Apr 23-Jun 18	The Social Chico, Bradley 1
	Tuesday Tunes	Bitz Haley	10:30-11:45	Apr 23-Jun 25	Haley Music Therapy and Link to be Provided
	Slow Reading Shakespeare: The Winter's Tale	Jack Ayer	10:30-12	Apr 23-Jun 25	Link to be Provided
*	108-Form Tai Chi: Intermediate	Lenora Wong	11-12	Tu & Fr, Apr 23-Jun 28	Center for Spiritual Living
* \$	Garden Gourmands	Debra Barger	11-1	Apr 23-May 14	Various Locations
	Reading Poetry for Insight and Pleasure	Kate Foley	1-2:30	Apr 23-Jun 25	Link to be Provided
@	Zen Drawing 101	Susan Levine	1-2:30	Apr 23-May 14	Link to be Provided
*	Film, Movies, Cinema!	Aaron Bor	1-3:30	Apr 23-Jun 25	The Social Chico, Gordon 1
@	Let's Keep Knitting	Gale Ulvang	3-4:30	Apr 23-Jun 25	Link to be Provided
*	Master Gardener Lecture Series	Debra Barger	3:30-4:45	Apr 23-May 14	The Social Chico, Bradley 1
	The Aging Eye	Benjamin Gilbert	5:30-6:30	Apr 23-Jun 25	Chico Eye Center

**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](http://olli.csuchico.edu) and select "Find Locations" on the home page.

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

### WEDNESDAY CLASSES

*	HOOFFers Revisited 3	Cynthia Weeks-Finnegan	8-4	Apr 24-Jun 05	Various Locations
*	A Place of Inner Peace (In Spite of Chaos)	Gayle Womack	10-11:30	Apr 24-May 22	The Social Chico, Gordon 1
	Creating Connections and Community	Peggy Jennings-Severe	10-11:30	Apr 24-May 22	The Social Chico, Bradley 1
	Hail to the Celts	Lynn Elliott	10-11:30	Apr 24-Jun 26	Link to be Provided
	The Highs and Lows of Being a Published Writer	Paul Belz	10:30-12	Apr 24-May 15	The Social Chico, Gordon 2
*	Clutter According to Feng Shui	Valerie Althoff	1-2	Apr 24-May 22	The Social Chico, Bradley 1
	Water Operations Basics	Steve Stull	1-2	Apr 24	The Social Chico, Bradley 2 and Link to be Provided
	Irish Traditional Music Ensemble	Shelley Connolly	1-2:30	Apr 24-Jun 26	The Social Chico, Gordon 1
@	Learn How to Draw	Susan Levine	1-2:30	Apr 24-Jun 26	Link to be Provided
	Newsworthy: Who Decides What Stories to Tell?	Phil Wilke	1-2:30	May 01-May 15	The Social Chico, Bradley 2
\$	Science Fiction Book Group	Sydney Wilde	1-2:30	Apr 24-Jun 26	Link to be Provided
	Writer's Workshop	Paul Belz	1-2:30	Apr 24-Jun 26	The Social Chico, Gordon 2
*	Successful Eldership: Coming to Terms with Type A	Janet Rechtman	1-4	May 29	The Social Chico, Bradley 2
*	Fitness for Lifetime Mobility	Paul Coots	3-4:15	Apr 24-May 29	Lions Den

### THURSDAY CLASSES

*	Birding in the Chico Area: Advanced Birding	Joyce Bond	8-11	Apr 18-Jun 06	Various Locations
*	A Tranquility Walk	Diana Hoffmeister	8:15-1	May 09	Various Locations
	My Neighbor's Voice: Building Community	Kyle Gookins	8:30-10	Apr 25-May 16	Link to be Provided
*	Navigating Your Environment as a Pedestrian	Hayley Shafer (she/her/hers)	8:30-10	Apr 25-May 16	Various Locations
*	Birding in the Chico Area: All Levels	Joyce Bond	9-11	Apr 11-Jun 20	The Social Chico, Gordon 2 and Various Locations
@	Aviation History: American Airpower Ascendant 1944: Part 2	Gary Hendrickson	10-11:30	Apr 25-Jun 27	The Social Chico, Bradley 2 and Link to be Provided
*	Chico State University Farm Tour	Elizabeth Mintey (she/her/hers)	10-11:30	Apr 25	Chico State University Farm
*	Stansbury Home Tour	Dino Corbin	10-11:30	May 16	Various Locations
*	A Stroll in Paradise	Melissa Loura	10-12	May 16	Various Locations
*	Frankenstein's Dreams: Human Enhancement for Social Advancement?	David Donnell	1-2:30	Apr 25-Jun 27	The Social Chico, Bradley 1
@	Medicare Preventive Benefits	Victoria Brennan	1-2:30	Jun 06	Link to be Provided
\$	Watercolor for Beginners	Christine MacShane	1-2:30	May 09-Jun 27	Christine MacShane Art Studio
@	Australian Art: Some Topics	Erika Esau (she/her/hers)	3-4:30	May 30-Jun 27	Link to be Provided
\$	OLLI Theatre Club	Debra Tull	5-10	Jun 06-Jun 27	Various Locations

### FRIDAY CLASSES

*	Women's Hike to Rocky Pool	Lorraine Smith	8-4	Jun 14	Various Locations
*	Explore Your Public Lands: Sutter Buttes State Park	Vickie Stoll	8-4:30	May 10	Various Locations
*	Deer Creek Hike	Vickie Bernhardt	9-4	May 10	Various Locations
	Poetry for Pleasure	Paul Belz	9:15-10:15	Apr 26-Jun 21	The Social Chico, Gordon 2
\$	Paddling the Feather River	Brad Cooke	10-1:30	Jun 07	Various Locations
\$	Adventure Paddling on the Sacramento River	Brad Cooke	10-2	Jun 28	Various Locations
\$	Paddling the Thermalito Afterbay	Brad Cooke	10-2	May 24	Various Locations
	The Civil War and Reconstruction with David Blight	Walter Coffey	10-11:30	Apr 26-Jun 28	The Social Chico, Gordon 1
\$	Introduction to Kayak and SUP Paddling	Brad Cooke	10-12	Apr 26	Forebay Aquatic Center
* \$	Arts & Eats	Bill Houck	1-3	Apr 26-May 24	Various Locations
	Music and Musicians	Walter Coffey	1-3	Apr 26-Jun 28	The Social Chico, Gordon 1
@	Artisan Bread Making: Beginning	Cathryn Hudin	1-3:30	May 10	Link to be Provided



## Class Registration Opens April 4 & 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, there is a class limit policy through the first two weeks of registration. During that time, you may register for only three limited classes. Limited classes are noted with an asterisk (\*). After two weeks we will turn off the class limit and you may add additional classes to your schedule where space is available. The class limit policy does not apply to classes without an asterisk (\*).

## Waitlists

- If a class is full, you can be added to the waitlist. If space becomes available in a class with a waitlist, waitlisted members will be added to the class in the order they were added to the waitlist. We ask that you not attend the class until you have been officially registered.
- There is no fee to be added to the waitlist. À La Carte Members on the waitlist will be contacted for payment before being added to the class.
- If you paid À La Carte class fees by check 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](mailto: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 2 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](mailto: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!



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

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

Tue & Fri, Apr 23–Jun 28 • 10:00AM–11:00AM • Center for Spiritual Living  
Instructor(s): Lenora Wong

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

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

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

Tue & Fri, Apr 23–June 28 • 11:00AM–12:00PM • Center for Spiritual Living  
Instructor(s): Lenora Wong

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

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

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

Wed, Apr 24–May 22 • 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.

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

### **ABCs of Metaphor**

Mon, Apr 22–May 20 • 10:00AM–10:45AM • The Social Chico, Bradley 1  
Instructor(s): Robin Dizard (she/her/hers)

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

Everyone knows poems are full of metaphor, but did you know metaphor is fundamental in language as a whole? This class follows metaphor wherever it goes: into poetry, of course, but also slang, riddles, dreams, advertising, parables, jokes, curses, arguments, and sermons. The class is made up of short lectures with opportunities to ask questions and put in comments.

### **Accelerating the Route to Aha!**

Mon, Jun 17–Jun 24 • 1:00PM–2:30PM • The Social Chico, Bradley 2  
Instructor(s): Linda Crill (she/her/hers)

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

We enjoy that treasured moment when a solution we've been seeking breaks through with an aha! As much as we enjoy these moments, we can't command their appearance. In this class we use an aha tool box to blow out barriers that block solutions, review bumps and breakdowns as gasoline for new discoveries, use chaotic creation to broaden possibilities, and explore the unknown for additional answers. Come and play with us as we explore ways to accelerate aha's and make our lives richer.

### **Arts & Eats \* \$**

Fri, Apr 26–May 24 • 1:00PM–3:00PM • 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.

### **Aviation History: American Airpower Ascendant 1944: Part 2 @**

Thu, Apr 25–Jun 27 • 10:00AM–11:30AM  
The Social Chico, Bradley 2 and Link to be Provided  
Instructor(s): Gary Hendrickson

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

As WWII enters its fourth year, American airpower begins to achieve air supremacy over the Axis powers. Rapid technical advances and superior training overcome German secret weapons and Japanese suicide attacks. This class will describe the airplanes and personalities during this time period.

### **Beginning Guitar: Level 2**

Mon, Apr 22–Jun 24 • 10:00AM–11:30AM • The Terraces, Lobby  
Instructor(s): Phil Elkins

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

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

## Brain Development and Your Mindset

Tue, Apr 23–May 21 • 8:30AM–9:30AM • The Social Chico, Bradley 1  
Instructor(s): Joni Samples

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

We continue to talk about brain development and now there's more! Things keep changing. Join us as we talk about your brain development from early development on. It's not too late to change your brain. Even if you have been through trauma, there is still neuroplasticity and the option to change your brain.

## Climate Change: What's Really on the Horizon? @

Tue, Apr 23–April 30 • 10:00AM–11:30AM  
The Social Chico, Bradley 2 and Link to be Provided  
Instructor(s): Cheri Chastain, Ruby Triguero

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

Unravel the complexities of climate change in this class. Explore the latest scientific findings, learn how we can mitigate emissions, and discover what we need to prepare for as a result of a changing climate, both globally and locally. Gain a deeper understanding of the science, policies, and individual actions that shape our response to this environmental challenge, and how each of us can contribute to a sustainable future.

## Clutter According to Feng Shui \*

Wed, Apr 24–May 22 • 1:00PM–2:00PM • The Social Chico, Bradley 1  
Instructor(s): Valerie Althoff

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

Does your life spark joy? If not, decluttering with feng shui can help. Clutter is not bad, but it is a great teacher. Feng shui teaches that where you have clutter in your spaces reflects where you're stuck in your life. Without this level of understanding, you can declutter but it may return. This will be a fun and interactive class, and you will learn a bit about yourself in the process!

## Cracker Barrel

Mon, Apr 22–Jun 24 • 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 Connections and Community

Wed, Apr 24–May 22 • 10:00AM–11:30AM • The Social Chico, Bradley 1  
Instructor(s): Peggy Jennings-Severe

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

Learn simple, effective, and sustainable tools for having more meaningful and satisfying conversations with your spouse, children, grandchildren, friends, and

acquaintances. Participants will also learn how to build traditions that allow for and create an environment that supports connections and a sense of community. This workshop is highly interactive and fun!

## Estate Administration

Mon, Apr 22–Apr 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.

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.

## Film, Movies, Cinema! \*

Tue, Apr 23–Jun 25 • 1:00PM–3:30PM • The Social Chico, Gordon 1  
Instructor(s): Aaron Bor

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

Want to watch some great and interesting movies? In this class we'll watch and discuss some of our favorites. Each meeting will feature a representative movie from a different genre. *Note:* This class will not meet May 14.

## Finding Balance: Beginning Stability and Mobility \*

Mon, Apr 29–Jun 24 • 9:45AM–10:45AM • The Terraces, Long Exercise Room  
Instructor(s): Mary Sweeney

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

Everyone can have better balance! Balance improves with practice under safe and friendly conditions. In this class for those who have not yet taken this class or are having more difficulty with balance, we will explore balance in sitting and standing positions and find improved equilibrium while moving from one position to another. You will learn how various factors affect balance, including muscle strength, flexibility, vision, vestibular sense, proprioception, coordination, and cognition. Come experience the art, science, and joy of re-establishing your body's stability and mobility. *Note:* This class will not meet June 3. Please register for only one balance section.

## Finding Balance: Intermediate Stability and Mobility \*

Mon, Apr 29–Jun 24 • 8:45AM–9:45AM • The Terraces, Long Exercise Room  
Instructor(s): Mary Sweeney

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

Everyone can have better balance! Balance improves with practice under safe and friendly conditions. In this class for those who have taken the class before or have fair balance and want to improve further, we will explore balance in sitting and standing positions and find improved equilibrium while moving from one position to another. You will learn how various factors affect balance, including muscle strength, flexibility, vision, vestibular sense, proprioception, coordination, and cognition. Come experience the art, science, and joy of re-

establishing your body's stability and mobility. *Note:* This class will not meet June 3. Please register for only one balance section.

### **Fitness for Lifetime Mobility \***

Wed, Apr 24–May 29 • 3:00PM–4:15PM • Lions Den

Instructor(s): Paul Coots, James Salber

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

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.

### **Frankenstein's Dreams: Human Enhancement for Social Advancement? \***

Thu, Apr 25–Jun 27 • 1:00PM–2:30PM • The Social Chico, Bradley 1

Instructor(s): David Donnell

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

Humans appear quite open to modifying themselves. Modifications may be temporary, as occurs when an athlete consumes performance-enhancing drugs, or permanent, such as the surgical alteration of a person's appearance. We have a growing ability to meld our bodies with machines and to alter ourselves genetically. As our ability to alter our biology expands, so too does the potential for our "enhanced" versions to pose serious challenges to cultural norms, long-established social structures, and basic assumptions about what it means to be human. Let's discuss! *Note:* The class will make frequent use of freely-available digital materials that the instructor will direct you to. Participants may also suggest topics for discussion.

### **Gratitude: A Deeper Look**

Tue, Apr 23–May 21 • 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.

For those who are already on a path of being grateful, this class will take a deeper look at more mind and body techniques to strengthen our gratitude skills. The goal is to increase our creativity at being grateful for a broader range of everyday experiences. The added benefit is that gratitude is a skill that can increase our resilience, strengthening our ability to notice opportunities for happiness and fulfillment we previously did not see.

### **Irish Traditional Music Ensemble**

Wed, Apr 24–Jun 26 • 1:00PM–2:30PM • The Social Chico, Gordon 1

Instructor(s): Shelley Connolly

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

A basic knowledge of at least one of the following instruments is needed to participate: fiddle, Irish tenor banjo, mandolin, flute, penny whistle, concertina, button or piano accordion, bodhran, guitar, hammered dulcimer, uilleann pipes, or piano. This class will teach the tunes and the style that inspire the dancers as

well as session etiquette. The tunes are learned by ear but sheet music will be available upon request. *Note:* A class website will provide lessons covered in class as well as links to help you further learn the tunes by listening to them played by professional players.

### **Master Gardener Lecture Series \***

Tue, Apr 23–May 14 • 3:30PM–4:45PM • The Social Chico, Bradley 1

Instructor(s): Debra Barger, Felicity Brown

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

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

### **Music and Musicians**

Fri, Apr 26–Jun 28 • 1:00PM–3:00PM • The Social Chico, Gordon 1

Instructor(s): Walter Coffey

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

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

### **New Looks at Old Books \***

Mon, May 13–June 03 • 1:00PM–2:00PM • The Social Chico, Gordon 1

Instructor(s): Robin Dizard (she/her/hers), Janet Rechtman

- Fee for À La Carte Members: \$55. 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.

### **Newsworthy: Who Decides What Stories to Tell?**

Wed, May 01–May 15 • 1:00PM–2:30PM • The Social Chico, Bradley 2

Instructor(s): Phil Wilke, Mike Wolcott, Scott Michaels

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

Who decides what makes it on the air or on the front page? Have you ever wondered which stories make the cut? You'll get a look inside morning newsroom meetings in this class, delving into the factors that influence news selection from community events to impactful stories. Join members of local



media outlets for an insightful journey into the local news landscape and the narratives that dominate our headlines.

### **OLLI Theatre Club \$**

Thu, Jun 06–Jun 27 • 5:00PM–10:00PM • Various Locations

Instructor(s): Debra Tull

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

Four evenings of entertainment! Join us for a pre-show dinner to be followed by a play or movie. Whenever possible, someone from the production will join us for dinner to give us insight into what we're about to see. Assigned seats will be purchased in advance so we can sit together. Dinners are optional and will be scheduled closer to the dates of the performances. Come enjoy local talent and socialize with fellow show lovers. *Note:* Participants will need to pay for their meal and theatre tickets. Details will be sent by email to registered class members.

### **Poetry for Pleasure**

Fri, Apr 26–Jun 21 • 9:15AM–10:15AM • The Social Chico, Gordon 2

Instructor(s): Paul Belz

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

Reading poetry helps you to know things more fully; it commands your attention; and it can sustain good conversation. In this class, participants select poetry from favorite sources to read aloud with fellow enthusiasts. *Note:* This class meets April 26, May 10, May 17, May 31, June 7, and June 21.

### **Power Your Mind**

Tue, Apr 23–Jun 18 • 10:30AM–11:30AM • The Social Chico, Bradley 1

Instructor(s): Anjeanette Andrade, Phillip Thao

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

Join us as we learn to power the mind. We will discuss topics on ways to love your brain, prevent cognitive decline, and improve your overall mental health. This class will incorporate a few lighthearted and joyful activities, including crafting, mindfulness, and cooking sessions. *Note:* This class meets April 23, May 21, and June 18.

### **Sing Gospel Music**

Mon, Apr 29–Jun 17 • 10:00AM–11:30AM • The Terraces, Lobby

Instructor(s): Phil Elkins

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

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

### **Spousal Caregiver Support Group**

Mon, Apr 22–Jun 24 • 1:30PM–3:00PM • The Social Chico, Gordon 2

Instructor(s): Debbie Vermette

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

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

### **Stansbury Home Tour \***

Thu, May 16 • 10:00AM–11:30AM • Various Locations

Instructor(s): Dino Corbin

- 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.

### **Successful Eldership: Coming to Terms with Type A \***

Wed, May 29 • 1:00PM–4:00PM • The Social Chico, Bradley 2

Instructor(s): Janet Rechtman

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

What happens when a VIP (very important person) becomes an FIP (formerly important person), a.k.a. retirement? How does a Type A (as in actively ambitious) become a Type E (as in energetic elder)? How might elders in the world of business, community, government, and nonprofit organizations engage with at least four younger generations? This class uses reflective practice to engage participants in exploring how a lifetime of leading and leadership might bridge into eldership.

### **Tap Dance Is Fun \***

Tue, Apr 30–Jun 25 • 8:30AM–9:30AM • Chico Creek Dance, Studio B

Instructor(s): Mary Sweeney

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

Tap dance involves rhythmic, percussive, and precise movement of the feet while promoting flow and individual style of the entire body. Classes will include warm-up, structured movement phrases that will build in complexity, and creative explorations. All levels are welcome. Good standing balance is recommended. *Note:* This class will not meet June 4. Wear comfortable clothing that allows for ease of movement and tap shoes, preferably with low heel.

### **The Aging Eye**

Tue, Apr 23–Jun 25 • 5:30PM–6:30PM • Chico Eye Center

Instructor(s): Benjamin Gilbert

- 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. Dr. Gilbert 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. *Note:* This class meets April 23, April 30, May 28, and June 25.

### **The Civil War and Reconstruction with David Blight**

Fri, Apr 26–Jun 28 • 10:00AM–11:30AM • The Social Chico, Gordon 1  
Instructor(s): Walter Coffey

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

This is one part of a three-term presentation of David Blight's online Yale University class. Four broad themes are closely examined: the crisis of union and disunion in an expanding republic; slavery, race, and emancipation as a national problem, personal experience, and social process; the experience of modern, total war for individuals and society; and the political and social challenges of Reconstruction. *Note:* Part two of a three-term series. This part covers the election of 1860 through the end of the war.

### **The Highs and Lows of Being a Published Writer**

Wed, Apr 24–May 15 • 10:30AM–12:00PM • The Social Chico, Gordon 2  
Instructor(s): Paul Belz

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

Many writers want to be published; at the same time, we sometimes wonder if publication will really be worth the work and anxiety. This workshop will be a discussion where scribes who have not been published yet will share thoughts and feelings with others whose stories, articles, poems, or books appear in print. We will consider our reasons for wanting to be published, the steps we must take to reach this goal, and what happens after publication. Join us for some fun and lively talks.

### **Tuesday Tunes**

Tue, Apr 23–June 25 • 10:30AM–11:45AM  
Haley Music Therapy and Link to be Provided  
Instructor(s): Bitz Haley

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

Start your Tuesday with music and songs. Join us in a fun, informal sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If

you like music, you will like this class. All levels welcome! *Note:* This class meets April 23, May 14 and 28, and June 11 and 25.

### **Water Operations Basics**

Wed, Apr 24 • 1:00PM–2:00PM  
The Social Chico, Bradley 2 and Link to be Provided  
Instructor(s): Steve Stull, Renee Thatford

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

The course will cover a brief history of California Water Service, its service areas, and the customers they serve. You'll learn how the water 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 Cal Water's Water Main Replacement Program.

### **Watercolor for Beginners \$**

Thu, May 09–Jun 27 • 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 class is an introduction to watercolor painting. We will cover techniques, color blending, color mixing, and brush work. All materials provided. *Note:* This class will not meet June 20. There is an additional \$84 materials fee, payable to the instructor at the first class meeting.

### **Writer's Workshop**

Wed, Apr 24–Jun 26 • 1:00PM–2:30PM • The Social Chico, Gordon 2  
Instructor(s): Paul Belz

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

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



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

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

Fri, May 10 • 1:00PM–3:30PM • Link to be Provided  
Instructor(s): Cathryn Hudin

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

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

### **Australian Art: Some Topics @**

Thu, May 30–Jun 27 • 3:00PM–4:30PM • Link to be Provided  
Instructor(s): Erika Esau (she/her/hers)

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

This abbreviated look at the Australian continent's artistic history will consider its creative efforts since its colonization by the British in 1788. Topics include expeditionary artists, Australian Impressionism, women artists 1880-1960, Australian and Californian aesthetic connections, and what Robert Hughes called

“the last great art movement of the 20th century”: Aboriginal art. It isn’t all beaches, didgeridoos, and shrimp on the barbie!

## **Aviation History: American Airpower**

### **Ascendant 1944: Part 2 @**

Thu, Apr 25–Jun 27 • 10:00AM–11:30AM

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Gary Hendrickson

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

As WWII enters its fourth year, American airpower begins to achieve air supremacy over the Axis powers. Rapid technical advances and superior training overcome German secret weapons and Japanese suicide attacks. This class will describe the airplanes and personalities during this time period.

### **Climate Change: What’s Really on the Horizon? @**

Tue, Apr 23–Apr 30 • 10:00AM–11:30AM

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Cheri Chastain, Ruby Triguero

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

Unravel the complexities of climate change in this class. Explore the latest scientific findings, learn how we can mitigate emissions, and discover what we need to prepare for as a result of a changing climate, both globally and locally. Gain a deeper understanding of the science, policies, and individual actions that shape our response to this environmental challenge, and how each of us can contribute to a sustainable future.

## **Cracker Barrel**

Mon, Apr 22–Jun 24 • 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.

## **French 1**

Mon, Apr 22–Jun 24 • 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.

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

## **French 2**

Mon, Apr 22–Jun 24 • 2:05PM–3:00PM • Link to be Provided

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

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

This class will focus on grammar, usage, creating French sentences, and improving listening skills, plus reading French stories. *Note:* Two primary topics for this term are verb tenses and prepositions.

## **French 3: Conversation**

Mon, Apr 22–Jun 24 • 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.

## **Hail to the Celts**

Wed, Apr 24–Jun 26 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Lynn 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.

## **Learn How to Draw @**

Wed, Apr 24–Jun 26 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Susan Levine

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

If you can’t draw, know that 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.

## **Let’s Keep Knitting @**

Tue, Apr 23–Jun 25 • 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.

## Medicare Preventive Benefits: Make the Most of Your Coverage @

Thu, Jun 06 • 1:00PM–2:30PM • Link to be Provided  
Instructor(s): Victoria Brennan

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

The best way to stay healthy is to live a healthy lifestyle and prevent disease by exercising, eating well, and not smoking. Medicare can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can help you avoid certain diseases. Learn how to use your Medicare preventive benefits to stay happy and healthy in 2024.

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

Thu, Apr 25–May 16 • 8:30AM–10:00AM • Link to be Provided  
Instructor(s): Kyle Gookins, Mary Anne Inglis

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

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

## Reading Poetry for Insight and Pleasure

Tue, Apr 23–Jun 25 • 1:00PM–2:30PM • Link to be Provided  
Instructor(s): Kate Foley, Susan Bollinger

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

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

## Retirement Planning & Investments in a Changing Economy

Tue, Apr 23–Apr 30 • 8:30AM–9:30AM • Link to be Provided  
Instructor(s): Steven Cliadakis (he/him/his)

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

This class will discuss how tax law changes, falling 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.

## Science Fiction Book Group \$

Wed, Apr 24–Jun 26 • 1:00PM–2:30PM • Link to be Provided  
Instructor(s): Sydney Wilde

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

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:* The books for this group 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 at Barnes & Noble, Amazon, and other booksellers.

## Slow Reading Shakespeare: The Winter's Tale

Tue, Apr 23–Jun 25 • 10:30AM–12:00PM • Link to be Provided  
Instructor(s): Jack Ayer

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

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

## Taking and Editing Photos on Your iPhone @

Tue, May 21–May 28 • 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 introduce learners to basic foundational skills in establishing a composition for a photo, using the rule of thirds, and considering the values in a photo. This content will be followed by an introduction to the many photo editing tools available on an iPhone and how to use them with the photos that you have taken. If you have taken this course previously, you are welcome to take it as a refresher. *Note:* This class is for iPhone users with an iPhone XS or higher. The iPhone should have the most current operating system and recent updates on it.

## Tuesday Tunes

Tue, Apr 23–Jun 25 • 10:30AM–11:45AM  
Haley Music Therapy and Link to be Provided  
Instructor(s): Bitz Haley

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

Start your Tuesday with music and songs. Join us in a fun, informal sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If you like music, you will like this class. All levels welcome! *Note:* This class meets April 23, May 14 and 28, and June 11 and 25.

### **Using Watercolor and Ink Pencils @**

Tue, Apr 23–May 14 • 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 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. If you have taken this class previously, you are welcome to take it again as a refresher or work on pieces you have in progress during class time. *Note:* See the full materials list with the class listing on the website.

### **Water Operations Basics**

Wed, Apr 24 • 1:00PM–2:00PM

The Social Chico, Bradley Z and Link to be Provided

Instructor(s): Steve Stull, Renee Thatford

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

The course will cover a brief history of California Water Service, its service areas, and the customers they serve. You'll learn how the water 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 Cal Water's Water Main Replacement Program.

### **Year-Round Vegetable Gardening @**

Mon, Apr 22–Jun 24 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Skipper Clark (he/us)

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

This class will cover an analysis of the soil food web and how to use it to grow nutrient-dense food without fertilizers; advanced composting and vermicomposting techniques; microgreen growing; constructing a low-cost hoop house and a multipurpose microgreen growing structure; irrigation design and specialized garden tools; brewing compost teas; and the best varieties of vegetables for our zone (9b).

### **Zen Drawing 101 @**

Tue, Apr 23–May 14 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Susan Levine

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

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 several 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.*

### **A Stroll in Paradise \***

Thu, May 16 • 10:00AM–12:00PM • Various Locations

Instructor(s): Melissa Loura, Pat Bronson

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

Join us on a walk along the Paradise Bike Path or Yellowstone Kelly Trailway. We will learn about the history of Paradise through the informational placards placed along a section of the path. After walking for about an hour, we will visit the Depot Museum where a docent will share some local history. Next we will cross the street and go to Joy Lyn's Candies for a short tour and shopping. *Note:* Further details will be provided prior to the hike. Wear comfortable walking shoes.

### **A Tranquility Walk \***

Thu, May 09 • 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 backseat for a while and allow the nurturing energy of Mother Nature to slow you down as you appreciate the tranquility of your surroundings. Our path is mostly level, a bit uneven with some loose rocks, pine needles, and leaves. *Note:* Further details will be provided prior to the hike. Sturdy walking shoes required.

### **Adventure Paddling on the Sacramento River \$**

Fri, Jun 28 • 10:00AM–2:00PM • Various Locations

Instructor(s): Brad Cooke, Gail Coengsen

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

See the diverse ecosystem of the Sacramento River by kayak. You will have the chance to see how water has influenced this valley landscape. A brief safety review and boat handling skills will start in the estuary of Pine Creek. We will paddle up Pine creek to see the river otter nursery and the historic river bed. Heading downriver, participants will be taught some moving water skills. The trip will conclude by paddling up Chico Creek. *Note:* Wear appropriate gear. Some paddling experience is recommended. There will be an additional activity fee of \$65 payable at the class.

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

Thu, Apr 18–Jun 06 • 8:00AM–11:00AM • Various Locations

Instructor(s): Joyce Bond

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

We will spend more time trying to sight interesting birds in varying habitats with advanced identification tips. We will meet once a month at different locations for field trips that may involve 2-3 miles of walking. Prerequisite: participants must have taken “Birding In the Chico Area” more than once. *Note:* This class meets April 18, May 9, and June 6. Please register for only one birding section.

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

Thu, Apr 11–Jun 20 • 9:00AM–11:00AM

The Social Chico, Gordon 2 and 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 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 may involve 1-2 miles of walking. *Note:* One in-person classroom meeting, 9-11AM April 11 in Gordon 2. Three outdoor class meetings 9-11AM April 25, May 23, and June 20. Participants who are new to this class must attend the classroom meeting to participate in the outdoor birding trips. Please register for only one birding section.

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

Thu, Apr 25 • 10:00AM–11:30AM • Chico State University Farm

Instructor(s): Elizabeth Mintey (she/her/hers)

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

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!

### **Deer Creek Hike \***

Fri, May 10 • 9:00AM–4:00PM • Various Locations

Instructor(s): Vickie Bernhardt, Amy Hahn

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

This is a moderate 3.5-4 mile out and back hike along picturesque Deer Creek. The trail meanders under a forest canopy, which should be waking up from winter at this time of year. Features to enjoy along our journey include stream crossings, some short steep rocky ascents and descents, waterfalls, and basalt cliffs towering above us on the walls of the canyon. We will hike at a leisurely pace, enjoying the flora and fauna along the way. *Note:* Further details will be provided prior to the hike. Sturdy hiking boots required; hiking poles recommended.

### **Explore Your Public Lands: Sutter Buttes State Park \***

Fri, May 10 • 8:00AM–4:30PM • Various Locations

Instructor(s): Vickie Stoll, Lorraine Smith

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

Sutter Buttes State Park is one of the newer state parks in California and has no public access. We will meet with park staff for an exclusive tour of the beautiful Peace Valley where we will learn about the unique geology of the land, explore several historic and prehistoric cultural features, and observe and identify abundant wildflowers and birds. This is a 3-4 mile moderately difficult cross-country hike over uneven, rocky terrain with some short, steep hills and possible stream crossings. *Note:* Further details will be provided prior to the hike. Sturdy hiking boots/shoes required; hiking poles recommended. No early departures due to locked gates.

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

Tue, Apr 23–May 14 • 11:00AM–1:00PM • Various Locations

Instructor(s): Debra Barger, Debi Durham

- 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 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. Plan for 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 4 Fun \***

Mon, May 06–May 13 • 8:00AM–4:00PM • Various Locations

Instructor(s): Lois Olson, Felicia Stiles

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

This class is designed for women who regularly hike and walk but want a shorter, easier hike. Hikes will be limited to approximately 4 miles with limited elevation gain and loss. Our focus will be on having fun and getting to know other hikers. *Note:* This class is for women only.

### **Hiking Paynes Creek Crossing \***

Mon, Apr 29 • 8:30AM–4:00PM • Various Locations

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

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

The trailhead for the Paynes Creek Crossing hike is approximately 10 miles north of Red Bluff. The hike is a 5-mile loop with 400 feet elevation gain. We’ll start with a water crossing for something a bit different and continue on a hike that includes views of the Sacramento River and Mt. Lassen. The trail is rough and uneven and rocky in spots. The pace will be moderate with occasional stops. *Note:* Further details will be provided prior to the hike. Wear shoes or boots suited to rough terrain and bring water shoes.

### **HOOFers Revisited 3 \***

Wed, Apr 24–Jun 05 • 8:00AM–4:00PM • Various Locations  
Instructor(s): Cynthia Weeks-Finnegan, Laura Lukes, Lois Olson

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

The trail is our classroom. The focus of this class will be on sharpening our navigational skills using maps and compasses, practical trail safety, evaluating key items critical to include in your backpack, sharing our love and knowledge of regional trails, aligning individual expectations when planning hikes, and building our HOOFers community of informed, like-minded women hikers. Prerequisite: Completion of a previous HOOFers class. Questions about your eligibility? Contact Cynthia (tomkevin11@yahoo.com), Lois (7ljoto@live.com), or Laura (lukes76@gmail.com). *Note:* This class meets April 24, May 8, May 22, and June 5. This class is for women only.

### **Introduction to Kayak and SUP Paddling \$**

Fri, Apr 26 • 10:00AM–12:00PM • Forebay Aquatic Center  
Instructor(s): Brad Cooke, Gail Coengsen

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

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

### **Navigating Your Environment as a Pedestrian \***

Thu, Apr 25–May 16 • 8:30AM–10:00AM • Various Locations  
Instructor(s): Hayley Shafer (she/her/hers), Kiana Cruise-Barriga

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

This class will allow us as pedestrians to feel safer walking everywhere at any time of day. Most of the built environment that surrounds us in the United States has been created for the use of cars, and often pedestrians and cyclists are an afterthought. This class will teach you to be aware of any dangers and how to safely navigate a car-centered world as a pedestrian. Each walk will be around 2 miles in length. *Note:* Classroom meetings will take place in Gordon 2. Further details will be provided prior to each walk.

### **Observing, Reflecting, Walking, and Biking with Artificial Intelligence**

Tue, Apr 23–May 14 • 10:00AM–11:00AM • Various Locations  
Instructor(s): Richard Roth

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

There are a whole lot of ways to reach destinations on foot, by bicycle, or using small e-mobility devices such as electric wheelchairs and skateboards. If you have used or even encountered these around Chico, then you have experience to bring to this class. Through our pooled experience, we will identify, photograph, and map, with the help of ChatGPT, transportation elements around Chico. After the first introductory class meeting, we will take both

walking and alternative transportation field trips. *Note:* This class will meet in Gordon 1 on April 23.

### **Paddling the Feather River \$**

Fri, Jun 07 • 10:00AM–1:30PM • Various Locations  
Instructor(s): Brad Cooke, Gail Coengsen

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

An adventurous way to travel through Oroville! Wildlife abounds on this section of the Feather River. Numerous types of birds, waterfowl, raptors, and even otters can be observed while paddling downstream. You will learn some water safety signals and moving water boat handling skills. We will then travel downstream through the local riparian landscape in either a single or double inflatable kayak. *Note:* Wear water shoes and sun protection and bring a snack and drinking water. There will be an additional activity fee of \$65 payable at the class.

### **Paddling the Thermalito Afterbay \$**

Fri, May 24 • 10:00AM–2:00PM • Various Locations  
Instructor(s): Brad Cooke, Gail Coengsen

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

This low-impact, physically active kayak adventure is a great way to view the ecology of the area. There is abundant wildlife, including many species of waterfowl and raptors. We will be paddling on open flat water in either a single or tandem kayak. Our paddling trip will take us to an island in the Thermalito Afterbay. *Note:* Wear appropriate water shoes and sun protection and bring a snack and drinking water. There will be an additional activity fee of \$65 payable at the class.

### **Women's Hike to Rocky Pool \***

Fri, Jun 14 • 8:00AM–4:00PM • Various Locations  
Instructor(s): Lorraine Smith, Vickie Stoll

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

This moderate hike follows a mostly shaded forest trail along Deer Creek to a scenic rock outcropping and pool. Climbs are gradual on this 5-mile hike, with only 400 feet elevation gain and one short, rocky, descent to our lunch spot. The trail crosses four small creeks, which might require minor rock-hopping. Our pace will be leisurely, with time to take photographs, observe and identify wildflowers and birds, and enjoy views along the way. Team up with other women to enjoy a fun day outdoors! *Note:* Further details will be provided prior to the hike. Sturdy hiking boots/shoes required; hiking poles recommended. This class is for women only.



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

### Our Donors

Generous contributions from our members help provide OLLI with its incredible variety of classes, in addition to classroom upgrades and new computer equipment to help us stay connected and engaged. Fees from our memberships cover only half of OLLI's total expenses. By making a donation to OLLI, either monetarily or by volunteering, you can help broaden the horizons of future generations. Visit the "Donate" page at [olli.csuchico.edu](http://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 prestige in the community. We would like to thank our sponsors for their partnership with our OLLI program.



### Accessibility & Safety

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



## SPRING '24 CLASS SELECTIONS

### IN PERSON

- \$55 108-Form Tai Chi: Beginning \*
- \$55 108-Form Tai Chi: Intermediate \*
- \$30 A Place of Inner Peace (In Spite of Chaos) \*
- \$30 ABCs of Metaphor
- \$30 Accelerating the Route to Aha!
- \$30 Arts & Eats \*
- \$30 Beginning Guitar: Level 2
- \$30 Brain Development and Your Mindset
- \$30 Clutter According to Feng Shui \*
- \$30 Creating Connections and Community
- \$30 Estate Administration
- \$55 Film, Movies, Cinema! \*
- \$55 Finding Balance: Beginning Stability and Mobility \*
- \$55 Finding Balance: Intermediate Stability and Mobility \*
- \$55 Fitness for Lifetime Mobility \*
- \$55 Frankenstein's Dreams \*
- \$30 Gratitude: A Deeper Look
- \$55 Irish Traditional Music Ensemble
- \$30 Master Gardener Lecture Series \*
- \$55 Music and Musicians
- \$55 New Looks at Old Books \*
- \$30 Newsworthy: Who Decides What Stories to Tell?
- \$30 OLLI Theatre Club
- \$30 Poetry for Pleasure
- \$30 Power Your Mind
- \$30 Sing Gospel Music
- \$55 Spousal Caregiver Support Group
- \$15 Stansbury Home Tour \*
- \$15 Successful Eldership: Coming to Terms with Type A \*
- \$55 Tap Dance Is Fun \*
- \$30 The Aging Eye
- \$55 The Civil War and Reconstruction with David Blight
- \$30 The Highs and Lows of Being a Published Writer
- \$55 Watercolor for Beginners
- \$55 Writer's Workshop

### HYBRID ~ ATTEND IN PERSON OR LIVE ONLINE!

- \$55 Aviation History
- \$30 Climate Change: What's Really on the Horizon?
- \$55 Cracker Barrel
- \$30 Tuesday Tunes
- \$15 Water Operations Basics

### ONLINE

- \$15 Artisan Bread Making: Beginning
- \$30 Australian Art: Some Topics
- \$55 French 1
- \$55 French 2
- \$55 French 3: Conversation
- \$55 Hail to the Celts
- \$55 Learn How to Draw
- \$55 Let's Keep Knitting
- \$15 Medicare Preventive Benefits
- \$30 My Neighbor's Voice: Building Community...
- \$55 Reading Poetry for Insight and Pleasure
- \$30 Retirement Planning & Investments
- \$55 Science Fiction Book Group
- \$55 Slow Reading Shakespeare: The Winter's Tale
- \$30 Taking and Editing Photos on Your iPhone
- \$30 Using Watercolor and Ink-tense Pencils
- \$55 Year-Round Vegetable Gardening
- \$30 Zen Drawing 101

### OUTDOOR EXPERIENCES

- \$15 A Stroll in Paradise \*
- \$15 A Tranquility Walk \*
- \$15 Adventure Paddling on the Sacramento River
- \$30 Birding in the Chico Area: Advanced Birding \*
- \$30 Birding in the Chico Area: All Levels \*
- \$15 Chico State University Farm Tour \*
- \$15 Deer Creek Hike \*
- \$15 Explore Your Public Lands: Sutter Buttes State Park \*
- \$30 Garden Gourmands \*
- \$30 Hike 4 Fun \*
- \$15 Hiking Paynes Creek Crossing \*
- \$30 HOOFSers Revisited 3 \*
- \$15 Introduction to Kayak and SUP Paddling
- \$30 Navigating Your Environment as a Pedestrian \*
- \$30 Observing, Reflecting, Walking, and Biking with AI \*
- \$15 Paddling the Feather River
- \$15 Paddling the Thermalito Afterbay
- \$15 Women's Hike to Rocky Pool \*

### CLASS FEE TOTAL FOR À LA CARTE MEMBERS

\$ \_\_\_\_\_

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

### Helpful Notes:

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



# SPRING '24 MEMBERSHIP FORM

Membership for those aged 50+ or retired is required to participate in OLLI classes, social meetups, 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 \_\_\_\_\_ 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: **spring, fall, and winter**. 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



## OLLI Play Festival ~ Thursday-Sunday, April 18-21

The OLLI Play Festival takes the stage this spring for its ninth year! See original comedies written, directed, and acted entirely by OLLI members.

**Curtains up!** 2pm Thursday and Sunday  
7pm Friday and Saturday  
The Social Chico, Gordon 1  
Tickets \$10.

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



### Exploring Greece and Its Islands, Spring '25

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



### Tropical Costa Rica, Winter '25

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

## Learn with a Friend = Guaranteed Class Enrollments!

Learning is great when you get to do it with friends! When you refer someone you know and they also join OLLI, you can both register early for classes this spring, avoiding the rush on popular classes or classes with limited capacity. Contact the OLLI office by March 28 to confirm.



## Three Ways to Learn This Spring!

In the Classroom  
Outdoor Experiences  
Online Learning



### SAVE THE DATE

#### OLLI Spring '24 Calendar

March 11 ..... Spring '24 Memberships Available  
March 16 ..... Spring Social Meetups Begin  
March 27 ..... Live-Online Spring Class Preview  
March 28 ..... In-Person Spring Class Preview  
April 4 ..... Spring Class Registration Opens  
April 18-21 ..... OLLI Play Festival  
April 21 ..... Spring Social Meetups End  
April 22 ..... First Day of Spring Classes  
May 27 ..... Memorial Day (No Classes, OLLI Closed)  
June 19 ..... Juneteenth (No Classes, OLLI Closed)  
June 28 ..... Last Day of Spring Classes

#### Spring '24 Class Previews

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

##### Live-Online Class Preview

**Wednesday, March 27**  
**10:30-11:30AM**

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

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

##### In-Person Class Preview

**Thursday, March 28**  
**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 spring!



**olli.csuchico.edu**  
**530-898-6679**