

WINTER 2024 CLASS CATALOG | JANUARY 8-MARCH 15



OLLI at Chico State

WHERE LEARNING NEVER RETIRES

Three Ways to Learn This Winter!

In the Classroom
Outdoor Experiences
Online Learning



Winter Class Previews: December 6 & 7
Class Registration Begins: December 14
Classes Begin: January 8

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

olli.csuchico.edu

530-898-6679



Welcome to OLLI All Year!

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

Classes

Classes are the heart of the OLLI experience. Our classes vary from academic subjects taught by retired 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 winter, our volunteer instructors will lead over 60 classes on everything from Shakespeare to the art of the short story, tap dance to vegetable gardening. 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 knit together – 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 – and we'll have special weeks when we invite you to bring a friend to introduce them to OLLI.

Join OLLI

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

Fees:	Unlimited Membership (Winter, Spring, & Fall) \$300	Installments Available!
	À La Carte Membership (Winter, Spring, & Fall) \$50	See the Winter '24 Membership Form, page 17.
	Instructor-Only Unlimited Membership (Winter, Spring, & Fall) \$240	Refund, Drop, and Waitlist Policies:
	Upgrade from À La Carte Membership to Unlimited Membership \$250	See our full policies on page 4.

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

Benefits for All Members:

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

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WINTER 2024 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	Jan 08–Mar 14	The Terraces, Long Exercise Room
	LGBTQ+ Issues and Identities	Susan Frawley (she/her/hers)	8:30–9:30	Jan 08–Mar 11	The Social Chico, Bradley 2 and Link to be Provided
*	Hike 4 Fun	Lois Olson	9–4	Feb 12–Mar 11	Various Locations
	Year-Round Vegetable Gardening	Skipper Clark (he/us)	9:30–11	Jan 08–Mar 11	The Social Chico, Gordon 1
*	Finding Balance: Stability and Mobility	Mary Sweeney	10–11	Jan 22–Mar 11	The Terraces, Long Exercise Room
	Beginning Guitar: Level 2	Phil Elkins	10–11:30	Jan 08–Mar 11	The Terraces, Lobby
	Cracker Barrel	David Price	10–11:30	Jan 08–Mar 11	The Social Chico, Bradley 2 and Link to be Provided
	Sing Gospel Music	Phil Elkins	10–11:30	Jan 29–Mar 04	The Terraces, Lobby
	French 1	Leanne Ulvang (she/her/hers)	1–2	Jan 08–Mar 11	Link to be Provided
*	The Art of Short Story in Five Lessons	Gary Hedlind	1–2:30	Feb 12–Mar 11	The Social Chico, Bradley 1
@	Medicare A-Z Refresher Class	Tatiana Fassieux	1–3	Feb 26	The Social Chico, Bradley 2 and Link to be Provided
	Spousal Caregiver Support Group	Debbie Vermette	1:30–3	Jan 08–Mar 11	The Social Chico, Gordon 2
	French 2	Leanne Ulvang (she/her/hers)	2:05–3	Jan 08–Mar 11	Link to be Provided
*	Armchair Travel Sketching Journal	Marvey Mueller	3–4:30	Jan 22–Feb 19	The Social Chico, Bradley 1
	French 3: Conversation	Leanne Ulvang (she/her/hers)	3:05–4	Jan 08–Mar 11	Link to be Provided

TUESDAY CLASSES

	Retirement Planning & Investments in a Changing Economy	Steven Cliadakis (he/him/his)	8:30–9:30	Jan 09–Jan 16	Link to be Provided
*	Tap Dance Is Fun	Mary Sweeney	8:30–9:30	Jan 23–Mar 12	Chico Creek Dance, Studio B
*	Living the Four Agreements: Section 1	Valerie Althoff	10–11	Jan 09–Jan 30	The Social Chico, Gordon 2
*	108-Form Tai Chi: Beginning	Lenora Wong	10–11	Jan 09–Mar 15	Center for Spiritual Living
*	Living the Four Agreements: Section 2	Valerie Althoff	10–11	Feb 20–Mar 12	The Social Chico, Gordon 2
*	Collage x 5	Debbie Vermette	10–11:30	Jan 09–Feb 06	The Social Chico, Bradley 1
@	Intro to Watercolor Painting	Cris Guenter	10–11:30	Jan 16–Feb 20	Link to be Provided
*	Exploring Mixed Media Collage	Debbie Vermette	10–11:30	Feb 13–Mar 12	The Social Chico, Bradley 1
	Where Are My Keys?	Cliff Keene (he/him/his)	10–12	Feb 13	The Social Chico, Bradley 2
	The Aging Path	Cliff Keene (he/him/his)	10–12	Jan 16	The Social Chico, Bradley 2
	Tuesday Tunes	Bitz Haley	10:30–11:45	Jan 09–Mar 12	Haley's Martial Arts Center and Link to be Provided
	Slow Reading Shakespeare: Merchant of Venice	Jack Ayer	10:30–12	Jan 09–Mar 12	Link to be Provided
*	108-Form Tai Chi: Intermediate	Lenora Wong	11–12	Jan 09–Mar 15	Center for Spiritual Living
@	Art and Archaeology of Early India	Katherine Harper (she/her/hers)	1–2:30	Jan 09–Mar 12	Link to be Provided
	Opening Pandora's Box: Reading Poetry for Meditation and Reflection	Kate Foley	1–2:30	Jan 09–Mar 12	Link to be Provided
*	The Power of Myth	Sydney Wilde	1–2:30	Jan 09–Feb 20	The Terraces, Theater
*	Language Diversity: Challenging the Stereotypes	Karen Burdette	1–2:30	Feb 13–Mar 14	The Social Chico, Bradley 1
*	Film, Movies, Cinema!	Aaron Bor	1–3:30	Jan 09–Mar 12	The Social Chico, Gordon 1
*	Gentle Yoga	Tom Hess	2–3	Jan 09–Feb 13	Yoga Center of Chico
@	Let's Keep Knitting	Gale Ulvang	3–4:30	Jan 09–Mar 12	Link to be Provided

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

WEDNESDAY CLASSES					
*	HOOFSers Session Four	Cynthia Weeks-Finnegan	8–4	Jan 31–Mar 06	Various Locations
	World Dance	Memo Keswick	9–10	Feb 07–Mar 13	The Terraces, Long Exercise Room
	Demystifying Annuities	Miste Cliadakis	10–11	Jan 17	Link to be Provided
	Learn to Draw Cartoon Characters	Dick Kennedy	10–11	Jan 10–Feb 07	Link to be Provided
	Learn to Draw in a Less Than Perfect Way	Dick Kennedy	10–11	Feb 14–Mar 13	Link to be Provided
	Save or Shred: Organizing & Securely Disposing of Documents	Miste Cliadakis	10–11	Jan 31	Link to be Provided
*	A Place of Inner Peace (In Spite of Surrounding Chaos)	Gayle Womack	10–11:30	Jan 10–Feb 07	The Social Chico, Gordon 1
* \$	Beginning Spanish	Memo Keswick	10:30–11:30	Feb 07–Mar 13	The Social Chico, Bradley 1
@	Chico State Faculty Lecture Series	Sandra Flake (she/her/hers)	1–2:30	Feb 07–Mar 13	The Social Chico, Bradley 2 and Link to be Provided
	Ideology, Liberalism, and United States Politics	George Wright	1–2:30	Jan 10–Feb 28	The Social Chico, Gordon 1
\$	Science Fiction Book Group	Sydney Wilde	1–2:30	Jan 10–Mar 13	Link to be Provided
	Smartphone 101: The iPhone	Susan Levine	1–2:30	Jan 10–Jan 31	The Social Chico, Bradley 2
@	Vincent Van Gogh's Transformation of Influences	Dolores Mitchell	1–2:30	Feb 14–Mar 13	Link to be Provided
	Writer's Workshop	Paul Belz	1–2:30	Jan 10–Mar 13	The Social Chico, Gordon 2
	Money Smart for Older Adults: Fraud Prevention	Annette Mercer	1–3	Jan 24–Jan 31	The Social Chico, Bradley 1
	French for Travelers	Leanne Ulvang (she/her/hers)	1:30–2:30	Jan 10–Mar 13	Link to be Provided
THURSDAY CLASSES					
*	Birding in the Chico Area: All Levels	Joyce Bond	9–11	Jan 18–Mar 14	Various Locations
*	Birding in the Chico Area: Advanced Birding	Joyce Bond	9–12	Jan 11–Mar 07	Various Locations
	Answering "What Now?" in a World of Accelerating Change	Linda Crill	10–11:30	Jan 11–Feb 01	The Social Chico, Bradley 2
\$	Acrylic Painting: Section 1	Christine MacShane	1–2:30	Jan 11–Feb 08	Christine MacShane Art Studio
@	Great Decisions	William Tefteller (he/him/his)	1–2:30	Jan 11–Mar 14	The Social Chico, Bradley 2 and Link to be Provided
\$	Acrylic Painting: Section 2	Christine MacShane	1–2:30	Feb 15–Mar 14	Christine MacShane Art Studio
*	Ecotherapy: A Nature-Based Wellness Class	Blake Ellis (she/her/hers)	1–3	Jan 11–Mar 14	The Social Chico, Gordon 1 and Various Locations
FRIDAY CLASSES					
*	Hiking with Birds, Botany, and Bemusement	Pamela Waldsmith	8:30–3:30	Feb 09–Mar 15	Various Locations
*	Hike Bidwell Park: Upper Yahi Trail	Lorraine Smith	9–3	Feb 23	Various Locations
*	Women's Hike to Paynes Creek Point	Vickie Stoll	9–4	Feb 09	Various Locations
*	Chico State University Farm Tour	Elizabeth Mintey (she/her/hers)	9–11	Mar 01	Chico State University Farm
	Poetry for Pleasure	Paul Belz	9:15–10:15	Jan 12–Mar 15	The Social Chico, Gordon 2
	The Civil War and Reconstruction with David Blight	Walter Coffey	10–11:30	Jan 12–Mar 15	The Social Chico, Bradley 2
	Music and Musicians	Walter Coffey	1–3	Jan 12–Mar 15	The Social Chico, Bradley 2

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 Living.....14 Hillary Lane, Chico
- Chico Creek Dance1144 W. 1st Street, Chico
- Chico State University Farm..... 311 Nicholas C Shouten Lane, Chico
- Christine MacShane Art Studio 1459 Humboldt Road, Suite B, Chico
- Haley's Martial Arts Center 260 Cohasset Road, #150, Chico
- The Social Chico, Bradley & Gordon Classrooms..... 1400 W. 3rd Street, Chico
- The Terraces.....2750 Sierra Sunrise Terrace, Chico
- Yoga Center of Chico..... 250 Vallombrosa, Suite 150, Chico

REGISTRATION & POLICIES

Class Registration Opens December 14 & Runs Throughout Winter



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

Waitlists

- If a class is full, you can be added to the waitlist. If space becomes available in a class with a waitlist, waitlisted members will be added to the class in the order they were added to the waitlist. We ask that you not attend the class until you have been officially registered.
- There is no fee to be added to the waitlist. À La Carte Members on the waitlist will be contacted for payment before being 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, the OLLI office will contact you to arrange for 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, 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 2 business days before the first class meeting for classes that meet 1 or 2 times.
- If you drop a class after the drop deadline, we will issue a credit on your account for the class price minus an administrative fee of \$10 for each dropped class.
- Credits from dropped or canceled 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.



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, Jan 09–Mar 15 • 10:00AM–11:00AM • Center for Spiritual Living
Instructor(s): Lenora Wong

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

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

108-Form Tai Chi: Intermediate *

Tue & Fri, Jan 09–Mar 15 • 11:00AM–12:00PM • Center for Spiritual Living
Instructor(s): Lenora Wong

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

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

24-Form Tai Chi *

Mon & Thu, Jan 08–Mar 14 • 8:30AM– 9:30AM • The Terraces, Long Exercise Room
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. *Note:* This class meets twice a week.

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

Wed, Jan 10–Feb 07 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Gayle Womack

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

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

Acrylic Painting: \$

Section 1: Thu, Jan 11–Feb 08 • 1:00PM– 2:30PM • Christine MacShane Art Studio

Section 2: Thu, Feb 15–Mar 14 • 1:00PM– 2:30PM • Christine MacShane Art Studio
Instructor(s): Christine MacShane

- Fee for À La Carte Members: \$30. 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 \$75 materials fee, payable to the instructor at the first class meeting. Please register for only one section.

Answering “What Now?” in a World of Accelerating Change

Thu, Jan 11–Feb 01 • 10:00AM–11:30AM • The Social Chico, Bradley 2
Instructor(s): Linda Crill

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

Are you amazed by the amount of accelerating change in our world? Are you asking, “What now?” when the unknown or unexpected happens in your life? Change is a factor everyone has faced throughout history, but the rate of change we’re facing today is expected to accelerate even faster. In this class we’ll look at how to continuously update ourselves by erasing old boundaries, opening doors labeled “not me,” and being contemporary in a world we don’t always understand.

Armchair Travel Sketching Journal *

Mon, Jan 22–Feb 19 • 3:00PM– 4:30PM • The Social Chico, Bradley 1
Instructor(s): Marvey Mueller

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

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

Beginning Guitar: Level 2

Mon, Jan 08–Mar 11 • 10:00AM–11:30AM • The Terraces, Lobby

Instructor(s): Phil Elkins

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

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

Beginning Spanish * \$

Wed, Feb 07–Mar 13 • 10:30AM–11:30AM • 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. *Note:* This class will start with Chapter 3 unless otherwise decided by the group participants. The book is available at Barnes & Noble, Amazon, and other booksellers.

Chico State Faculty Lecture Series @

Wed, Feb 07–Mar 13 • 1:00PM– 2:30PM •

The Social Chico, Bradley 2 and Link to be Provided

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

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

Chico State's tradition of academic excellence goes back more than 130 years. With over 900 faculty members and 13,000 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard! *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Collage x 5 *

Tue, Jan 09–Feb 06 • 10:00AM–11:30AM • The Social Chico, Bradley 1

Instructor(s): Debbie Vermette, Melissa Ottem, Donna Sandberg,

Akhila Murphy, Joan Goodreau

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

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

Cracker Barrel

Mon, Jan 08–Mar 11 • 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. *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Exploring Mixed Media Collage *

Tue, Feb 13–Mar 12 • 10:00AM–11:30AM • The Social Chico, Bradley 1

Instructor(s): Debbie Vermette

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

Collage is a creative medium accessible to people of all artistic skill levels. We'll explore the world of collage by using different papers and techniques. There is no wrong way of creating a collage. It is simply a matter of layering color, texture, and patterns. And it's fun!

Film, Movies, Cinema! *

Tue, Jan 09–Mar 12 • 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.

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 winter, avoiding the rush on popular classes or classes with limited capacity. Contact the OLLI office by December 7 to confirm.



Finding Balance: Stability and Mobility *

Mon, Jan 22–Mar 11 • 10:00AM–11:00AM • The Terraces, Long Exercise Room
Instructor(s): Mary Sweeney

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

Everyone can have better balance! Balance improves with practice under safe and friendly conditions. In this class, we will explore balance in sitting and standing positions and find improved equilibrium while moving from one position to another. You will learn how various factors affect balance, including muscle strength, flexibility, vision, vestibular sense, proprioception, coordination, and cognition. Come experience the art, science, and joy of re-establishing your body's stability and mobility. *Note:* Wear comfortable clothing that allows for ease of movement and shoes with support that works best for your feet. Thin-soled shoes are best; bare feet are fine, too.

Gentle Yoga *

Tue, Jan 09–Feb 13 • 2:00PM–3:00PM • Yoga Center of Chico
Instructor(s): Tom Hess

- Fee for À La Carte Members: \$55. 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.

Great Decisions @

Thu, Jan 11–Mar 14 • 1:00PM–2:30PM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): William Tefteller (he/him/his), Myron Flindt, David Price

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

“Great Decisions” is the Foreign Policy Association’s public education program about US foreign policy and global affairs issues. We will cover four of the Foreign Policy Association’s topics and add some additional topics that are of interest to the class. *Note:* The topics for 2024 are Mideast realignment, pandemic preparation, NATO’s future, climate technology and competition, Indonesia, US and China trade rivalry, high seas treaty, and science across borders. The Foreign Policy Association publishes a study guide each year, available for \$35 plus shipping at www.fpa.org. The study guide is not required for the class. You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Ideology, Liberalism, and United States Politics

Wed, Jan 10–Feb 28 • 1:00PM–2:30PM • The Social Chico, Gordon 1
Instructor(s): George Wright

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

The political culture of the United States has historically been defined and shaped by liberalism, a socially constructed ideology based on notions of individual liberty, a free market, and limited government. However, despite that seemingly familiar definition, the premise of this class is that liberalism is the most misunderstood political concept in United States political culture. This class will explore the ways several variants of liberalism have defined and shaped political culture at different times in United States history.

Language Diversity: Challenging the Stereotypes *

Tue & Thu, Feb 13–Mar 14 • 1:00PM–2:30PM • The Social Chico, Bradley 1
Instructor(s): Karen Burdette

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

Do you speak a dialect? If not, who does? Whose dialect is better? Is there good language and bad language? Who decides? This class will consider these questions and perhaps challenge some of our basic assumptions as we take a fun romp through the wonderful diversity of human language.

LGBTQ+ Issues and Identities

Mon, Jan 08–Mar 11 • 8:30AM–9:30AM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Susan Frawley (she/her/hers)

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

In the last few years, states have advanced a record number of bills that attack LGBTQ+ rights. Join this class in exploring the diversity of LGBTQ+ communities, identities, and issues and discover how everyone is impacted by the anti-LGBTQ movement. Learn the basics of terminology and delve into historical, cultural, and theoretical aspects of the LGBTQ+ experience. There will be plenty of time for questions. *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Living the Four Agreements *

Section 1: Tue, Jan 09–Jan 30 • 10:00AM–11:00AM • The Social Chico, Gordon 2

Section 2: Tue, Feb 20–Mar 12 • 10:00AM–11:00AM • 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! *Note:* Please register for only one section.

Medicare A-Z Refresher Class @

Mon, Feb 26 • 1:00PM–3:00PM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Tatiana Fassieux, Victoria Brennan

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

Passages Health Insurance Counseling & Advocacy Program (HICAP) is offering this general knowledge refresher class on all things Medicare. Topics include enrollment periods, beneficiary rights and responsibilities, supplemental insurance options, \$0 co-pay preventive care and vaccines, locally available Medicare Advantage Plans, and more. Questions are welcome and resources will be provided relating to individualized needs. *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Money Smart for Older Adults: Fraud Prevention

Wed, Jan 24–Jan 31 • 1:00PM–3:00PM • The Social Chico, Bradley 1

Instructor(s): Annette Mercer, Danny Duckworth

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

In this class we will cover different types of senior financial abuse, fraud, and identity theft. We will learn how to prevent it and who to contact if it happens to you. We encourage open discussion and class participation.

Music and Musicians

Fri, Jan 12–Mar 15 • 1:00PM–3:00PM • The Social Chico, Bradley 2

Instructor(s): Walter Coffey

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

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

Poetry for Pleasure

Fri, Jan 12–Mar 15 • 9:15AM–10:15AM • The Social Chico, Gordon 2

Instructor(s): Paul Belz

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

Reading poetry helps you to know things more fully; it commands your attention; and it can sustain good conversation. In this class, participants select poetry from favorite sources to read aloud with fellow enthusiasts. *Note:* This class meets January 12, 26, February 2, 16, and March 1, 15.

Sing Gospel Music

Mon, Jan 29–Mar 04 • 10:00AM–11:30AM • The Terraces, Lobby

Instructor(s): Phil Elkins

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

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

Smartphone 101: The iPhone

Wed, Jan 10–Jan 31 • 1:00PM–2:30PM • The Social Chico, Bradley 2

Instructor(s): Susan Levine

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

This class is an introduction to any version of Apple's iPhone. We will cover the basic structure and functions of the iPhone as well as how to navigate your device using your voice and fingers. The class consists of lectures and hands-on exercises. Most importantly, you will learn how and where to find the answer to the all important question, "How do I...?"

Spousal Caregiver Support Group

Mon, Jan 08–Mar 11 • 1:30PM–3:00PM • The Social Chico, Gordon 2

Instructor(s): Debbie Vermette

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

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



Tap Dance Is Fun *

Tue, Jan 23–Mar 12 • 8:30AM–9:30AM • Chico Creek Dance, Studio B
Instructor(s): Mary Sweeney

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

Tap dance involves rhythmic, percussive, and precise movement of the feet while promoting flow and individual style of the entire body. Classes will include warm-up, structured movement phrases that will build in complexity, and creative explorations. All levels are welcome. Good standing balance is recommended, but you can perform the rhythms sitting in a chair. *Note:* Wear comfortable clothing that allows for ease of movement and tap shoes, preferably with low heel.

The Aging Path

Tue, Jan 16 • 10:00AM–12:00PM • The Social Chico, Bradley 2
Instructor(s): Cliff Keene (he/him/his)

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

In this seminar class, we will discuss all the levels of care that seniors face as we age, from the hospital stay to skilled nursing visit and everything in between. Each step has its own benefits and challenges. This class will give you a chance to learn about each step before facing an often quick and important decision when the need arises.

The Art of Short Story in Five Lessons *

Mon, Feb 12–Mar 11 • 1:00PM–2:30PM • The Social Chico, Bradley 1
Instructor(s): Gary Hedlund

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

In each class session, we will examine a short story selected from a variety of authors and topics. A summary focus list will be provided as a blueprint for accessing stories. We will then attempt to answer a series of questions related to each story in an effort to determine what makes a quality story. Each session will conclude with class participants experimenting with various elements of a story in order to enhance their own writing.

The Civil War and Reconstruction with David Blight

Fri, Jan 12–Mar 15 • 10:00AM–11:30AM • The Social Chico, Bradley 2
Instructor(s): Walter Coffey

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

Part one of a three-term presentation of David Blight's online Yale University class. This part covers the 1840s through John Brown. Four broad themes are closely examined: the crisis of union and disunion in an expanding republic; slavery, race, and emancipation as a national problem, personal experience, and social process; the experience of modern, total war for individuals and society; and the political and social challenges of Reconstruction.

The Power of Myth *

Tue, Jan 09–Feb 20 • 1:00PM–2:30PM • The Terraces, Theater
Instructor(s): Sydney Wilde

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

We will watch and review the 1985 PBS series of interviews between Bill Moyers and Joseph Campbell, *The Power of Myth*. After each of the six episodes, we will explore and discuss the meaning of myth and its worldwide cultural impact. What surprises us? How do the many myths in our lives impact us personally? And what myths do we see in the making today?

Tuesday Tunes

Tue, Jan 09–Mar 12 • 10:30AM–11:45AM •
Haley's Martial Arts Center 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 weekly sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If you like music, you will like this class. All levels welcome! *Note:* This class meets January 9, 23, February 13, 27, and March 12. You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Where Are My Keys?

Tue, Feb 13 • 10:00AM–12:00PM • The Social Chico, Bradley 2
Instructor(s): Cliff Keene (he/him/his)

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

Are you finding yourself more forgetful as you age? In this seminar class, we will discuss the normal and abnormal changes of the brain as we age. You'll learn what is common and what isn't part of the normal decline of memory as we get older. We will also discuss activities and nutrition ideas that will help keep our brains in optimum health.

World Dance

Wed, Feb 07–Mar 13 • 9:00AM–10:00AM • The Terraces, Long Exercise Room
Instructor(s): Memo Keswick

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

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

Writer's Workshop

Wed, Jan 10–Mar 13 • 1:00PM–2:30PM • The Social Chico, Gordon 2

Instructor(s): Paul Belz

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

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

Year-Round Vegetable Gardening

Mon, Jan 08–Mar 11 • 9:30AM–11:00AM • The Social Chico, Gordon 1

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

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

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



ONLINE LEARNING

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

Art and Archaeology of Early India @

Tue, Jan 09–Mar 12 • 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.

The class will consider the art history of ancient India from the prehistoric through the medieval period. Class presentations will include PowerPoint reviews of key works and archaeological monuments, as well as important background information on Buddhism and Hinduism.

Chico State Faculty Lecture Series @

Wed, Feb 07–Mar 13 • 1:00PM–2:30PM •

The Social Chico, Bradley 2 and Link to be Provided

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

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

Chico State's tradition of academic excellence goes back more than 130 years. With over 900 faculty members and 13,000 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard! *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Cracker Barrel

Mon, Jan 08–Mar 11 • 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. *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Demystifying Annuities

Wed, Jan 17 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Miste Ciadakis

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

Have you ever heard radio hosts say, "I hate annuities," "Annuities are bad," or "Annuities have lots of fees"? This class is designed to demystify what you may have heard about annuities. For example, you may not know that there are four main types of annuities, that some annuities have zero fees, that some annuities are liquid, or that some annuities act much like a CD. Annuities can be complex investment products, and they may not be for everyone. Learn the pros and cons of the various annuities.

French 1

Mon, Jan 08–Mar 11 • 1:00PM–2:00PM • Link to be Provided

Instructor(s): Leanne Ulvang (she/her/hers), Michèle Martens

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

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

French 2

Mon, Jan 08–Mar 11 • 2:05PM–3:00PM • Link to be Provided

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

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

This class will focus on grammar, usage, creating French sentences, and improving listening skills, plus reading French stories. Two primary topics for this term are use of the partitive and relative pronouns.

French 3: Conversation

Mon, Jan 08–Mar 11 • 3:05PM–4:00PM • Link to be Provided

Instructor(s): Leanne Ulvang (she/her/hers), 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.

French for Travelers

Wed, Jan 10–Mar 13 • 1:30PM–2:30PM • Link to be Provided

Instructor(s): Leanne Ulvang (she/her/hers), Michèle Martens

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

Travel is back! This class will prepare you for a trip to the Francophone world with its focus on pronunciation, politesse, and practicalities. We'll cover vocabulary and idioms helpful for travelers in French-speaking countries. The class is conducted mainly in English, so no prior knowledge of French is required. In fact, you can see if you'd like to learn the language.

Great Decisions @

Thu, Jan 11–Mar 14 • 1:00PM–2:30PM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): William Tefteller (he/him/his), Myron Flindt, David Price

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

"Great Decisions" is the Foreign Policy Association's public education program about US foreign policy and global affairs issues. We will cover four of the Foreign Policy Association's topics and add some additional topics that are of interest to the class. *Note:* The topics for 2024 are Mideast realignment, pandemic preparation, NATO's future, climate technology and competition, Indonesia, US and China trade rivalry, high seas treaty, and science across

borders. The Foreign Policy Association publishes a study guide each year, available for \$35 plus shipping at www.fpa.org. The study guide is not required for the class. You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Intro to Watercolor Painting @

Tue, Jan 16–Feb 20 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

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

Participants will explore basic watercolor techniques, ways to use different watercolor brushes, and differences in watercolor papers. There will be in-class demonstrations and painting by all, as well as watercolor exercises to explore on your own after each class session. Demonstrations are with the materials from the course materials list. However, if you already have watercolor materials you can use them. Those who have taken this course previously are welcome to retake it and work on watercolor paintings they have in progress. *Note:* See the full materials list with the class listing on the website.

Learn to Draw Cartoon Characters

Wed, Jan 10–Feb 07 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Dick Kennedy

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

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

Learn to Draw in a Less Than Perfect Way

Wed, Feb 14–Mar 13 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Dick Kennedy

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

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

Let's Keep Knitting @

Tue, Jan 09–Mar 12 • 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.

LGBTQ+ Issues and Identities

Mon, Jan 08–Mar 11 • 8:30AM–9:30AM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Susan Frawley (she/her/hers)

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

In the last few years, states have advanced a record number of bills that attack LGBTQ+ rights. Join this class in exploring the diversity of LGBTQ+ communities, identities, and issues and discover how everyone is impacted by the anti-LGBTQ movement. Learn the basics of terminology and delve into historical, cultural, and theoretical aspects of the LGBTQ+ experience. There will be plenty of time for questions. *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Medicare A-Z Refresher Class @

Mon, Jan 11–Feb 26 • 1:00PM–3:00PM •

The Social Chico, Bradley 2 and Link to be Provided

Instructor(s): Tatiana Fassieux, Victoria Brennan

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

Passages Health Insurance Counseling & Advocacy Program (HICAP) is offering this general knowledge refresher class on all things Medicare. Topics include enrollment periods, beneficiary rights and responsibilities, supplemental insurance options, \$0 co-pay preventive care and vaccines, locally available Medicare Advantage Plans, and more. Questions are welcome and resources will be provided relating to individualized needs. *Note:* You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

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

Tue, Jan 09–Mar 12 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Kate Foley, Susan Bollinger

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

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

Retirement Planning & Investments in a Changing Economy

Tue, Jan 09–Jan 16 • 8:30AM–9:30AM • Link to be Provided

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

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

This class will discuss how tax law changes, rising interest rates, and a changing economy may affect your investments and retirement plans. We will share the financial market perspectives of respected economists and explore the investment trends and best practices in a constantly changing economic landscape. We will discuss various investment vehicles, such as mutual funds, index funds, ETFs, alternative investments, and others. The class will finish by highlighting the principles of financial planning and how they can be applied to your personal retirement goals.

Save or Shred: Organizing & Securely Disposing of Documents

Wed, Jan 31 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Miste Ciadakis

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

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

Science Fiction Book Group \$

Wed, Jan 10–Mar 13 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Sydney Wilde

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

This class will discuss favorite science fiction authors, their books, and the human, political, and scientific issues they raise. The books and authors will be chosen by Sydney from suggestions by participants. This is a fun, free-flowing gathering of science fiction enthusiasts. Please join us and bring your ideas, insights, and suspension of disbelief. *Note:* This class does not meet on the first Wednesday of each month. The books for this group will be available in e-books, audio, paperback, and hard-bound formats, new and used ranging in cost from \$0 (library) or \$2.99–\$11 at Barnes & Noble, Amazon, and other booksellers.

Slow Reading Shakespeare: Merchant of Venice

Tue, Jan 09–Mar 12 • 10:30AM–12:00PM • Link to be Provided

Instructor(s): Jack Ayer

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

Join us for a collaborative read of one of Shakespeare's most well-known plays, *Merchant of Venice*. You'll be encouraged, but not required, to join in the discussion. This class is for beginners and Shakespeare veterans alike. The discussion will also refer to the optional but enticing book *Shakespeare and the Jews* by James Shapiro. *Note:* You'll need a copy of the play. There are many options. Email Jack (jdayer@ucdavis.edu) for guidance.

Tuesday Tunes

Tue, Jan 09–Mar 12 • 10:30AM–11:45AM •

Haley's Martial Arts Center 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 weekly sing-along. Bring your voices and/or musical instruments. The operative word is “fun.” If you like music, you will like this class. All levels welcome! *Note:* This class meets January 9, 23, February 13, 27, and March 12. You may choose to attend this hybrid class in person or online. The Zoom link will be provided to all registered participants.

Vincent Van Gogh's Transformation of Influences @

Wed, Feb 14–Mar 13 • 1:00PM–2:30PM • Link to be Provided

Instructor(s): Dolores Mitchell

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

Through lectures, videos, and discussions, we will examine how Van Gogh used aspects of English, Dutch, French, and Japanese art in the development of his style. We will also see how he developed the rhythms of his paintings through his drawings. Participants will receive emails with something to look at, something to read, something to watch, and a Van Gogh drawing to copy in advance of each class meeting. Recommended reading: any edition of Van Gogh's letters to his brother Theo.



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

Birding in the Chico Area: Advanced Birding *

Thu, Jan 11–Mar 07 • 9:00AM–12:00PM • Various Locations

Instructor(s): Joyce Bond

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

We will spend more time trying to sight interesting birds in varying habitats with advanced identification tips. We will meet once a month at different locations for field trips that may involve 2-3 miles of walking. Prerequisite: participants must have taken “Birding In the Chico Area” more than once. *Note:* This class meets January 11, February 8, and March 7. Please register for only one birding section.

Birding in the Chico Area: All Levels *

Thu, Jan 18–Mar 14 • 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 and field guides, class participants learn to identify birds in their natural habitat. We will meet once a month at different birding locations for field trips that may involve 1-2 miles of walking. *Note:* One in-person classroom meeting, 9-11AM January 18 in Gordon 2. Three outdoor class meetings 9-11AM January 25, February 22, and March 14. Participants who are new to this class must attend the classroom meeting to participate in the outdoor birding trips. Please register for only one birding section.

Chico State University Farm Tour *

Fri, Mar 01 • 9:00AM–11:00AM • Chico State University Farm

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

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

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

Ecotherapy: A Nature-Based Wellness Class *

Thu, Jan 11–Mar 14 • 1:00PM–3:00PM •

The Social Chico, Gordon 1 and Various Locations

Instructor(s): Blake Ellis (she/her/hers), Greg Shafer (he/him/his), Jon Aull (he/him/his)

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

This is an OLLI-exclusive opportunity to learn from the Chico State Ecotherapy Program. Learn about the healing benefits of nature; enhance our knowledge and connection to our local environment; build skills for resilience, mindfulness, and nervous system regulation; complete volunteer stewardship; and learn how to practice nature and forest therapy. Inspired by shinrin-yoku, the Japanese practice of forest bathing, research shows that forest therapy can restore attention, decrease stress hormones, improve respiratory and cardiovascular function, decrease anxiety and depression, and improve mood, creativity, and immune function. *Note:* This class meets 1-2PM in Gordon 1 on January 11, 18, 25, and February 22, 29. This class will meet outdoors 1-3PM February 1, 8, 15, and March 7, 14.

Hike 4 Fun *

Mon, Feb 12–Mar 11 • 9:00AM–4:00PM • Various Locations
Instructor(s): Lois Olson, Felicia Stiles

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

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

Hike Bidwell Park: Upper Yahi Trail *

Fri, Feb 23–Feb 23 • 9:00AM–3:00PM • Various Locations
Instructor(s): Lorraine Smith, Vickie Stoll

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

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

Hiking with Birds, Botany, and Bemusement *

Fri, Feb 09–Mar 15 • 8:30AM–3:30PM • Various Locations
Instructor(s): Pamela Waldsmith, Richard Utter, Laurie Archambault

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

Join us in hiking for enjoyment, beauty, learning, and a good amount of exercise. The three hikes are 3-5 miles, with a mix of fairly flat terrain and steep, uneven ground. Each hike has its own learning component, including visits to the Oroville Dam, the Big Chico Creek Ecological Reserve, and Divide Ranch. *Note:* This class will meet February 9, 23, and March 15. Sturdy hiking shoes and layered clothing are recommended. Further details will be provided prior to the hikes.

HOOFeers Session Four *

Wed, Jan 31–Mar 06 • 8:00AM–4:00PM • Various Locations
Instructor(s): Cynthia Weeks-Finnegan, Lois Olson, Laura Lukes

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

HOOFeers brings together women who are interested in participating in a hiking community. We focus on trail safety, basic navigation skills, sharing our love and knowledge of local trails, aligning our expectations and abilities when planning hikes, and building a community of informed, like-minded hikers. The mandatory first meeting covers introductions, packs and equipment, and evaluation and review of our existing skills in the classroom. A short PowerPoint presentation covers the basics of safety on the trail. Three subsequent meetings are hikes. *Note:* One in-person classroom meeting, 10AM-12PM January 31 in Bradley 1 and three outdoor hikes 8AM-4PM February 7, 21, and March 6. Participants must attend the classroom meeting to participate in the hikes. This class is for women only.

Women's Hike to Paynes Creek Point *

Fri, Feb 09 • 9:00AM–4:00PM • Various Locations
Instructor(s): Vickie Stoll, Lorraine Smith

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

This moderate out-and-back hike in the Sacramento River Bend Area is six and a half miles with 500' elevation gain. We'll hike through varied landscapes, meandering along a bluff overlooking the Sacramento River with excellent views of Lassen Peak. After a short climb up to Paynes Creek Point, we'll eat lunch and enjoy more views. We'll look and listen for birds (perhaps we'll see the beautiful Lewis's Woodpecker), and learn about the flora and fauna along our path. The return route takes us through the picturesque Perry Ravine. *Note:* Further details will be provided prior to the hike. Sturdy hiking boots required; hiking poles recommended. This class is for women only.



SPECIAL THANK YOU!

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

Our Donors

Individual donations from 26.2 percent of OLLI members totaled more than \$68k in 2022-23. Your generosity provided fee assistance for members who needed a lift, new computer equipment to help us stay connected and engaged, and classroom upgrades to enhance the OLLI experience.

Business Sponsors

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



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.

WINTER 2024 CLASS SELECTIONS

IN PERSON

- ☐ \$55 108-Form Tai Chi: Beginning *
- ☐ \$55 108-Form Tai Chi: Intermediate *
- ☐ \$55 24-Form Tai Chi *
- ☐ \$30 A Place of Inner Peace (In Spite of Surrounding Chaos) *
- ☐ \$30 Acrylic Painting: Section 1
- ☐ \$30 Acrylic Painting: Section 2
- ☐ \$30 Answering "What Now?" in a World of Accelerating Change
- ☐ \$30 Armchair Travel Sketching Journal *
- ☐ \$30 Beginning Guitar: Level 2
- ☐ \$55 Beginning Spanish *
- ☐ \$30 Collage x 5 *
- ☐ \$30 Exploring Mixed Media Collage *
- ☐ \$55 Film, Movies, Cinema! *
- ☐ \$55 Finding Balance: Stability and Mobility *
- ☐ \$55 Gentle Yoga *
- ☐ \$55 Ideology, Liberalism, and United States Politics
- ☐ \$55 Language Diversity: Challenging the Stereotypes *
- ☐ \$30 Living the Four Agreements: Section 1 *
- ☐ \$30 Living the Four Agreements: Section 2 *
- ☐ \$30 Money Smart for Older Adults: Fraud Prevention
- ☐ \$55 Music and Musicians
- ☐ \$55 Poetry for Pleasure
- ☐ \$30 Sing Gospel Music
- ☐ \$30 Smartphone 101: The iPhone
- ☐ \$55 Spousal Caregiver Support Group
- ☐ \$55 Tap Dance Is Fun *
- ☐ \$15 The Aging Path
- ☐ \$30 The Art of Short Story in Five Lessons *
- ☐ \$55 The Civil War and Reconstruction with David Blight
- ☐ \$55 The Power of Myth *
- ☐ \$15 Where Are My Keys?
- ☐ \$55 World Dance
- ☐ \$55 Writer's Workshop
- ☐ \$55 Year-Round Vegetable Gardening

ONLINE

- ☐ \$55 Art and Archaeology of Early India
- ☐ \$15 Demystifying Annuities
- ☐ \$55 French 1
- ☐ \$55 French 2
- ☐ \$55 French 3: Conversation
- ☐ \$55 French for Travelers
- ☐ \$55 Intro to Watercolor Painting
- ☐ \$30 Learn to Draw Cartoon Characters
- ☐ \$30 Learn to Draw in a Less Than Perfect Way
- ☐ \$55 Let's Keep Knitting
- ☐ \$55 Opening Pandora's Box: Reading Poetry...
- ☐ \$30 Retirement Planning & Investments in a Changing Economy
- ☐ \$15 Save or Shred: Organizing & Securely Disposing of Documents
- ☐ \$55 Science Fiction Book Group
- ☐ \$55 Slow Reading Shakespeare: Merchant of Venice
- ☐ \$30 Vincent Van Gogh's Transformation of Influences

OUTDOOR EXPERIENCES

- ☐ \$30 Birding in the Chico Area: Advanced Birding *
- ☐ \$30 Birding in the Chico Area: All Levels *
- ☐ \$15 Chico State University Farm Tour *
- ☐ \$55 Ecotherapy: A Nature-Based Wellness Class *
- ☐ \$30 Hike 4 Fun *
- ☐ \$15 Hike Bidwell Park: Upper Yahi Trail *
- ☐ \$30 Hiking with Birds, Botany, and Bemusement *
- ☐ \$30 HOOFSers Session Four *
- ☐ \$15 Women's Hike to Paynes Creek Point *

HYBRID ~ ATTEND IN PERSON OR LIVE ONLINE!

- ☐ \$55 Chico State Faculty Lecture Series
- ☐ \$55 Cracker Barrel
- ☐ \$55 Great Decisions
- ☐ \$55 LGBTQ+ Issues and Identities
- ☐ \$15 Medicare A-Z Refresher Class
- ☐ \$30 Tuesday Tunes

CLASS FEE TOTAL FOR À LA CARTE MEMBERS

\$ _____

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

Helpful Notes:

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

WINTER 2024 MEMBERSHIP FORM

Membership for those aged 50+ or retired is required to participate in OLLI classes, social meetups, and events. OLLI volunteer instructors are also required to join. Joining OLLI at Chico State supports our programs and enables you to enjoy OLLI's full range of offerings, make new friends, and socialize with people who share common interests.

YOUR CONTACT INFORMATION:

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

Name _____ Phone # _____

Address _____ City _____ Zip _____

Email _____ Date of Birth ____/____/____

Emergency Contact Name _____

Relationship to You _____ Phone # _____

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

AVAILABLE MEMBERSHIP OPTIONS: *Installments Available!*

All memberships include three consecutive terms: **winter, spring, and fall**. 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

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. _____ 3-Digit Card Security Code: _____

MAIL FORM & PAYMENT TO: OLLI at Chico State • 400 W. 1st St • Chico, CA 95929-0792

TRIPS & TOURS WITH OLLI

Fully-Guided, In-Person Tours with OLLI

Take a trip guided by seasoned tour guides from Collette, a favorite touring company of other OLLIs in the national Osher network. These OLLI-exclusive experiences promise memorable journeys in the company of friends. For more information, visit the “Trips and Tours” page at olli.csuchico.edu



America's Cowboy Country, Spring '24

Enjoy stunning views of the American West as you make your way through Yellowstone, Grand Teton National Park, and more. Overnight in the cowboy towns of Jackson Hole and Cody. Experience Yellowstone National Park, home to an incredible array of wildlife. Search for free-ranging herds of buffalo in Custer State Park. Marvel at Grand Teton National Park's towering peaks, marked with mountain glaciers. Soak in stunning views of Mt. Rushmore and the Crazy Horse Memorial. Grab your Stetson hat and saddle up for an adventure as you discover natural wonders and cultural treasures.



Memorials of World War II, Fall '24

An unforgettable journey of discovery and remembrance awaits you as you travel between London, Normandy, and Paris in the year of the 80th Anniversary of D-Day. Explore London's connections to World War II during a city tour focused on The Blitz. Cross the English Channel, retracing the parallel journey nearly 160,000 courageous Allied troops took on June 6, 1944, as they set out to liberate Europe from the Nazis. Visit the Normandy American Cemetery and Sainte-Mère-Église and learn about the brave paratroopers who parachuted into Normandy. Conclude your journey in Paris, the City of Light, with a festive dinner cruise along the Seine River.



Discover the Islands of New England, Fall '24

The Atlantic coast is calling. Explore New England's majestic seaboards, from Rhode Island to Cape Cod. Visit Providence and the Gilded Age mansions of Newport. Experience the beautiful islands of Martha's Vineyard and Nantucket. Complete your local experience as you indulge in a traditional seafood and lobster feast. Explore the local charms, walk along historic cobblestone streets, and feel like a true New Englander.

Three Ways to Learn This Winter!

In the Classroom
Outdoor Experiences
Online Learning

SAVE THE DATE

OLLI Winter '24 Calendar

Nov. 13 Winter '24 Memberships Available
Nov. 18 Winter Social Meetups Begin
Dec. 6 Live-Online Winter Class Preview
Dec. 7 In-Person Winter Class Preview
Dec. 14 Winter Class Registration Opens
Dec. 18-Jan. 1 Winter Break (OLLI Closed)
Jan. 7 Winter Social Meetups End
Jan. 8 First Day of Winter Classes
Jan. 15 Martin Luther King Jr. Day
(No Classes, OLLI Closed)
Mar. 15 Last Day of Winter Classes

Winter '24 Class Previews

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

Live-Online Class Preview

Wednesday, December 6
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, December 7
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 winter!



olli.csuchico.edu
530-898-6679