

SPRING 2025 CLASS CATALOG | APRIL 21-JUNE 27



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 26 & 27
Registration Begins: April 3
Classes Begin: April 21

Celebrating OLLI Creativity and Community

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

olli.csuchico.edu

530-898-6679



SPRING 2025 AT OLLI CHICO

Welcome to OLLI All Year!

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

Classes

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

Social Meetups

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

Join OLLI At Any Time

Your membership is good for three consecutive class terms. Membership is required to participate in OLLI classes and member events.

- Fees:** Unlimited Membership (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 '25 Membership Form, pg. 21.

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

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

Benefits for All Members:

- Invitations to all OLLI social meetups, events, and travel opportunities
- Access to online lectures from many other OLLI programs across the country
- Free parking at primary classroom complex, The Social Chico
- Discounted lunch option and tickets
- One-on-one technical and Zoom support from OLLI staff and volunteers
- Subscription to OLLI’s *Bits & Bytes e-newsletter* sent out twice per month
- Option to request a Chico State library courtesy card

Table of Contents:

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

SPRING '25 SCHEDULE AT A GLANCE

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

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

MONDAY CLASSES					
*	24-Form Tai Chi	Mike McCluskey	8:30-9:30	M & Th, Apr 21-Jun 26	Chico Creek Dance, Studio B
*	Meandering: Downtown Chico Public Art	Mary Johnson	9-11	Apr 28	Various Locations
*	In Search of...Vanishing Flora: Sect. 1	David Popp	9-2	Apr 21	Various Locations
*	In Search of...Vanishing Flora: Sect. 2	David Popp	9-2	Apr 28	Various Locations
*	In Search of...Vanishing Flora: Sect. 3	David Popp	9-2	May 12	Various Locations
*	Finding Balance: Stability and Mobility	Mary Sweeney	9:45-10:45	May 5-Jun 23	Westmont, Long Exercise Room
	50+ Ways to Support People with Cancer	Linda Crill (she/her/hers)	10-11:30	May 5	The Social Chico, Gordon 1
	Estate Administration	Dana Campbell	10-11:30	Apr 21-Apr 28	The Social Chico, Gordon 1
	Playing Guitar, Level 2 & Singing Along	Phil Elkins	10-11:30	Apr 28-Jun 23	Westmont, Lobby
	Sing Gospel Music	Phil Elkins	10-11:30	Apr 21-Jun 16	Westmont, Lobby
	Cracker Barrel	David Price	10-11:30	Apr 21-Jun 23	The Social Chico, Bradley 2 and Link to be Provided
	Conversational Spanish	Jennifer Castañeda	1-2	Apr 21-Jun 23	The Social Chico, Gordon 1
	Foxfire Revisited	Janet Rechtman	1-2	Jun 2-Jun 23	The Social Chico, Bradley 1
	French 1	Leanne Ulvang (she/her/elle)	1-2	Apr 21-Jun 23	Link to be Provided
*	Living the Four Agreements	Valerie Althoff	1-2:30	Apr 21-May 19	The Social Chico, Gordon 2
\$	French 2	Leanne Ulvang (she/her/elle)	2:05-3	Apr 21-Jun 23	Link to be Provided
	Instructional Skills Workshop	Andrew Lavin (he/him/his)	3-4:30	Jun 2-Jun 23	The Social Chico, Gordon 1
	French 3: Conversation	Leanne Ulvang (she/her/elle)	3:05-4	Apr 21-Jun 23	Link to be Provided
TUESDAY CLASSES					
*	Explore Public Lands: Sutter Buttes	Vickie Stoll	8-4:30	Apr 29	Various Locations
*	Tap Dance Is Fun	Mary Sweeney	8:30-9:30	May 6-Jun 24	Chico Creek Dance, Studio B
	Armchair National Park Tour	Mike Graf	8:30-9:30	May 6	The Social Chico, Bradley 2 and Link to be Provided
	American Radicalism	Robert Cottrell	8:30-10	Apr 22-May 13	The Social Chico, Gordon 1
*	108-Form Tai Chi: Beginning	Lenora Wong	10-11	Tu & F, Apr 22-Jun 27	Center for Spiritual Living
	Drôme: The Other Provence	Sylvie Delaunay	10:30-11:30	Apr 22-May 13	The Social Chico, Gordon 1
	Tuesday Tunes	Bitz Haley	10:30-11:45	Apr 22-Jun 24	Haley Music Therapy, Group Room and Link to be Provided
	Slow Reading Shakespeare: <i>Coriolanus</i>	Jack Ayer	10:30-12	Apr 22-Jun 24	Link to be Provided
	Emergency Preparedness	Richard Utter	10-11	Apr 22-May 13	The Social Chico, Gordon 2
	Eat Smart, Live Strong	Samantha Line	10-11:30	May 6-May 27	The Social Chico, Bradley 1
	Nature in the Neighborhood 2	Hilary Hassenzahl	10-11:30	Jun 3-Jun 10	The Social Chico, Gordon 1
@	Aviation History	Gary Hendrickson	10-11:30	Apr 22-Jun 24	The Social Chico, Bradley 2 and Link to be Provided
@	Exploring Color with Watercolors	Cris Guenter	10-11:30	Apr 22-May 27	Link to be Provided
@	Taking and Editing Photos... iPhone	Cris Guenter	10-11:30	Jun 3-Jun 10	Link to be Provided
	108-Form Tai Chi: Intermediate	Lenora Wong	11-12	Tu & F, Apr 22-Jun 27	Center for Spiritual Living
* \$	Garden Gourmands	Debra Barger (she/her/hers)	11-1	Apr 22-May 13	Various Locations

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

TUESDAY CLASSES, CONT.					
*	Tai Chi for Arthritis and Fall Prevention	Mary Sweeney	1-2	May 6-Jun 24	Westmont, Long Exercise Room
@	Water Operations Basics	Steve Stull	1-2	May 6	The Social Chico, Bradley 2 and Link to be Provided
*	Beyond the Four Agreements	Valerie Althoff	1-2:30	Jun 3-Jun 24	The Social Chico, Gordon 2
	The Promise and Peril of Social Change	David Donnell	1-2:30	Apr 22-Jun 24	The Social Chico, Bradley 1
	Reading Poetry for Inspiration	Kate Foley	1-2:30	Apr 22-Jun 24	Link to be Provided
*	Film, Movies, Cinema!	Aaron Bor	1-3:30	Apr 22-May 27	The Social Chico, Gordon 1
*	Gentle Yoga	Tom Hess (he/him/his)	2-3	Apr 22-May 13	Yoga Center of Chico
	Healthier You: Enloe Lecture Series	Baylee Martin (she/her/hers)	2-4	Jun 3-Jun 24	Enloe Conference Center
@	Local News: Current Issues	Andrew Lavin (he/him/his)	3-4:30	Jun 3-Jun 24	The Social Chico, Bradley 2 and Link to be Provided
@	Let's Keep Knitting	Gale Ulvang	3-4:30	Apr 22-Jun 24	Link to be Provided
*	Master Gardener Lecture Series	Debra Barger (she/her/hers)	3:30-4:45	Apr 22-May 13	The Social Chico, Bradley 1
\$	Beer Styles and Histories	Steve Kay	5-6:30	May 13-May 27	The Allies Pub
WEDNESDAY CLASSES					
\$	Beginning Spanish from Chapter 1	Memo Keswick	8-9	May 7-Jun 25	The Social Chico, Bradley 1
*	HOOFERS: Revisited	Cynthia Weeks-Finnegan	8-3	Apr 30-May 21	Various Locations
*	Fitness for Lifetime Mobility: Sect. 1	Paul Coots	8:30-9:45	Apr 23-May 28	The Social Chico, Bradley 2
	My Neighbor's Voice	Kyle Gookins	8:30-10	May 7-May 28	Link to be Provided
\$	Beginning Spanish from Chapter 5	Memo Keswick	9-10	May 7-Jun 25	The Social Chico, Bradley 1
*	Meandering: Chico Seed Orchard	Candice Roethler	9-11	May 14	Various Locations
*	Wednesday Park Walks	Amy Hahn	9:15-10:30	Apr 23-May 21	Various Locations
\$	Beginning Spanish from Chapter 9	Memo Keswick	10-11	May 7-Jun 25	The Social Chico, Bradley 1
*	Fitness for Lifetime Mobility: Sect. 2	Paul Coots	10-11:15	Apr 23-May 28	The Social Chico, Bradley 2
	Fairy Tales and Their Tellers	Robin Dizard (she/her/hers)	10-11:30	Apr 23-Jun 25	The Social Chico, Gordon 1
	Power Your Mind	Melissa Bonham	10-11:30	May 7-Jun 18	The Social Chico, Gordon 2
\$	Watercolor for Beginners	Christine MacShane	10-11:30	Apr 23-Jun 25	Christine MacShane Art Studio
	Financial Planning for Assisted Living	Steven Cliadakis (he/him/his)	10-11:30	May 14	Link to be Provided
\$ @	Will: An English Playwright	Lynn H. Elliott	10-11:30	Apr 23-Jun 25	Link to be Provided
\$	Spanish Composition and Conversation	Memo Keswick	11-12	May 7-Jun 25	The Social Chico, Bradley 1
*	A Place of Inner Peace (In Spite of Chaos)	Gayle Womack	1-2:30	Apr 23-May 21	The Social Chico, Gordon 1
\$	Acrylic Painting	Christine MacShane	1-2:30	Apr 23-Jun 25	Christine MacShane Art Studio
*	Creating Small Collage Books	Debbie Vermette	1-2:30	Jun 4-Jun 25	The Social Chico, Bradley 1
	US Politics and the Trump Administration	George Wright	1-2:30	Apr 23-May 21	The Social Chico, Bradley 2
	Writer's Workshop	Paul Belz	1-2:30	Apr 23-Jun 25	The Social Chico, Gordon 2
\$	Science Fiction Book Group	Sydney Wilde	1-2:30	Apr 23-Jun 18	Link to be Provided
@	The Arts and People of Japan	Katherine Harper (she/her/hers)	1-2:30	Apr 23-Jun 25	Link to be Provided
	World Dance	Memo Keswick	3-4	May 7-Jun 25	Westmont, Long Exercise Room
	Let's Play Games	Donna Knorton	3-5	Apr 23-Jun 25	The Social Chico, Bradley 1
	World Dance Songs	Memo Keswick	4-5	May 7-Jun 25	Westmont, Long Exercise Room

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

THURSDAY CLASSES					
*	Birding in the Chico Area: Beyond Basics	Joyce Bond	8-11	Apr 24-Jun 12	Various Locations
*	A Tranquility Walk	Diana Hoffmeister	8:15-1	May 8	Various Locations
*	Hiking the Bobelaine Audubon Sanctuary	Pamela Waldsmith	8:15-4	May 8	Various Locations
	Social Steps	Hayley Shafer (she/her/hers)	8:30-9:30	May 22-Jun 12	Various Locations
*	Birding in the Chico Area: All Levels	Joyce Bond	9-11	Apr 17-Jun 5	Various Locations
*	Your Chance to Dance	Mary Sweeney	10-11	May 1-Jun 26	Chico Creek Dance, Studio B
\$	Slow Reading <i>Their Eyes Were Watching God</i>	Charles Copeland	10-11:30	Apr 24-Jun 26	The Social Chico, Bradley 1
*	Thinkercises	Hilary Hassenzahl	10-11:30	May 29-Jun 26	The Social Chico, Gordon 2
@	Learn How to Draw	Susan Levine	10-11:30	Apr 24-Jun 26	Link to be Provided
@	Graduate Student Research Series	Andrew Lavin (he/him/his)	1-2:30	May 8-May 29	The Social Chico, Bradley 2 and Link to be Provided
* \$	Developing Deeper Women's Friendships	Pam Loyd	1-3	May 1-Jun 26	Westmont, Sierra Room
	Creation Zone	Mary Sweeney	2-5	May 1-Jun 26	The Social Chico, Bradley 1
FRIDAY CLASSES					
*	Hike to Cub-Butt Divide	Vickie Bernhardt	8:30-3:30	Jun 20	Various Locations
	Poetry for Pleasure	Paul Belz	9:15-10:15	Apr 25-Jun 27	The Social Chico, Gordon 2
*	Women's Hike to Colby Meadows	Lorraine Smith (she/her/hers)	8-4	Jun 13	Various Locations
*	Meditation Practice for a Lifetime	Mark Meers	10-11:30	Apr 25-May 23	The Social Chico, Bradley 1
\$	Intro to Kayak and SUP Paddling: Sect. 1	Rachel McMillan	10-12	Apr 25	Forebay Aquatic Center
\$	Intro to Kayak and SUP Paddling: Sect. 2	Rachel McMillan	10-12	May 2	Forebay Aquatic Center
\$	Paddling the Feather River	Rachel McMillan	10-1	May 30	Various Locations
\$	Paddling the Thermalito Afterbay	Rachel McMillan	10-1	May 16	Various Locations
* \$	Arts & Eats	Bill Houck	1-2:30	May 30-Jun 27	Various Locations
*	Linocut Printmaking	Andrew Lavin (he/him/his)	1-2:30	May 2-May 16	The Social Chico, Bradley 1
	Purple Politics	Kamie Loeser	1-2:30	Apr 25-Jun 13	The Social Chico, Bradley 2
\$	Who R Us? Reflection on Book In Common	Janet Rechtman	1-2:30	Apr 25-May 16	The Social Chico, Gordon 1
SUNDAY CLASS					
* \$	OLLI Theatre Club	Debra Tull	5:30-10	Su & Th, May 4-Jun 26	Various Locations

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

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

- Center for Spiritual Living14 Hillary Lane, Chico
- Chico Creek Dance..... 1144 W. 1st Street, Chico
- Christine MacShane Art Studio..... 1459 Humboldt Road, Suite B, Chico
- Enloe Conference Center.....1528 Esplanade, Chico
- Forebay Aquatic Center.....930 Garden Drive, Oroville
- Haley Music Therapy.....2627 Forest Avenue, Chico
- The Allies Pub 426 Broadway, Suite 130, Chico
- The Social Chico, Bradley & Gordon Classrooms 1400 W. 3rd Street, Chico
- The Lodge at Westmont of Chico 2750 Sierra Sunrise Terrace, Chico (Formerly The Terraces)
- Yoga Center of Chico250 Vallombrosa, Suite 150, Chico

REGISTRATION & POLICIES

Class Registration Opens April 3 & Runs Throughout Spring



Online

olli.csuchico.edu



Phone

530-898-6679



Email

olli@csuchico.edu



Mail

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



In Person

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

Fair Access to Favorite Classes (3-Class Limit)

To provide more fair opportunities for members to enroll in their favorite classes, there is a class limit policy in effect through the first two weeks of registration. During that time, you may register for only three limited classes. Limited classes are noted with an asterisk (*). You can register for any number of classes without an asterisk (*). After two weeks we will turn off the class limit and you may add additional classes to your schedule where space is available.

Waitlists

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

Drop and Refund Policies

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

Unlimited Membership Class Drop Policy

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

À La Carte Membership Class Drop/Refund Policy

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



IN THE CLASSROOM

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

108-Form Tai Chi: Beginning *

Tue & Fri, Apr 22–Jun 27 • 10:00AM–11:00AM • Center for Spiritual Living
Instructor(s): Lenora Wong

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

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

→ Schedule Note: This class meets twice a week.

108-Form Tai Chi: Intermediate

Tue & Fri, Apr 22–Jun 27 • 11:00AM–Noon • Center for Spiritual Living
Instructor(s): Lenora Wong

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

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

→ Schedule Note: This class meets twice a week.

24-Form Tai Chi *

Mon & Thu, Apr 21–Jun 26 • 8:30AM–9:30AM • Chico Creek Dance, Studio B
Instructor(s): Mike McCluskey, Mary McCluskey

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

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

→ Schedule Note: This class meets twice a week.

50+ Ways to Support People with Cancer

Mon, May 5 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Linda Crill (she/her/hers)

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

When we hear someone is experiencing cancer or another difficult health challenge, it's normal to want to support them. In this class we'll use interactive exercises to create a slew of support ideas that are far more valuable than just "tell me how I can help you." Many of us are also concerned we are going to say or do the wrong thing. In this session we will look at basic cancer etiquette to ensure your interactions are comfortable and appreciated.

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

Wed, Apr 23–May 21 • 1:00PM–2:30PM • The Social Chico, Gordon 1
Instructor(s): Gayle Womack

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

This class brings to life the words of renowned second-century Stoic philosopher Marcus Aurelius: "Your ability to control your thoughts – treat it with respect. It's all that protects your mind from false perceptions – false to your nature, and that of all rational beings." You have power over your mind – not outside events. Realize this, and you will find strength. Come to class and discover how we can trick ourselves into believing everything the brain says.

Acrylic Painting \$

Wed, Apr 23–Jun 25 • 1:00PM–2:30PM • Christine MacShane Art Studio
Instructor(s): Christine MacShane

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

This acrylic class is for the absolute beginner as well as more experienced painters. We will follow step-by-step instructions to create our paintings while also learning why and what we are doing. Paintings will be completed over several class sessions. All materials are provided. *Note:* There is an additional \$120 materials fee payable to the instructor at the first class meeting.

American Radicalism

Tue, Apr 22–May 13 • 8:30AM–10:00AM • The Social Chico, Gordon 1
Instructor(s): Robert Cottrell

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

This class follows the history of American radicalism. The Lyrical Left faltered during World War I and its aftermath. The Old Left rose and fell, rooted around the ideal of the Russian Revolution and communism. Seeking to overcome its immediate predecessor's failings, the New Left flourished and then ebbed, particularly during the height of US involvement in Vietnam. The Movement of the 1960s evolved, or devolved, into "one, two, many movements." More recently, the American left has become part of the global left.

Armchair National Park Tour

Tue, May 6 • 8:30AM–9:30AM • The Social Chico, Bradley 2 and Link to be Provided
Instructor(s): Mike Graf

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

Take a national park tour with full-color photos, stories, park information, animal sightings, and vacation planning information about the following national parks: Sequoia, Kings Canyon, Yosemite, Yellowstone, Grand Canyon, Grand Teton, Glacier, Zion, Bryce Canyon, Arches, Canyonlands, Acadia, Great Smoky Mountains, Olympic, Rocky Mountain, and Badlands, as well as Mount

Rushmore National Monument. This armchair tour will leave you wanting to head immediately to that national park!

Arts & Eats * \$

Fri, May 30–Jun 27 • 1:00PM–2:30PM • Various Locations

Instructor(s): Bill Houck

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

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

Aviation History: American Aviation After World War II @

Tue, Apr 22–Jun 24 • 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.

In the years following the end of World War II, American aviation benefited from the infrastructure created by the needs of the military services. General aviation experienced a rapid growth of light aircraft production and operations. The airline industry benefited from a worldwide network of airports and trained personnel. The military embraced the performance of jet engines and the concept of long-range strategic airpower. This was a period of peaceful uses of aviation, with personal participation by the instructor.

Beer Styles and Histories \$

Tue, May 13–May 27 • 5:00PM–6:30PM • The Allies Pub

Instructor(s): Steve Kay

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

The class will explore the varied styles of beer, from lager to bitter, gruit to porter. We will cover the style criteria, history, and brewing techniques of various styles. No background is necessary, just an inquiring and inquisitive mindset – and a love of beer, of course. *Note:* Beer and food will be available for purchase.

→ Schedule Note: This class meets May 13 and May 27.

Beginning Spanish from Chapter 1 \$

Wed, May 7–Jun 25 • 8:00AM–9:00AM • The Social Chico, Bradley 1

Instructor(s): Memo Keswick

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

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

Beginning Spanish from Chapter 5 \$

Wed, May 7–Jun 25 • 9:00AM–10:00AM • The Social Chico, Bradley 1

Instructor(s): Memo Keswick

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

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

Beginning Spanish from Chapter 9 \$

Wed, May 7–Jun 25 • 10:00AM–11:00AM • The Social Chico, Bradley 1

Instructor(s): Memo Keswick

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

This class engages in a group study of the book *Complete Spanish Step by Step*, Premium 2nd Edition, by Barbara Bregstein, beginning with chapter 9. *Note:* The book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

Beyond the Four Agreements *

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

Instructor(s): Valerie Althoff

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

We will discuss the fifth agreement and the importance of core values in guiding our lives, as well as inspirational words to help move us more intentionally and peacefully through the chaos and uncertainty of this life. This class is only for those who are familiar with the four agreements or have taken the “Living the Four Agreements” class.

Conversational Spanish

Mon, Apr 21–Jun 23 • 1:00PM–2:00PM • The Social Chico, Gordon 1

Instructor(s): Jennifer Castañeda

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

We will converse in Spanish on a variety of subjects. Emphasis will be given to the following verb tenses: simple past, commands, conditional past, and gerunds. This class is designed with an advanced beginner student in mind.

Cracker Barrel

Mon, Apr 21–Jun 23 • 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 Small Collage Books *

Wed, Jun 4–Jun 25 • 1:00PM–2:30PM • The Social Chico, Bradley 1
Instructor(s): Debbie Vermette

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

We'll be making a small book, collaging the cover, and experimenting with color and collage techniques on the inside pages. No experience or art background needed. Learn something new and have fun at the same time!

Creation Zone

Thu, May 1–Jun 26 • 2:00PM–5:00PM • The Social Chico, Bradley 1
Instructor(s): Mary Sweeney, Lynda Klein

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

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

Developing Deeper Women's Friendships * \$

Thu, May 1–Jun 26 • 1:00PM–3:00PM • Westmont of Chico (formerly The Terraces), Sierra Room
Instructor(s): Pam Loyd

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

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

Drôme: The Other Provence

Tue, Apr 22–May 13 • 10:30AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Sylvie Delaunay

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

Travelling to the French Riviera from the north, one is sure to miss one of the hidden secrets of France. Although quieter and slower, Drôme has as much to offer, and even more, than her bustling southern sister, Provence. In this class we will discover the origins, traditions, and innovations of this hidden gem. We will travel through gorgeous landscapes and vineyards, explore castles and tiny villages, and meet the people who shaped this dear county of the instructor.

Eat Smart, Live Strong

Tue, May 6–May 27 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Samantha Line

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

Enjoy fun and lively activities with other members! Talk about easy ways to make smart food choices and exercise more. Learn how you can eat smart and live strong.

Emergency Preparedness

Tue, Apr 22–May 13 • 10:00AM–11:00AM • The Social Chico, Gordon 2
Instructor(s): Richard Utter

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

Emergency situations can be painful and expensive in terms of human suffering, property loss, and emotional wear and tear. Some of these impacts can be lessened or avoided with careful preparation. This class is about reducing or avoiding the negative impacts of emergency events through planning and preparation. Participants will review their unique personal situations, then take steps to improve their resiliency and responsiveness to whatever comes their way.

Estate Administration

Mon, Apr 21–Apr 28 • 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.

In this class intended as a primer for estate administrators Dana and Tara Campbell from OLLI sponsor Dana L. Campbell, Attorney At Law 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.

Fairy Tales and Their Tellers

Wed, Apr 23–Jun 25 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Robin Dizard (she/her/hers)

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

In this class, we will look at old tales, their tellers, and transitions from spoken to written literature. Fairy tales, a.k.a. magic tales, are very old and both stable and shapeshifting. People have enjoyed them in cartoons, Victorian nurseries, peasant huts, and even courts like Versailles. The original, oral forms of magic tales are violent, coarse, and sexually explicit. Sometimes governments, priests, or schoolmarm compelled changes. Sometimes, writers. There will be nine tellers with at least nine tales sent to class members.

→ Schedule Note: This class does not meet May 14.

Film, Movies, Cinema! *

Tue, Apr 22–May 27 • 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.

Finding Balance: Stability and Mobility *

Mon, May 5–Jun 23 • 9:45AM–10:45AM • Westmont of Chico (formerly The Terraces), Long Exercise Room
Instructor(s): Mary Sweeney

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

Everyone can have better balance! Balance improves with practice under safe and friendly conditions. Participants will explore balance while sitting, standing, and moving through space, including walking in all directions. Participants will learn how various factors affect balance (and what to do about it), including muscle strength, flexibility, vision, vestibular sense, proprioception, coordination, and cognition. Come experience the art, science, and joy of re-establishing your body's stability and mobility. *Note:* This class is for all levels. Wear comfortable clothing that allows for ease of movement. Thin-soled, flat shoes are recommended.

Fitness for Lifetime Mobility: *

Section 1: Wed, Apr 23–May 28 • 8:30AM–9:45AM • The Social Chico, Bradley 2

Section 2: Wed, Apr 23–May 28 • 10:00AM–11:15AM • The Social Chico, Bradley 2

Instructor(s): Paul Coots

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

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

Foxfire Revisited

Mon, Jun 2–Jun 23 • 1:00PM–2:00PM • The Social Chico, Bradley 1
Instructor(s): Janet Rechtman

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

Since 1966, North Georgia has been the home of Foxfire, a magazine, book, and museum acting as a blend of education and living history centered on Appalachia. Foxfire explores how our past contributes to who we are and what we can become; how the past illuminates our present and inspires imagination. This class will explore Foxfire's practical approach to student-centered teaching and learning; its unrivalled collection of artifacts, archives, and oral history; and, ultimately, its influence on popular culture and our understanding of Appalachia.

Gentle Yoga *

Tue, Apr 22–May 13 • 2:00PM–3:00PM • Yoga Center of Chico
Instructor(s): Tom Hess (he/him/his)

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

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

Graduate Student Research Series @

Thu, May 8–May 29 • 1:00PM–2:30PM • The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Andrew Lavin (he/him/his)

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

Chico State's tradition of academic excellence goes back more than 130 years. Numbering over 1,000, Chico State's graduate students are often doing exciting and relevant work of their own. This class will give you a chance to hear some of them talk about their original research, centered around their theses.

Healthier You: Enloe Lecture Series

Tue, Jun 3–Jun 24 • 2:00PM–4:00PM • Enloe Conference Center

Instructor(s): Baylee Martin (she/her/hers)

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

Join Enloe Health caregivers for a four-part lecture series. Each class will cover a unique topic led by a local expert from Enloe Health with time for questions. The series is designed to support a healthier you.

Free Lecture Series!

Join us and bring your friends to this free lecture series open to OLLI members and the public. No registration required!

Introduction to Bidwell Park

Mon, April 28–May 19 • 6–7:30pm • The Social Chico, Bradley 2

Instructor: Paul Belz with Special Guests

Bidwell Park, Chico's amazing space, is often called our town's crown jewel. This lecture series will include an introduction to the park's human and natural history and guest speakers will share details about the park's many controversies. We will consider the park's future and discuss projects that will help keep it a healthy, beautiful place.

Instructional Skills Workshop

Mon, Jun 2–Jun 23 • 3:00PM–4:30PM • The Social Chico, Gordon 1
Instructor(s): Andrew Lavin (he/him/his)

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

This class will be a refresher or training on essential skills for instructors. We'll talk about pedagogy and best practices, and might do some (voluntary!) demonstrations of various skills and practices. You'll walk away with some practical tools to use in the classroom and some concrete training in the craft of leading an engaging class session. This class is for anyone who already teaches OLLI classes, who might want to teach in the future, or who just has an interest in the topic.

Let's Play Games

Wed, Apr 23–Jun 25 • 3:00PM–5:00PM • The Social Chico, Bradley 1
Instructor(s): Donna Knorton

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

Join us to play games just to have fun: card games, board games, and games in between. Just show up or bring your own game to share with the group.

Linocut Printmaking *

Fri, May 2–May 16 • 1:00PM–2:30PM • The Social Chico, Bradley 1
Instructor(s): Andrew Lavin (he/him/his)

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

Learn the basics of designing, carving, and printing block prints. We will discuss various tools and equipment and compare them with other printmaking techniques. *Note:* Further details will be provided prior to the first meeting. Participants will need to purchase a beginner's kit or bring their own tools and materials.

Living the Four Agreements *

Mon, Apr 21–May 19 • 1:00PM–2:30PM • The Social Chico, Gordon 2
Instructor(s): Valerie Althoff

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

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

Local News: Current Issues @

Tue, Jun 3–Jun 24 • 3:00PM–4:30PM • The Social Chico, Bradley 2 and Link to be Provided
Instructor(s): Andrew Lavin (he/him/his)

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

Representatives from various local news organizations will join us to discuss their processes and the challenges and opportunities for local news agencies. Bring your questions!

Master Gardener Lecture Series *

Tue, Apr 22–May 13 • 3:30PM–4:45PM • The Social Chico, Bradley 1
Instructor(s): Debra Barger (she/her/hers), Felicity Brown

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

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

Meditation Practice for a Lifetime *

Fri, Apr 25–May 23 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Mark Meers

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

This class will teach a simple, natural, nonsectarian meditation technique designed for people who have had interest in meditation in the past, but have not had the knowledge and support necessary to sustain a regular daily practice. We will explore the age-old history of meditation's benefits from the world's major spiritual traditions and discuss the extensive body of scientific research supporting meditation practice. The class will provide abundant practical information, discussing both the barriers and boons to establishing a regular meditation practice.

Nature in the Neighborhood 2

Tue, Jun 3–Jun 10 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Hilary Hassenzahl

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

Chico is known for its rich biodiversity and parks. Get to know Chico's non-human residents through photographs from five years of weekly wanderings and the research they inspired. The first class meeting, *For the Birds*, will highlight interactions with our feathered friends. The second class meeting, *More than Just Birding*, will explore mammals, reptiles, insects, fascinating plants and fungi, and other treasures under our noses. Join the conversation with your own experiences and knowledge.

OLLI Theatre Club * \$

Su & Thu, May 4–Jun 26 • 5:30PM–10:00PM • Various Locations
Instructor(s): Debra Tull

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

Join us for dinner and a show! We will enjoy a pre-show dinner followed by a play at a local theatre. Dinners are optional and will be scheduled closer to the dates of each performance. 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 those enrolled.

→ Schedule Note: This class meets for a matinee on Sunday, May 4, and for evening performances on Thursdays, May 15, May 29, June 12, and June 26.

Playing Guitar at Beginning Level 2 and Singing Along

Mon, Apr 28–Jun 23 • 10:00AM–11:30AM • Westmont of Chico (formerly The Terraces), Lobby
Instructor(s): Phil Elkins

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

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

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

Poetry for Pleasure

Fri, Apr 25–Jun 27 • 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.

→ Schedule Note: This class meets April 25, May 9, May 23, June 13, and June 27.

Power Your Mind

Wed, May 7–Jun 18 • 10:00AM–11:30AM • The Social Chico, Gordon 2
Instructor(s): Melissa Bonham, Phillip Thao

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

Join us in learning about steps you can take to support both your mental and cognitive well-being. This class will explore healthy lifestyle habits and how to incorporate them into daily life to support brain health. The class incorporates cooking lessons on how to cook for one, mindfulness activities, and fun brain empowering exercises.

→ Schedule Note: This class meets May 7, May 21, June 4, and June 18.

Purple Politics: Facilitated Political Conversations Exploring Issues We Care About

Fri, Apr 25–Jun 13 • 1:00PM–2:30PM • The Social Chico, Bradley 2
Instructor(s): Kamie Loeser

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

We will engage in respectful, facilitated political conversations exploring the issues we care about and discover the humanity behind each other's perspectives. Each week we will discuss the "two sides" of a political topic, first evaluating who stands for what and why, then shifting to sharing our own personal experiences that have shaped our perspectives and beliefs. By cultivating curiosity we can slow down our conversations to strengthen communication and possibly learn, grow, and appreciate our differences. *Note:* The recommended book, *What You Should Know About Politics...But Don't: A*

Nonpartisan Guide to the Issues That Matter by Jessamyn Conrad, is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

→ Schedule Note: This class does not meet May 9.

Sing Gospel Music

Mon, Apr 21–Jun 16 • 10:00AM–11:30AM • Westmont of Chico (formerly The Terraces), Lobby
Instructor(s): Phil Elkins

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

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

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

Slow Reading *Their Eyes Were Watching God* \$

Thu, Apr 24–Jun 26 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Charles Copeland

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

Author Zora Neale Hurston, anthropologist and folklorist, was a prominent member of the Harlem Renaissance. Her thoroughly-researched novel, published in 1937, follows the fictitious life of Janie Starks, a Black woman in Florida, from her 1890s childhood through her third marriage in the 1930s. Join this learning through conversation seminar as we follow Janie, her husbands, her friends, and even her enemies through their lives, joys, and sorrows within their entirely segregated communities. *Note:* The required book, *Their Eyes Were Watching God* by Zora Neale Hurston, is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers. The recommended edition is the Harper Perennial Modern Classics edition, ISBN 978-0-06-093141-4.

Spanish Composition and Conversation \$

Wed, May 7–Jun 25 • 11:00AM–Noon • The Social Chico, Bradley 1
Instructor(s): Memo Keswick

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

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

Tai Chi for Arthritis and Fall Prevention *

Tue, May 6–Jun 24 • 1:00PM–2:00PM • Westmont of Chico (formerly The Terraces), Long Exercise Room
Instructor(s): Mary Sweeney

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

Tai Chi for Arthritis was developed in 1997 and is recommended by the Centers for Disease Control and Prevention (CDC). Arthritis often gets worse without proper exercise. Tai Chi for Arthritis helps to improve muscular strength,

flexibility, balance, cardiorespiratory fitness, and clarity of mind. The gentle and slow movements help to improve the flow of energy and healing, and it is enjoyable and calming. Class Note: Wear flat shoes and comfortable, loose clothing.

→ Schedule Note: This class does not meet May 20.

Tap Dance Is Fun *

Tue, May 6–Jun 24 • 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 the flow and individual style of the entire body. Classes will include warm-up, structured movement phrases that will build in complexity, and creative explorations. All levels are welcome. Good standing balance is recommended. *Note:* Wear comfortable clothing that allows for ease of movement and tap shoes, preferably with low heel.

The Promise and Peril of Social Change

Tue, Apr 22–Jun 24 • 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.

We will explore social changes and how people choose to adapt to or resist them. Potential topics for discussion include the changing landscape of gender identity, attitudes about social welfare programs, and right-to-die movements. We may also discuss advances in technologies such as self-driving cars and chatty artificial intelligences and what these mean for our lives going forward. Do these disruptions threaten to dissolve or perhaps expand our conception of what it means to be human?

Thinkercises *

Thu, May 29–Jun 26 • 10:00AM–11:30AM • The Social Chico, Gordon 2

Instructor(s): Hilary Hassenzahl

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

Exercise your thinking skills with a collection of games and puzzles that involve logic, deductive reasoning, observation skills, critical thinking, and strategy. Solve mysteries, spot fakes, and enjoy a little friendly competition. Join discussions about evaluating reliable sources and the impact of AI on our filters and perception of reality. This playful class aims to challenge your brain in a relaxed and entertaining atmosphere.

Tuesday Tunes

Tue, Apr 22–Jun 24 • 10:30AM–11:45AM • Haley Music Therapy, Group Room and Link to be Provided

Instructor(s): Bitz Haley

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

Start your Tuesday with music and songs. Join us in a fun, informal sing-along. Bring your voices and/or musical instruments. The operative word is “fun.” If you like music, you will like this class. All levels welcome!

→ Schedule Note: This class meets April 22, May 13, May 27, June 10, and June 24.

United States Politics and the Trump Administration

Wed, Apr 23–May 21 • 1:00PM–2:30PM • The Social Chico, Bradley 2

Instructor(s): George Wright

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

The intent of this class is to assess the first three months of the Trump administration. The class will examine what is meant by “Trumpism,” outline the domestic and foreign policy initiatives the Trump administration has implemented, and evaluate the effect of the Trump administration’s policies on United States society and geopolitics.

Water Operations Basics @

Tue, May 6 • 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.

This class will cover a brief history of OLLI sponsor California Water Service, its service areas, and the customers it serves. 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 \$

Wed, Apr 23–Jun 25 • 10:00AM–11:30AM • Christine MacShane Art Studio

Instructor(s): Christine MacShane

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

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

Who R Us? A Reflection on the Book In Common \$

Fri, Apr 25–May 16 • 1:00PM–2:30PM • The Social Chico, Gordon 1

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

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

Join us to explore the many aspects of identity using Chico State’s Book in Common, Héctor Tobar’s *Our Migrant Souls: Meditations on Our Race and the Meaning of “Latino,”* as the springboard. Each of the four sessions of this class will use Tobar’s insights as a frame for discussions about what identity means to us as individuals, family members, residents of our communities, and citizens of the world. This class is for anyone from any recent or historical country of origin. *Note:* The book is available in e-book, audio, paperback, and hardback formats at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

World Dance

Wed, May 7–Jun 25 • 3:00PM–4:00PM • Westmont of Chico (formerly The Terraces), Long Exercise Room
Instructor(s): Memo Keswick

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

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

World Dance Songs

Wed, May 7–Jun 25 • 4:00PM–5:00PM • Westmont of Chico (formerly The Terraces), Long Exercise Room
Instructor(s): Memo Keswick

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

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

Writer's Workshop

Wed, Apr 23–Jun 25 • 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.

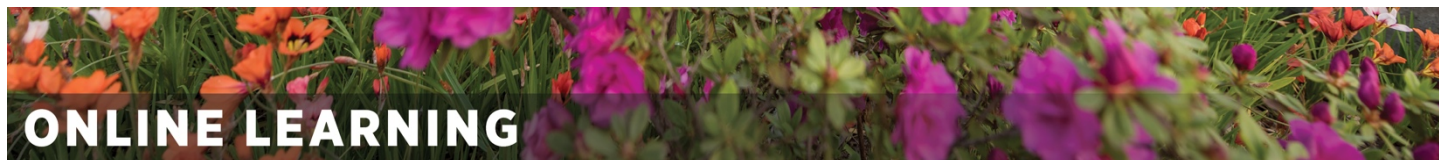
This writer's workshop serves a community of writers interested in sharing their writing and responding to other writers' work. We will focus on fiction, memoir, creative nonfiction, poetry, travel writing, stories for children, and other types of writing. Following a workshop format, this class will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

Your Chance to Dance *

Thu, May 1–Jun 26 • 10:00AM–11:00AM • Chico Creek Dance, Studio B
Instructor(s): Mary Sweeney

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

This class is a chance for you to explore and reveal your truest movement potential. The class starts with a gentle warm-up for the body-mind-spirit. It progresses to movement phrases guided by the teacher and interpreted by you for your own best interests. Dancers will explore time, flow, breath, weight, space, balance, imagery, focus, memory, relationships, harmony, and disharmony. Maybe you will also unlearn some movement habits that no longer serve you. *Note:* Wear comfortable clothing that allows for ease of movement. We will dance in bare feet unless you have a foot problem. Street shoes are not allowed in the studio.



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

Armchair National Park Tour

Tue, May 6 • 8:30AM–9:30AM • The Social Chico, Bradley 2 and Link to be Provided
Instructor(s): Mike Graf

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

Take a national park tour with full-color photos, stories, park information, animal sightings, and vacation planning information about the following national parks: Sequoia, Kings Canyon, Yosemite, Yellowstone, Grand Canyon, Grand Teton, Glacier, Zion, Bryce Canyon, Arches, Canyonlands, Acadia, Great Smoky Mountains, Olympic, Rocky Mountain, and Badlands, as well as Mount Rushmore National Monument. This armchair tour will leave you wanting to head immediately to that national park!

Aviation History: American Aviation After World War II @

Tue, Apr 22–Jun 24 • 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.

In the years following the end of World War II, American aviation benefited from the infrastructure created by the needs of the military services. General aviation experienced a rapid growth of light aircraft production and operations. The airline industry benefited from a worldwide network of airports and trained personnel. The military embraced the performance of jet engines and the concept of long-range strategic airpower. This was a period of peaceful uses of aviation, with personal participation by the instructor.

Cracker Barrel

Mon, Apr 21–Jun 23 • 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.

Exploring Color with Watercolors @

Tue, Apr 22–May 27 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

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

How do you know what colors to use and which ones to mix when working on a painting? Having an understanding and some experience with color helps artists make informed decisions and choices in developing their paintings. Using watercolors, participants will explore different color schemes and how they can affect the mood and impact of a painting. Each week will feature a different color scheme, a color exercise, and/or a painting. *Note:* See the full materials list with the class listing on the website.

Financial Planning for Independent and Assisted Living

Wed, May 14 • 10:00AM–11:30AM • Link to be Provided

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

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

How do you financially plan for yourself or a loved one to transition into a retirement community, skilled nursing home, or assisted living facility? How do you pay for it? Should you consider long-term care insurance? What happens when you run out of money? What happens if you have few or no assets prior to entering a facility? In this class Steven Cliadakis from OLLI sponsor Altum Wealth Advisors will cover some of the basic financial considerations involved in transitioning to one of these facilities.

French 1

Mon, Apr 21–Jun 23 • 1:00PM–2:00PM • Link to be Provided

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

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

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

French 2 \$

Mon, Apr 21–Jun 23 • 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.

Each week we will read from George Simenon's *Le Chien Jaune*, featuring Inspector Maigret. By dissecting grammar and usage, we further our facility with the French language. Plus, we expand our vocabulary! *Note:* The French edition of the book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers. The class will pick up where the class left off last term. New students this term will want to catch up before class starts.

French 3: Conversation

Mon, Apr 21–Jun 23 • 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.

Graduate Student Research Series @

Thu, May 8–May 29 • 1:00PM–2:30PM • The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Andrew Lavin (he/him/his)

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

Chico State's tradition of academic excellence goes back more than 130 years. Numbering over 1,000, Chico State's graduate students are often doing exciting and relevant work of their own. This class will give you a chance to hear some of them talk about their original research, centered around their theses.

Learn How to Draw @

Thu, Apr 24–Jun 26 • 10:00AM–11:30AM • 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 22–Jun 24 • 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.

Local News: Current Issues @

Tue, Jun 3–Jun 24 • 3:00PM–4:30PM • The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Andrew Lavin (he/him/his)

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

Representatives from various local news organizations will join us to discuss their processes and the challenges and opportunities for local news agencies. Bring your questions!

My Neighbor's Voice: Building Community Through Deep Listening

Wed, May 7–May 28 • 8:30AM–10:00AM • Link to be Provided
Instructor(s): Kyle Gookins

- 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 Inspiration and Enrichment

Tue, Apr 22–Jun 24 • 1:00PM–2:30PM • Link to be Provided
Instructor(s): Kate Foley

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

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

Science Fiction Book Group \$

Wed, Apr 23–Jun 18 • 1:00PM–2:30PM • Link to be Provided
Instructor(s): Sydney Wilde

- Fee for À La Carte Members: \$30. 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:* This term we will discuss *Ender's Game* by Orson Scott Card and a second novel yet to be determined. If time allows, we will finish with a novella or short story chosen by the class. The books for this group will be available in e-book, audio, paperback, and hard-bound formats, new and used, ranging in cost from \$0 (library) or \$2.99–\$11 at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

→ Schedule Note: This class meets April 24, May 7, May 21, June 4, and June 18.

Slow Reading Shakespeare: *Coriolanus*

Tue, Apr 22–Jun 24 • 10:30AM–Noon • 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 the last, and perhaps least well-known or understood, of Shakespeare's major tragedies. 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. Email Jack (jdayer@ucdavis.edu) for guidance.

Taking and Editing Photos on Your iPhone @

Tue, Jun 3–Jun 10 • 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 you 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 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.

The Arts and People of Japan @

Wed, Apr 23–Jun 25 • 1:00PM–2:30PM • Link to be Provided
Instructor(s): Katherine Harper (she/her/hers)

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

To understand the arts is to know the mind and spirit of the people. In this class, we will explore Japan's artistic history through its profound and elegant creations. We will explore Japan's best contributions to the visual arts from prehistory, the earliest Buddhist temples, Shinto shrines, and sculpture and paintings until the time of the last feudal ruler. In so many creative fields, Japan's artistry has greatly influenced artists in our modern world. It is important to identify and credit those absorbed influences.

Tuesday Tunes

Tue, Apr 22–Jun 24 • 10:30AM–11:45AM • Haley Music Therapy, Group Room and Link to be Provided
Instructor(s): Bitz Haley

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

Start your Tuesday with music and songs. Join us in a fun, informal sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If you like music, you will like this class. All levels welcome!

→ Schedule Note: This class meets April 22, May 13, May 27, June 10, and June 24.

Water Operations Basics @

Tue, May 6 • 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.

This class will cover a brief history of OLLI sponsor California Water Service, its service areas, and the customers it serves. 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.

Will: An English Playwright in Times of Radical Change \$ @

Wed, Apr 23–Jun 25 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Lynn H. Elliott

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

It was a time of radical change, a time of violence. England was under siege internally and externally. Being on the wrong side, politically or religiously, could result in torture and death. Into this confusing and disordered world strode a young married man who had left his home of Stratford-upon-Avon to

attempt his hand at playwriting for the London stage. His name was William Shakespeare. Join us for a discussion of the TV show *Will*, described as “Shakespeare on sex, drugs, and rock and roll.” *Note:* Class members will watch episodes on their own outside of class. The TV show is available to stream with a subscription or purchase on TNT, YouTube, Apple TV+, Amazon, and other streaming services.



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

A Tranquility Walk *

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

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

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

Join us for a leisurely walk of up to four miles along the tree-lined shore of Paradise Lake. Let's connect with nature in a way that stimulates our senses and unclutters our minds while enlivening our bodies with easy walking. Let your to-do list take a back seat for a while and allow the nurturing energy of Mother Nature to slow you down as you appreciate the tranquility of your surroundings. *Note:* Further details will be provided prior to the hike. Sturdy walking shoes required. There is a \$3 parking fee per vehicle.

Birding in the Chico Area: All Levels *

Thu, Apr 17–Jun 5 • 9:00AM–11:00AM • Various Locations

Instructor(s): Joyce Bond

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

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

→ Schedule Note: This class meets April 17, May 8, and June 5.

Birding in the Chico Area: Beyond the Basics *

Thu, Apr 24–Jun 12 • 8:00AM–11:00AM • Various Locations

Instructor(s): Joyce Bond

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

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

→ Schedule Note: This class meets April 24, May 22, and June 12.

Explore Your Public Lands: Sutter Buttes State Park *

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

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

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

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 22–May 13 • 11:00AM–1:00PM • Various Locations

Instructor(s): Debra Barger (she/her/hers)

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

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

Hike to Cub-Butt Divide *

Fri, Jun 20 • 8:30AM–3:30PM • Various Locations

Instructor(s): Vickie Bernhardt, Bill Casey

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

360-degree views will be one of the highlights of this moderate hike (4.5 miles round trip, 650' elevation gain). Our path will follow the Pacific Crest Trail into fir forest and then onto the ridge between Cub Creek and Butt Creek. Along the way we'll take opportunities to enjoy and learn about the flora and fauna. From our lunch spot atop the ridge we'll have beautiful views of Lassen and other nearby and distant mountains. Our pace will be leisurely. Bring your camera! *Note:* Further details will be provided prior to the hike. Sturdy hiking boots required; hiking poles optional but recommended.

Hiking the Bobelaine Audubon Sanctuary *

Thu, May 8 • 8:15AM–4:00PM • Various Locations

Instructor(s): Pamela Waldsmith, Richard Utter

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

We will explore the beautiful Bobelaine Audubon Sanctuary, hiking 5-6 miles of gorgeous, pristine riparian habitat. Mostly flat, but can be uneven and muddy depending on the weather. You should be fit for moving at a quick pace. We will hike through mature oak forest, open grassland, sloughs, a small lake, mixed riparian woodland, and the west bank of the Feather River with over 200 bird species reported. *Note:* Further details will be provided prior to the hike.

HOOFRS: Revisited *

Wed, Apr 30–May 21 • 8:00AM–3:00PM • Various Locations

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

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

This class is for women who have completed the initial HOOFRS class and are now part of the ever-expanding women's hiking community of HOOFRS. Skipping the required lecture component of the initial class, we will practically apply and expand our skills during our scheduled hikes. We will focus on problem-solving skills, expanding our navigation skills, and discussing and practicing safety and emergency skills. *Note:* Further details will be provided prior to each hike. This class is for women only.

In Search of California's Vanishing Flora *

Section 1: Mon, Apr 21 • 9:00AM–2:00PM • Various Locations

Section 2: Mon, Apr 28 • 9:00AM–2:00PM • Various Locations

Section 3: Mon, May 12 • 9:00AM–2:00PM • Various Locations

Instructor(s): David Popp

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

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

Introduction to Kayak and SUP Paddling \$

Section 1: Fri, Apr 25 • 10:00AM–Noon • Forebay Aquatic Center

Section 2: Fri, May 2 • 10:00AM–Noon • Forebay Aquatic Center

Instructor(s): Rachel McMillan

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

This is an Introductory class for those with little to no experience. Topics covered will be equipment; safety; entering, exiting, and maneuvering the vessel; and self rescue. You can choose to focus on kayaking, stand up paddleboarding, or both. The class will include a short lecture, followed by on the water instruction, supervised practice, and a paddle up the shoreline. You will have ample opportunity to use your newly learned skills while enjoying the peace, beauty, and wildlife on the Forebay. *Note:* Further details will be provided before the class. Expect to get wet. There will be an additional equipment and facility use fee of \$45 payable at the class.

Meandering in Interesting Places: Chico Seed Orchard *

Wed, May 14 • 9:00AM–11:00AM • Various Locations

Instructor(s): Candice Roethler, Mary Johnson

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

Join us for an outdoor adventure exploring an interesting place in our community. Our walk will be approximately 1-3 miles on relatively flat, even surfaces. We will meander at a leisurely pace. Participants should be comfortable walking and standing for up to two hours. We will be visiting the Mendocino National Forest Chico Seed Orchard where Vickie Stoll will lead us on a tour focusing on the flora, fauna, and history of the Chico Seed Orchard. *Note:* Further details will be provided prior to the walk.

Meandering in Interesting Places: Downtown Chico Public Art *

Mon, Apr 28 • 9:00AM–11:00AM • Various Locations

Instructor(s): Mary Johnson, Candice Roethler

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

Join us for an outdoor adventure exploring an interesting place in our community. Our walk will be approximately 1-3 miles on relatively flat, even surfaces. We will meander at a leisurely pace. Participants should be comfortable walking and standing for up to two hours. Lynn Haskell will lead us on a tour to view and learn about a variety of Downtown Chico artworks, including sculptures, murals, tiled benches, and fountains. *Note:* Further details will be provided prior to the walk.

Paddling the Feather River \$

Fri, May 30 • 10:00AM–1:00PM • Various Locations

Instructor(s): Rachel McMillan

- 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:* Further details will be provided before the class. Expect to get wet. There will be an additional equipment and facility use fee of \$65 payable at the class.

Paddling the Thermalito Afterbay \$

Fri, May 16 • 10:00AM–1:00PM • Various Locations

Instructor(s): Rachel McMillan

- 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:* Further details will be provided before the class. Expect to get wet. There will be an additional equipment and facility use fee of \$65 payable at the class.

Social Steps

Thu, May 22–Jun 12 • 8:30AM–9:30AM • Various Locations

Instructor(s): Hayley Shafer (she/her/hers)

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

Where safety meets socialization! Join Butte County Public Health for walks around Chico and learn how to be a safer pedestrian every time you leave

your house. Pedestrian safety is an important topic, as everyone is a pedestrian! During this class we will go for social walks, identify how we can get around safer, and get to know each other all at the same time. Safety items will be provided to participants of the class and each walk is about 1.5 miles long. *Note:* Further details will be provided prior to each walk.

→ Schedule Note: One in-person classroom meeting, 8:30–9:30AM May 22 in Gordon 2. All other classes will be outside.

Wednesday Park Walks *

Wed, Apr 23–May 21 • 9:15AM–10:30AM • Various Locations

Instructor(s): Amy Hahn, Bill Casey

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

Bringing back an OLLI favorite: park walks! If you want to start a walking habit, add to your daily step count, spend a morning with old and new friends, or just enjoy beautiful Lower Park, lace up your shoes and join us. Choose a 1-mile route looping at Hwy 99 or a 2.8-mile route looping at the 2nd bridge (Cedar Grove).

Women's Hike to Colby Meadows *

Fri, Jun 13 • 8:00AM–4:00PM • Various Locations

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

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

We'll hike a moderate 4.5 miles with 450 feet of elevation gain along Colby Creek, on forest trails, and through meadows filled with wildflowers. The trailhead is at 4,750 feet, high enough to escape the valley heat. Our pace will be leisurely, with time to take photographs, observe and identify wildflowers and birds, enjoy the views, and make new friends. Team up with other women to enjoy a fun day outdoors! *Note:* Further details will be provided prior to the hike. Comfortable, sturdy hiking boots/shoes required. This hike is for women only.



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. Whether you're taking all your classes together or enjoying separate parts of OLLI, registering early lets you avoid the rush on popular classes or classes with limited capacity. Contact the OLLI office by March 27 to confirm.

SPECIAL THANK YOU!

At OLLI at Chico State, community is at the heart of who we are. Our lifelong learning program exists through the dedicated contributions of our volunteers – members and community partners who serve as guides, visionaries, teachers, and loyal supporters. We want to say a resounding thank you to all of them for their hard work and tireless support that helps keep OLLI at Chico State at the forefront of active learning and engagement.

Our Donors

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

Business Sponsors

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



Accessibility & Safety

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

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

First & Last Name: _____

SPRING '25 CLASS SELECTIONS

IN PERSON

- \$55 108-Form Tai Chi: Beginning *
- \$55 108-Form Tai Chi: Intermediate
- \$55 24-Form Tai Chi *
- \$15 50+ Ways to Support People w/ Cancer
- \$30 A Place of Inner Peace *
- \$55 Acrylic Painting
- \$30 American Radicalism
- \$30 Arts & Eats *
- \$30 Beer Styles and Histories
- \$55 Beginning Spanish from Chapter 1
- \$55 Beginning Spanish from Chapter 5
- \$55 Beginning Spanish from Chapter 9
- \$30 Beyond the Four Agreements *
- \$55 Conversational Spanish
- \$30 Creating Small Collage Books *
- \$55 Creation Zone
- \$55 Developing Deeper Women's Friendships *
- \$30 Drôme: The Other Provence
- \$30 Eat Smart, Live Strong
- \$30 Emergency Preparedness
- \$30 Estate Administration
- \$55 Fairy Tales and Their Tellers
- \$55 Film, Movies, Cinema! *
- \$55 Finding Balance: Stability and Mobility *
- \$55 Fitness for Lifetime Mobility: Sect. 1 *
- \$55 Fitness for Lifetime Mobility: Sect. 2 *
- \$30 Foxfire Revisited
- \$30 Gentle Yoga *
- \$0 Healthier You: Enloe Lecture Series
- \$0 Instructional Skills Workshop
- \$55 Let's Play Games
- \$30 Linocut Printmaking *
- \$30 Living the Four Agreements *
- \$30 Master Gardener Lecture Series *
- \$30 Meditation Practice for a Lifetime *
- \$30 Nature in the Neighborhood 2

IN PERSON, CONT.

- \$30 OLLI Theatre Club *
- \$30 Playing Guitar, Level 2 and Singing Along
- \$30 Poetry for Pleasure
- \$30 Power Your Mind
- \$55 Purple Politics: Facilitated Conversations
- \$30 Sing Gospel Music
- \$55 Slow Reading *Their Eyes...*
- \$55 Spanish Composition and Conversation
- \$55 Tai Chi for Arthritis and Fall Prevention *
- \$55 Tap Dance Is Fun *
- \$55 The Promise and Peril of Social Change
- \$30 Thinkercises *
- \$30 US Politics and Trump Administration
- \$55 Watercolor for Beginners
- \$30 Who R Us? Reflection on Book In Common
- \$55 World Dance
- \$55 World Dance Songs
- \$55 Writer's Workshop
- \$55 Your Chance to Dance *

ONLINE

- \$55 Exploring Color with Watercolors
- \$15 Financial Planning
- \$55 French 1
- \$55 French 2
- \$55 French 3: Conversation
- \$55 Learn How to Draw
- \$55 Let's Keep Knitting
- \$30 My Neighbor's Voice
- \$55 Reading Poetry for Inspiration
- \$30 Science Fiction Book Group
- \$55 Slow Reading Shakespeare: *Coriolanus*
- \$30 Taking, Editing Photos on Your iPhone
- \$55 The Arts and People of Japan
- \$55 Will: An English Playwright

HYBRID ~ IN PERSON OR LIVE ONLINE!

- \$15 Armchair National Park Tour
- \$55 Aviation History: After World War II
- \$55 Cracker Barrel
- \$30 Graduate Student Research Series
- \$30 Local News: Current Issues
- \$30 Tuesday Tunes
- \$15 Water Operations Basics

OUTDOOR EXPERIENCES

- \$15 A Tranquility Walk *
- \$30 Birding: All Levels *
- \$30 Birding: Beyond Basics *
- \$15 Explore Public Lands: Sutter Buttes *
- \$30 Garden Gourmands *
- \$15 Hike to Cub-Butt Divide *
- \$15 Hiking the Bobelaine Audubon Sanctuary *
- \$30 HOOFRS: Revisited *
- \$15 In Search of... Vanishing Flora: Sect. 1 *
- \$15 In Search of... Vanishing Flora: Sect. 2 *
- \$15 In Search of... Vanishing Flora: Sect. 3 *
- \$15 Intro to Kayak and SUP Paddling: Sect. 1
- \$15 Intro to Kayak and SUP Paddling: Sect. 2
- \$15 Meandering: Chico Seed Orchard *
- \$15 Meandering: Downtown Chico Public Art *
- \$15 Paddling the Feather River
- \$15 Paddling the Thermalito Afterbay
- \$30 Social Steps
- \$30 Wednesday Park Walks *
- \$15 Women's Hike to Colby Meadows *

CLASS FEE TOTAL FOR À LA CARTE MEMBERS

\$ _____

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

Helpful Notes:

- Classes with an asterisk (*) count toward the 3-class limit. During the first two weeks of registration, you may register for up to three of these limited classes. After two weeks, you may add additional limited classes to your schedule where space is available.
- You can register for any number of classes without an asterisk (*).
- Classes have different start dates throughout the term. Please refer to the Schedule at a Glance for the class dates.



SPRING '25 MEMBERSHIP FORM

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

YOUR CONTACT INFORMATION:

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

Name _____ Phone # _____

Address _____ City _____ Zip _____

Email _____ Date of Birth ____/____/____

Emergency Contact Name _____

Relationship to You _____ Phone # _____

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

AVAILABLE MEMBERSHIP OPTIONS: *Installments Available!*

All memberships include three consecutive terms: **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



TRIPS & EVENTS WITH OLLI

OLLI Play Festival 2025 ~ Wednesday–Saturday, April 16–19

The OLLI Play Festival takes the stage this spring for its tenth year! See original comedies written, directed, and acted entirely by OLLI members. Tickets: \$10. Invite your friends!



Curtains up!
2PM Wednesday & Thursday
7PM Friday & Saturday
The Social Chico, Gordon 1

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



Discover Croatia, Slovenia and the Adriatic Coast, Fall '25

Dive into beauty and history as you explore the medieval cities, tranquil lakes, stunning coastlines, and quaint villages of Croatia and Slovenia. Explore Ljubljana, Slovenia’s romantic capital city. Discover the richness of Opatija, the “Riviera of Croatia” and an Istrian gem. Explore Plitvice Lakes National Park by foot and by boat, a place where waterfalls cascade down sheer cliffs connecting sixteen pristine lakes. Step back into Roman times in Split’s Diocletian’s Palace. Enjoy visits to local restaurants, wineries and artisanal food producers. Take in the white stone buildings and massive city walls of the ancient harbor town of Dubrovnik. Explore fascinating Zagreb by foot and funicular. Delight in the old-world charm found in this sunny Adriatic paradise.



Italy’s Treasures, Spring '26

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

Three Ways to Learn This Spring!

In the Classroom
Outdoor Experiences
Online Learning



SAVE THE DATE

OLLI Spring '25 Calendar

March 16 Spring Social Meetups Begin
March 26 Live-Online Spring Class Preview
March 27 In-Person Spring Class Preview
March 31 César Chávez Day (OLLI Closed)
April 3 Spring Class Registration Opens
April 16–19 OLLI Play Festival
April 20 Spring Social Meetups End
April 21 First Day of Spring Classes
May 26 Memorial Day (No Classes, OLLI Closed)
June 19 Juneteenth (No Classes, OLLI Closed)
June 27 Last Day of Spring Classes
June 29 Summer Social Meetups Begin

Spring '25 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 26
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 27
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