



OLLI at Chico State

WHERE LEARNING NEVER RETIRES

Three Ways to Learn This Winter!

- In the Classroom
- Outdoor Experiences
- Online Learning

(Jason Halley/University Photographer/Chico State)

Winter Class Previews: December 4 & 5
Class Registration Begins: December 12
Classes Begin: January 6

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

WINTER 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 winter, our volunteer instructors will lead over 70 classes on everything from thinking like a physicist to thrifting; from contemporary global issues to Prismacolor pencil drawing. 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 (Winter, Spring, and Fall) **\$300**
À La Carte Membership (Winter, Spring, and Fall) **\$50**
Instructor-Only Unlimited Membership (Winter, Spring, and Fall) **\$240**
Upgrade from À La Carte Membership to Unlimited Membership **\$250**

Installment Payment Plans Available!
See the Winter '25 Membership Form, pg. 17.

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

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

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WINTER '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					
*	Soils, Landforms, and Vegetation of Bidwell Park	Vickie Bernhardt	9-2	Mar 24	Various Locations
*	Meandering in Interesting Places	Candice Roethler	9-11	Jan 13-Feb 10	Various Locations
	Cracker Barrel	David Price	10-11:30	Jan 06-Mar 10	The Social Chico, Bradley 2 and Link to be Provided
	Playing Guitar at Beginning Level 2 and Singing Along	Phil Elkins	10-11:30	Jan 13-Mar 10	The Terraces, Lobby
	Sing Gospel Music	Phil Elkins	10-11:30	Jan 06-Mar 03	The Terraces, Lobby
\$	Who R Us? A Reflection on the Book In Common	Janet Rechtman	10-11:30	Feb 17-Mar 10	The Social Chico, Bradley 1
	French 1	Leanne Ulvang (she/her/elle)	1-2	Jan 06-Mar 10	Link to be Provided
*	Let's Do Improv!	Valerie Althoff	1-2	Feb 17-Mar 10	The Social Chico, Gordon 1
	Pandemics and Epidemics	Terry Wilson	1-2	Jan 06-Mar 10	The Social Chico, Bradley 1
\$	French 2	Leanne Ulvang (she/her/elle)	2:05-3	Jan 06-Mar 10	Link to be Provided
@	Only Hope: My Mother and the Holocaust Brought to Light	Irv Lubliner	2:30- 4:30	Jan 27-Jan 27	Link to be Provided
	Sketchbook Journaling	Marvey Mueller	3- 4:30	Jan 06-Feb 10	The Social Chico, Bradley 1
	French 3: Conversation	Leanne Ulvang (she/her/elle)	3:05-4	Jan 06-Mar 10	Link to be Provided
TUESDAY CLASSES					
*	Tap Dance Is Fun	Mary Sweeney	8:30- 9:30	Jan 07-Mar 04	Chico Creek Dance, Studio B
	Retirement Planning & Investments in a New Election Year	Steven Cliadakis (he/him/his)	8:30-10	Jan 14-Jan 21	Link to be Provided
*	108-Form Tai Chi: Beginning	Lenora Wong	Tu & Fr, 10-11	Jan 07-Mar 14	Center for Spiritual Living
*	A-Thrifting We Will Go	Linda Patrick	10-11	Jan 07-Mar 11	The Social Chico, Bradley 1
@	Intro to Prismacolor Pencils	Cris Guenter	10-11:30	Jan 07-Feb 11	Link to be Provided
*	Spiritual Principles for Life: Part 2	Rosie Potestio	10-11:30	Jan 07-Feb 04	The Social Chico, Gordon 2
	What In The World? A Data-Based Look at Some Contemporary Global Issues	Steve Herman	10-11:30	Jan 07-Feb 18	The Social Chico, Bradley 2
@	Conservation Burial: The Greenest Way to "Go"	Mary Ann Perry (she/her/hers)	10-11	Jan 07-Jan 21	Link to be Provided
	Tuesday Tunes	Bitz Haley	10:30-11:45	Jan 14-Mar 11	Haley Music Therapy, Group Room and Link to be Provided
	Slow Reading Shakespeare: Measure for Measure	Jack Ayer	10:30-12	Jan 07-Mar 11	Link to be Provided
	108-Form Tai Chi: Intermediate	Lenora Wong	Tu & Fr, 11-12	Jan 07-Mar 14	Center for Spiritual Living
	Reading Poetry for Inspiration and Enrichment	Kate Foley	1- 2:30	Jan 07-Mar 11	Link to be Provided
*	Language Diversity: Challenging the Stereotypes	Karen Burdette (she/her/hers)	Tu & Th, 1- 2:30	Feb 11-Mar 13	The Social Chico, Bradley 1
*	Film, Movies, Cinema!	Aaron Bor	1- 3:30	Jan 07-Feb 04	The Social Chico, Gordon 1
*	Gentle Yoga	Tom Hess (he/him/his)	2-3	Jan 07-Jan 28	Yoga Center of Chico
@	Let's Keep Knitting	Gale Ulvang	3- 4:30	Jan 07-Mar 11	Link to be Provided
@	Scams and How to Avoid Them	Scott Shafer	3- 4:30	Feb 11-Feb 18	Link to be Provided
	Thinking Like a Physicist	Louis Buchholtz	6:30- 7:30	Jan 07-Mar 11	The Social Chico, Bradley 1
WEDNESDAY CLASSES					
*	HOOFERS	Cynthia Weeks-Finnegan	8-1	Jan 29-Mar 12	Various Locations
\$	Beginning Spanish from Chapter 3	Memo Keswick	9-10	Jan 08-Mar 12	The Social Chico, Bradley 1
*	Wednesday Park Walks: Section 1	Amy Hahn	9-10:30	Jan 08-Feb 05	Various Locations
*	Wednesday Park Walks: Section 2	Amy Hahn	9-10:30	Feb 12-Mar 12	Various Locations
\$	Watercolor for Beginners	Christine MacShane	9-11	Jan 08-Mar 12	Christine MacShane Art Studio
\$	Beginning Spanish from Chapter 7	Memo Keswick	10-11	Jan 08-Mar 12	The Social Chico, Bradley 1
	Costly Mistakes of Estate Planning	Miste Cliadakis	10-11	Jan 15	Link to be Provided
*	Fitness for Lifetime Mobility	Paul Coots	10-11:15	Jan 08-Feb 26	The Social Chico, Bradley 2

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

WEDNESDAY CLASSES, CONT.					
@	Australian Art 1770-1960: Some Topics	Erika Esau (she/her/hers)	10-11:30	Feb 05-Mar 12	Link to be Provided
\$	Spanish Composition and Conversation	Memo Keswick	11-12	Jan 08-Mar 12	The Social Chico, Bradley 1
*	Clutter According to Feng Shui	Valerie Althoff	1-2	Jan 08-Feb 05	The Social Chico, Bradley 1
	French for Travelers	Leanne Ulvang (she/her/elle)	1-2	Jan 08-Mar 12	Link to be Provided
	1000 Miles to Run: An Extraordinary Escape Story	Robin Dizard (she/her/hers)	1- 2:30	Feb 12-Mar 12	The Social Chico, Gordon 1
*	A Place of Inner Peace (In Spite of Chaos)	Gayle Womack	1- 2:30	Jan 08-Feb 05	The Social Chico, Gordon 1
\$	Acrylic Painting	Christine MacShane	1- 2:30	Jan 08-Mar 12	Christine MacShane Art Studio
@	Chico State Faculty Lecture Series	Sandra Flake (she/her/hers)	1- 2:30	Feb 05-Mar 12	The Social Chico, Bradley 2 and Link to be Provided
@	Five Spanish Artists	Dolores Mitchell	1- 2:30	Feb 12-Mar 12	Link to be Provided
\$	Science Fiction Book Group	Sydney Wilde	1- 2:30	Jan 08-Mar 12	Link to be Provided
	Writer's Workshop	Paul Belz	1- 2:30	Jan 08-Mar 12	The Social Chico, Gordon 2
@	Zen Drawing 101	Susan Levine	1- 2:30	Jan 08-Jan 29	Link to be Provided
	World Dance	Memo Keswick	3-4	Jan 08-Mar 12	The Terraces, Long Exercise Room
	World Dance Songs	Memo Keswick	4-5	Jan 08-Mar 12	The Terraces, Long Exercise Room

THURSDAY CLASSES					
*	A Tranquility Walk	Diana Hoffmeister	8:30-1	Feb 06	Various Locations
*	Birding in the Chico Area: All Levels	Joyce Bond	9-11	Jan 16-Mar 13	Various Locations
*	Birding in the Chico Area: Advanced Birding	Joyce Bond	9-12	Jan 09-Mar 06	Various Locations
	Writing Workshop: The First Fifteen Pages Process	Sandra O'Donnell	10-11:30	Jan 09-Mar 13	The Social Chico, Bradley 1
	B-Line Paratransit and Other Services	Victoria Proctor (she/her/hers)	1- 1:45	Feb 06	Link to be Provided
@	Great Decisions	William Tefteller (he/him/his)	1- 2:30	Jan 09-Mar 13	The Social Chico, Bradley 2 and Link to be Provided
	Life Hacks	Judi Holohan	3-4	Jan 09-Mar 13	The Social Chico, Gordon 1
	Instructional Skills Workshop	Andrew Lavin (he/him/his)	3- 4:30	Jan 16-Feb 06	Link to be Provided
	Golden Beaver Distillery Tasting	Kris Koenig	6:30-8	Jan 30	Park Avenue Still House

FRIDAY CLASSES					
* \$	Explore Your Public Lands: Sacramento National Wildlife Refuge	Vickie Stoll	8-4	Jan 31	Various Locations
* \$	Women's Table Mountain Hike	Lorraine Smith (she/her/hers)	8-4	Mar 21	Various Locations
*	Hike Paynes Creek Point	Pamela Waldsmith	8:30- 2:30	Mar 07	Various Locations
	Poetry for Pleasure	Paul Belz	9:15-10:15	Jan 10-Mar 07	The Social Chico, Gordon 2
*	Stansbury Home Tour: Section 1	Elizabeth Carrillo	10-11:30	Jan 17	Various Locations
*	Stansbury Home Tour: Section 2	Elizabeth Carrillo	10-11:30	Feb 21	Various Locations
	The Meaning of Life	Andrew Lavin (he/him/his)	10-11:30	Jan 24-Mar 14	The Social Chico, Gordon 1
*	Paradise Local Business Crawl	Melissa Loura	10-1	Jan 31	Various Locations
@	Artisan Bread Making: Beginning	Cathryn Hudin	1-3	Feb 07	Link to be Provided

SATURDAY CLASS					
* \$	Discover Oroville's Museum Mile	Hannah Thompson (she/her/hers)	9:30-10:30	Feb 08-Mar 08	Various Locations

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.

- The Social Chico, Bradley & Gordon Classrooms.....1400 W. 3rd Street, Chico
- Center for Spiritual Living 14 Hillary Lane, Chico
- Chico Creek Dance 1144 W. 1st Street, Chico
- Christine MacShane Art Studio 1459 Humboldt Road, Suite B, Chico
- Haley Music Therapy 2627 Forest Avenue, Chico
- Park Avenue Still House 2420 Park Avenue, Chico
- The Terraces 2750 Sierra Sunrise Terrace, Chico
- Yoga Center of Chico 250 Vallombrosa, Suite 150, Chico

REGISTRATION & POLICIES

Class Registration Opens December 12 & 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 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 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.

1000 Miles to Run: An Extraordinary Escape Story

Wed, Feb 12–Mar 12 • 1:00PM–2:30PM • The Social Chico, Gordon 1
Instructor(s): Robin Dizard (she/her/hers)

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

In 1848 William and Ellen Craft, a young enslaved couple, did the impossible: they escaped from Georgia disguised as a white master with his black slave. Pursued and in danger of being retaken and tortured, they went public, speaking and touring northern states before fleeing to England. This class will be a deep dive into their history and encourage developing your ideas out loud. At heart, this is an American love story between a man and a woman, a couple and a country. *Note:* The suggested book, *Master Slave Husband Wife: An Epic Journey from Slavery to Freedom* by Ilyon Woo, is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

108-Form Tai Chi: Beginning *

Tue, Fri, Jan 07–Mar 14 • 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 07–Mar 14 • 11:00AM–12:00PM • Center for Spiritual Living
Instructor(s): Lenora Wong

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

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

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

Wed, Jan 08–Feb 05 • 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.

Inner peace is a lifetime journey done with discernment but not judgment. The only requirement is a willingness to know 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. This class's specific content changes from term to term.

A-Thrifting We Will Go *

Tue, Jan 07–Mar 11 • 10:00AM–11:00AM • The Social Chico, Bradley 1
Instructor(s): Linda Patrick

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

This is an introductory class on how to effectively shop at thrift and consignment stores. These types of stores are a great way to enjoy and reap the benefits of buying fashion and household items without paying high-end retail prices. We will also discuss how to repurpose many items found in your home and garage. Class meetings will be a mix of in the classroom and out and about at thrift stores.

Acrylic Painting \$

Wed, Jan 08–Mar 12 • 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.

Beginning Spanish from Chapter 3 \$

Wed, Jan 08–Mar 12 • 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 engages in a group study of the book *Complete Spanish Step by Step*, Premium 2nd Edition, by Barbara Bregstein, beginning with chapter 3. *Note:* The book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

Beginning Spanish from Chapter 7 \$

Wed, Jan 08–Mar 12 • 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 7. *Note:* The book is available at Barnes & Noble, Bookshop.org, Amazon, and other booksellers.

Chico State Faculty Lecture Series @

Wed, Feb 05–Mar 12 • 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 850 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!

Clutter According to Feng Shui *

Wed, Jan 08–Feb 05 • 1:00PM–2:00PM • The Social Chico, Bradley 1

Instructor(s): Valerie Althoff

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

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

Cracker Barrel

Mon, Jan 06–Mar 10 • 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.

Discover Oroville's Museum Mile * \$

Sat, Feb 08–Mar 08 • 9:30AM–10:30AM • Various Locations

Instructor(s): Hannah Thompson (she/her/hers), Oroville Museum Volunteer Docent

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

Join us on a journey of discovery along Oroville's Museum Mile! The City of Oroville owns and operates five city museums: the Oroville Chinese Temple, the C.F. Lott Home, the Pioneer History Museum, the Feather River Nature Center & Native Plant Park, and Bolt's Antique Tool Museum. Each museum tells a part of the story of this region's rich heritage. Enjoy docent-led tours each class and dig deeper into the stories, artifacts, and lives of this unique Northern California town. *Note:* There is a \$4 entry fee for each of the museums, which must be paid in cash, except for the Feather River Nature Center & Native Plant Park. The schedule of museums will be emailed to registered participants.

Film, Movies, Cinema! *

Tue, Jan 07–Feb 04 • 1:00PM–3:30PM • The Social Chico, Gordon 1

Instructor(s): Aaron Bor

- Fee for À La Carte Members: \$30. 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.

Fitness for Lifetime Mobility *

Wed, Jan 08–Feb 26 • 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 a rolled-up towel.

Gentle Yoga *

Tue, Jan 07–Jan 28 • 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.

Golden Beaver Distillery Tasting

Thu, Jan 30 • 6:30PM–8:00PM • Park Avenue Still House

Instructor(s): Kris Koenig

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

Golden Beaver Distillery is one of only a few distilleries in the country that use primarily rice. Learn about the unique process distiller Kris Koenig uses and how it sets Golden Beaver apart from other distilleries. You will also have the opportunity to taste whiskey, with surprising flavors of the season. *Note:* There will be no additional tasting fee for this class.

Great Decisions @

Thu, Jan 09–Mar 13 • 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, Lynn Cannon

- 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 announced topics for 2025 include American foreign policy at a crossroads, changing leadership of the world economy, relations with China, international cooperation on climate change, future of NATO and European security, AI and national security, India, and Middle East policy after Gaza. We will discuss four of these topics this term.

Language Diversity: Challenging the Stereotypes *

Tue, Thu, Feb 11–Mar 13 • 1:00PM–2:30PM • The Social Chico, Bradley 1

Instructor(s): Karen Burdette (she/her/hers)

- 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. *Note:* This class meets twice a week.

Let’s Do Improv! *

Mon, Feb 17–Mar 10 • 1:00PM–2:00PM • The Social Chico, Gordon 1

Instructor(s): Valerie Althoff

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

Improv, or improvisational comedy, is like acting, only there’s no script. The motto of improv is “yes, and.” It’s about being spontaneous and listening. You’re given a scenario, and you make it up as you go. Join us to build more self-confidence, use your imagination more, and have a lot of fun.

Life Hacks

Thu, Jan 09–Mar 13 • 3:00PM–4:00PM • The Social Chico, Gordon 1

Instructor(s): Judi Holohan

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

This class will be full of tricks to save time, money, and/or energy and provides an opportunity to get together and share ideas. These ideas will include cleaning, cooking, gardening, camping, travel, entertaining, communication, shopping, and anything else the class as a group shows interest in.

Pandemics and Epidemics

Mon, Jan 06–Mar 10 • 1:00PM–2:00PM • The Social Chico, Bradley 1

Instructor(s): Terry Wilson

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

This class will examine the Spanish flu, SARS-02, COVID-19, bird flu, swine flu, monkeypox, West Nile virus, and others. The class will discuss laboratory-

acquired infections, gain-of-function research, bushmeat, traditional Chinese medicine, testing, masking, social distancing, vaccination, biocontainment lab operations, and the Strategic National Stockpile of medicine and medical devices. The important takeaway message is to focus on what worked, what did not work, and how to be prepared for the future pandemic that is just around the corner.

Paradise Local Business Crawl *

Fri, Jan 31 • 10:00AM–1:00PM • Various Locations

Instructor(s): Melissa Loura, Pat Bronson

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

Join us on a treasure hunt through Paradise. We will begin in Paradise Community Park with a docent-led talk about local California history and a visit to the Paradise Depot Museum. Next we will visit Joy Lyn’s Candies, go antiquing in two locations, and view the works of local artists at Nic’s Deli and Wine Bar. Optional lunch and bonus shopping at Nic’s will follow.

Playing Guitar at Beginning Level 2 and Singing Along

Mon, Jan 13–Mar 10 • 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 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 music 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:* This class meets on the second and fourth Monday of each month. Music stand and battery-operated tuner recommended. Songs will be sent out before each class.

Poetry for Pleasure

Fri, Jan 10–Mar 07 • 9:15AM–10:15AM • The Social Chico, Gordon 2

Instructor(s): Paul Belz

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

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

Sing Gospel Music

Mon, Jan 06–Mar 03 • 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.

Sketchbook Journaling

Mon, Jan 06–Feb 10 • 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.

Sharpen your drawing and watercolor skills as we paint and sketch together on a variety of subjects. The purpose of this class is to provide a supportive community for those who work to keep their journal practice alive. We will share ideas and sometimes our favorite art materials, the ones that make this practice all the more fun. With seasonal sights available to us as examples, plan on some brilliant pages in your sketchbook. *Note:* This class requires a strong skill level. Only prior students or those who submit their work to the instructor for consideration will be admitted.

Spanish Composition and Conversation \$

Wed, Jan 08–Mar 12 • 11:00AM–12:00PM • 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.

Spiritual Principles for Life: Part 2 *

Tue, Jan 07–Feb 04 • 10:00AM–11:30AM • The Social Chico, Gordon 2
Instructor(s): Rosie Potestio

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

Spiritual principles help us follow a path to experience life with strength and resilience. These are fundamental truths that are universally accepted and passed on over many years and through many traditions. As suggested in *The Eye of the I* by David R. Hawkins, MD, PhD, we will continue our conversations on giving up guilt, being willing to engage life, non-attachment, acceptance, what to do in conflict, and choosing a kind view of life.

Stansbury Home Tour *

Section 1: Fri, Jan 17 • 10:00AM–11:30AM

Section 2: Fri, Feb 21 • 10:00AM–11:30AM

Instructor(s): Elizabeth Carrillo

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

Located at the corner of Fifth and Salem Streets, the Stansbury Home was built by Dr. Oscar Stansbury, a local physician, in 1883. Owned by the City of Chico since 1976, it is operated by the Stansbury Home Preservation Association as a historic house museum. This tour will include Dr. Stansbury's office, with its display of the tools used in his practice, as well as rooms used by the Stansbury family with original interiors and furnishings intact.

Tap Dance Is Fun *

Tue, Jan 07–Mar 04 • 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 Meaning of Life

Fri, Jan 24–Mar 14 • 10:00AM–11:30AM • The Social Chico, Gordon 1
Instructor(s): Andrew Lavin (he/him/his)

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

We will explore philosophical questions related to the meaning of life and the good life in an open discussion led by an experienced philosophy instructor. What is a good life? What would a meaningless life look like? What gives meaning to lives? What does it mean for a life to have meaning?

Thinking Like a Physicist

Tue, Jan 07–Mar 11 • 6:30PM–7:30PM • The Social Chico, Bradley 1
Instructor(s): Louis Buchholtz

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

Most people still have not internalized the revelations of 400 years ago! This class presents core results and, more importantly, manners of thinking, starting with Galileo (but hearkening back to Lucretius and earlier) and proceeding up to Einstein, that most people are utterly unaware of. These are the underlying principles of all modern physicist-like thinking that most people don't even dream exist. Each week will introduce one more of these seemingly simple yet truly subtle and powerful realizations, with demos where possible.

Tuesday Tunes

Tue, Jan 14–Mar 11 • 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! *Note:* This class meets January 14, January 28, February 11, February 25, and March 11.

Watercolor for Beginners \$

Wed, Jan 08–Mar 12 • 9:00AM–11:00AM • 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 provided. *Note:* There is an additional \$120 materials fee payable to the instructor at the first class meeting.

What In The World? A Data-Based Look at Some Contemporary Global Issues

Tue, Jan 07–Feb 18 • 10:00AM–11:30AM • The Social Chico, Bradley 2
Instructor(s): Steve Herman

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

This class will explore contemporary geographical topics such as resource supply and consumption, selected environmental issues, and demographic changes, using the most reliable, easily available data sources. We will keep in mind the role that bias plays as we strive to better understand our world.

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

Mon, Feb 17–Mar 10 • 10:00AM–11:30AM • The Social Chico, Bradley 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. *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, Jan 08–Mar 12 • 3:00PM–4:00PM • 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, Jan 08–Mar 12 • 4:00PM–5:00PM • 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, Jan 08–Mar 12 • 1:00PM–2:30PM • The Social Chico, Gordon 2
Instructor(s): Paul Belz, Linda Crill (she/her/hers)

- 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.

Writing Workshop: The First Fifteen Pages Process

Thu, Jan 09–Mar 13 • 10:00AM–11:30AM • The Social Chico, Bradley 1
Instructor(s): Sandra O'Donnell

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

Your book's first fifteen pages are critical. They're your one chance to captivate readers. Without a strong opening, your manuscript risks rejection before it's fully read. This class reveals the essential elements that make opening pages irresistible across genres. We'll analyze successful examples and apply these techniques to your work. Whether you're a novice with a fresh idea or an experienced writer, you'll learn to craft opening pages that demand attention and create a strong foundation for the rest of your story.

ONLINE LEARNING

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

Artisan Bread Making: Beginning @

Fri, Feb 07 • 1:00PM–3:00PM • Link to be Provided

Instructor(s): Cathryn Hudin

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

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

Australian Art 1770-1960: Some Topics @

Wed, Feb 05–Mar 12 • 10:00AM–11:30AM • Link to be Provided

Instructor(s): Erika Esau (she/her/hers)

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

We will look at the Australian continent's artistic history since its colonization by the British in 1788. Topics include expeditionary artists, Australian Impressionism, women artists 1880-1960, Australian and Californian aesthetic connections, Australian photography, and what Robert Hughes called "the last great art movement of the 20th century": Aboriginal art.

B-Line Paratransit and Other Services

Thu, Feb 06 • 1:00PM–1:45PM • Link to be Provided

Instructor(s): Victoria Proctor (she/her/hers)

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

Join us to learn more about the various services B-Line, Butte County's public transit provider, offers for older adults and people with disabilities.

Chico State Faculty Lecture Series @

Wed, Feb 05–Mar 12 • 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 850 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!

Conservation Burial: The Greenest Way to "Go" @

Tue, Jan 07–Jan 21 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Mary Ann Perry (she/her/hers)

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

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

Costly Mistakes of Estate Planning

Wed, Jan 15 • 10:00AM–11:00AM • Link to be Provided

Instructor(s): Miste Cliadakis

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

Many people make the wrong choices when it comes to estate planning. If not done properly, you could leave your loved ones facing hard decisions when you pass away or become incapacitated. Join Miste Cliadakis from OLLI sponsor Altum Wealth Advisors to learn how to avoid the most common mistakes that could damage your financial succession and legacy.

Cracker Barrel

Mon, Jan 06–Mar 10 • 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.

Five Spanish Artists @

Wed, Feb 12–Mar 12 • 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 consider five Spanish artists—Velázquez, Goya, Sorolla, Picasso, and Dalí—who had major impacts on the movements of realism, impressionism, cubism, and surrealism. Participants will receive emails with something to read, something to watch, and a discussion preparation exercise in advance of each class meeting.

French 1

Mon, Jan 06–Mar 10 • 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. If you are new to French, consider instead “French for Travelers” for an introduction to the sounds and expressions of 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, Jan 06–Mar 10 • 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 fall 2024 class left off. New students this term will want to catch up before class starts.

French 3: Conversation

Mon, Jan 06–Mar 10 • 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.

French for Travelers

Wed, Jan 08–Mar 12 • 1:00PM–2:00PM • Link to be Provided
Instructor(s): Leanne Ulvang (she/her/elle), Michele Martens, Christy Wiseman

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

This class will focus on French pronunciation, politesse, and practicalities – the vocabulary and idioms helpful as an introduction to French and for travelers in French-speaking countries. While classes are conducted mainly in English, they will include more basic French than in the past. Come prepared to exercise your brain and facial muscles as you dive into the beautiful French language.

Great Decisions @

Thu, Jan 09–Mar 13 • 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, Lynn Cannon

- 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 announced topics for 2025 include American foreign policy at a crossroads, changing leadership of the world economy, relations with China, international cooperation on climate change, future of NATO and European security, AI and national security, India, and Middle East policy after Gaza. We will discuss four of these topics this term.

Instructional Skills Workshop

Thu, Jan 16–Feb 06 • 3:00PM–4:30PM • Link to be Provided
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 just has an interest in the topic.

Intro to Prismacolor Pencils @

Tue, Jan 07–Feb 11 • 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 specifically introduce participants to Prismacolor pencils and how to use them. Since Prismacolor pencils have a wax base, it is important to know how to use and care for them properly. The class will cover the types of paper to use, basic procedures for color swatching, color blending strategies, layering techniques, sharpening methods, and preparing for and working on a complete colored pencil drawing. With a thoughtful approach, proper blending, and some patience, completed Prismacolor pencil drawings can look like paintings. *Note:* See the full materials list with the class listing on the website.

Let’s Keep Knitting @

Tue, Jan 07–Mar 11 • 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.

Only Hope: My Mother and the Holocaust Brought to Light @

Mon, Jan 27 • 2:30PM–4:30PM • Link to be Provided
Instructor(s): Irv Lubliner

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

Before she died in 1974, Felicia Lubliner wrote about her internment in ghettos and the Auschwitz and Gross-Rosen concentration camps in Nazi-occupied Poland. Her powerful stories were published by her son, Irv Lubliner, who also contributed the foreword and afterword to *Only Hope: A Survivor's Stories of the Holocaust*. Irv will share excerpts, shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors. He will pause during and after his presentation to invite questions and discussion.

Reading Poetry for Inspiration and Enrichment

Tue, Jan 07–Mar 11 • 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.

Retirement Planning & Investments in a New Election Year

Tue, Jan 14–Jan 21 • 8:30AM–10:00AM • Link to be Provided
Instructor(s): Steven Cliadakis (he/him/his)

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

In this class Steven Cliadakis from OLLI sponsor Altum Wealth Advisors will discuss how this new election year, along with tax law changes, inflation, falling interest rates, and other economic factors may affect your investments and retirement plans. The class will cover various investment vehicles, such as CDs, index funds, alternative investments, and others. Hear the financial market perspectives of respected economists and explore investment trends and best practices. The class will highlight key principles of financial planning and how they can be applied to your personal retirement goals.

Scams and How to Avoid Them @

Tue, Feb 11–Feb 18 • 3:00PM–4:30PM • Link to be Provided
Instructor(s): Scott Shafer, Steven Cliadakis (he/him/his)

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

Scott Shafer from ShaferTech and Steven Cliadakis from OLLI sponsor Altum Wealth Advisors will give an overview of various digital and analog scams, along with some tips on how to identify and avoid them. This class does not provide legal advice.

Science Fiction Book Group \$

Wed, Jan 08–Mar 12 • 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 meets January 8, January 22, February 5, February 19, March 5, and March 12. 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.

Slow Reading Shakespeare: Measure for Measure

Tue, Jan 07–Mar 11 • 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 more intriguing (and disturbing) plays. 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.

Tuesday Tunes

Tue, Jan 14–Mar 11 • 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! *Note:* This class meets January 14, January 28, February 11, February 25, and March 11.

Zen Drawing 101 @

Wed, Jan 08–Jan 29 • 1:00PM–2:30PM • Link to be Provided
Instructor(s): Susan Levine

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

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

OUTDOOR EXPERIENCES

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

A Tranquility Walk *

Thu, Feb 06 • 8:30AM–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 on a mostly level path. Let's connect with nature in a way that stimulates our senses and unclutters our minds while enlivening our bodies with easy walking. Let your to-do list take a backseat for a while and allow the nurturing energy of Mother Nature to slow you down as you appreciate the tranquility of your surroundings. *Note:* Further details will be provided prior to the hike. Sturdy walking shoes required.

Birding in the Chico Area: Advanced Birding *

Thu, Jan 09–Mar 06 • 9:00AM–12:00PM • 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: All Levels" 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:* This class meets January 9, February 6, and March 6. Please register for only one birding section.

Birding in the Chico Area: All Levels *

Thu, Jan 16–Mar 13 • 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:* This class meets January 16, February 20, and March 13. Please register for only one birding section.

Explore Your Public Lands: Sacramento National Wildlife Refuge * \$

Fri, Jan 31 • 8:00AM–4:00PM • Various Locations

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

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

The North State is home to rich, diverse public lands: refuges, parks, forests, and reserves. Your public lands provide vital wildlife habitat and protect our natural resources. During this outing, we'll explore the Sacramento National Wildlife Refuge in Willows, which attracts over a million wintering waterfowl. On a leisurely 1-mile Wetlands Walk, led by visitor service staff, we'll learn about the

refuge system, wetland management, and visiting waterfowl and songbirds. After lunch we will take the auto tour. Come explore your public lands with us. *Note:* Further details, including where we will meet and what to bring, will be provided prior to the hike. Sturdy walking shoes recommended. There will be a refuge entrance fee.

Hike Paynes Creek Point *

Fri, Mar 07 • 8:30AM–2:30PM • Various Locations

Instructor(s): Pamela Waldsmith, Richard Utter

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

Hike 5.3 miles with 450 feet elevation gain along a bluff as we enjoy the Sacramento River and spectacular views of Lassen Peak. There's a bit of a climb to Paynes Creek Point, offering more picturesque views including Mount Shasta. Birds, flowers, and geology abound. Fun hike, plenty of birds, flowers, and geology for all. Bring your A game; we all have something to share. Fitness is necessary for this hike. *Note:* Further details will be provided prior to the hike. Sturdy hiking boots and hiking poles recommended.

HOOFERS *

Wed, Jan 29–Mar 12 • 8:00AM–1:00PM • Various Locations

Instructor(s): Cynthia Weeks-Finnegan, Laura Lukes

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

This initial HOOfers class brings together women interested in participating in our 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. At our first, mandatory in-class meeting we learn about each other, evaluate our packs and equipment, and share our knowledge and skills. A short PowerPoint Presentation covers basic trail safety. Three subsequent meetings are hikes. *Note:* One classroom meeting 10AM–Noon on January 29 in Gordon 2, and three outdoor hikes 8AM–1PM on February 12, February 26, and March 12. Participants must attend the classroom meeting to participate in the hikes and should be able to hike 3–5 miles on uneven and sloped trails. This class is for women only.

Meandering in Interesting Places *

Mon, Jan 13–Feb 10 • 9:00AM–11:00AM • Various Locations

Instructor(s): Candice Roethler, Mary Johnson

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

Join us for two outdoor adventures, each approximately 1-3 miles on flat, even surfaces, as we explore interesting spaces in our community. We'll meander at a leisurely pace learning about the flora, fauna, history, and other highlights in the areas we visit. Participants should be comfortable walking at least a mile and standing for about 2 hours. *Note:* This class meets January 13 and February 10. Further details will be provided prior to each walk. This term's interesting places include visits to Llano Seco to observe migratory birds led by local birder Lorraine Smith and the Chico State campus with a student docent.

Soils, Landforms, and Vegetation of Bidwell Park *

Mon, Mar 24 • 9:00AM–2:00PM • Various Locations

Instructor(s): Vickie Bernhardt, Amy Hahn, Andrew Conlin

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

We will begin in the floodplain of Big Chico Creek and travel back in time across the older deposits of the creek and into the Cascade foothills. The first route, from Five Mile to the North Rim Trail, covers a condensed sequence of the major landforms that occur in the Sacramento Valley, as well as the transition to the Tuscan Formation in the Cascade foothills. In the second route, following the Lower Trail and Yahi Trail from Horseshoe Lake, we walk up the bottom of Big Chico Creek Canyon, applying what we observed on the first route and viewing the slot canyon in the Lovejoy basalt. There will be approximately 6 miles of moderate hiking with some rocky and uneven areas. The first route has a short, steep up-and-down. *Note:* Further details will be provided prior to the hike. Hiking poles and sturdy shoes are recommended.

Wednesday Park Walks *

Section 1: Wed, Jan 08–Feb 05 • 9:00AM–10:30AM • Various Locations

Section 2: Wed, Feb 12–Mar 12 • 9:00AM–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 Table Mountain Hike * \$

Fri, Mar 21 • 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.

The North Table Mountain Ecological Reserve is a local treasure, with abundant wildflowers and waterfalls in spring. Join us for this moderately challenging 7-mile hike via Beatson Hollow and Coal Canyon. We'll traverse cross-country on paths less traveled, requiring steady balance. Terrain will be uneven with loose rocks; though mostly flat, there will be a few short, steep ascents and descents. Our pace will be leisurely, with time to take photographs, identify wildflowers, and enjoy the scenery. Team up with other women to create a fun outdoor adventure! *Note:* Further details will be provided prior to the hike. California Department of Fish and Wildlife Lands Pass or hunting/fishing license required. Sturdy hiking boots required; hiking poles recommended. This class 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 winter, avoiding the rush on popular classes or classes with limited capacity. Contact the OLLI office by December 5 to confirm.

SPECIAL THANK YOU!

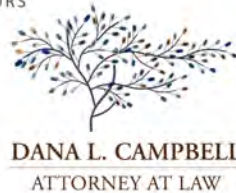
At OLLI at Chico State, community is at the heart of who we are. Our lifelong learning program exists through the dedicated contributions of our volunteers – members and community partners who serve as guides, visionaries, teachers, and loyal supporters. We want to say a resounding thank you to all of 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.

WINTER '25 CLASS SELECTIONS

IN PERSON

- \$30 1000 Miles to Run
- \$55 108-Form Tai Chi: Beginning *
- \$55 108-Form Tai Chi: Intermediate
- \$30 A Place of Inner Peace *
- \$55 A-Thrifting We Will Go *
- \$55 Acrylic Painting
- \$55 Beginning Spanish from Chapter 3
- \$55 Beginning Spanish from Chapter 7
- \$30 Clutter According to Feng Shui *
- \$30 Discover Oroville's Museum Mile *
- \$30 Film, Movies, Cinema! *
- \$55 Fitness for Lifetime Mobility *
- \$30 Gentle Yoga *
- \$15 Golden Beaver Distillery Tasting
- \$55 Language Diversity *
- \$30 Let's Do Improv! *
- \$55 Life Hacks
- \$55 Pandemics and Epidemics
- \$15 Paradise Local Business Crawl *
- \$30 Playing Guitar... and Singing Along
- \$30 Poetry for Pleasure
- \$30 Sing Gospel Music
- \$30 Sketchbook Journaling
- \$55 Spanish Composition and Conversation
- \$30 Spiritual Principles for Life: Part 2 *
- \$15 Stansbury Home Tour: Section 1 *
- \$15 Stansbury Home Tour: Section 2 *
- \$55 Tap Dance Is Fun *
- \$55 The Meaning of Life
- \$55 Thinking Like a Physicist
- \$55 Watercolor for Beginners
- \$55 What In The World? A Data-Based Look...
- \$30 Who R Us? The Book In Common
- \$55 World Dance
- \$55 World Dance Songs
- \$55 Writer's Workshop
- \$55 Writing Workshop: The First Fifteen Pgs.

HYBRID ~ IN PERSON OR LIVE ONLINE!

- \$55 Chico State Faculty Lecture Series
- \$55 Cracker Barrel
- \$55 Great Decisions
- \$30 Tuesday Tunes

ONLINE

- \$15 Artisan Bread Making: Beginning
- \$30 Australian Art 1770-1960: Some Topics
- \$15 B-Line Paratransit and Other Services
- \$30 Conservation Burial
- \$15 Costly Mistakes of Estate Planning
- \$30 Five Spanish Artists
- \$55 French 1
- \$55 French 2
- \$55 French 3: Conversation
- \$55 French for Travelers
- \$0 Instructional Skills Workshop
- \$30 Intro to Prismacolor Pencils
- \$55 Let's Keep Knitting
- \$15 Only Hope: My Mother & the Holocaust
- \$55 Reading Poetry for Inspiration
- \$30 Retirement Planning & Investments
- \$30 Scams and How to Avoid Them
- \$55 Science Fiction Book Group
- \$55 Slow Reading Shakespeare
- \$30 Zen Drawing 101

OUTDOOR EXPERIENCES

- \$15 A Tranquility Walk *
- \$30 Birding in the Chico Area: Advanced *
- \$30 Birding in the Chico Area: All Levels *
- \$15 Explore Your Public Lands *
- \$15 Hike Paynes Creek Point *
- \$30 HOOFERS *
- \$30 Meandering in Interesting Places *
- \$15 Soils, Landforms, and Vegetation *
- \$30 Wednesday Park Walks: Section 1 *
- \$30 Wednesday Park Walks: Section 2 *
- \$15 Women's Table Mountain Hike *

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.



WINTER '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: **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

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 & 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



Iceland: Land of Fire & Ice, Summer '25

An island of dramatic contrasts, uncover Iceland’s natural beauty in a land forged by ice and fire. Travel the “Golden Circle,” an epicenter of natural scenic wonders. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Discover otherworldly wonders and captivating cultures on a fascinating Icelandic journey.



Discover Spectacular Scandinavia, Summer '25

Watch a Nordic postcard unfold before your eyes and discover the lands where Vikings reigned. Uncover why Copenhagen is dubbed the “gastro capital of Scandinavia.” Join a local expert for an intimate tour of Stockholm, Sweden’s idyllic capital city. Experience Norway’s breathtaking fjord region, taking a cruise on Geirangerfjord. An incredible journey to a land of unparalleled beauty awaits you in Scandinavia, where history and culture intersect with stunning natural wonders.



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.

Photos by Collette travelers [@annamariet_89](https://twitter.com/annamariet_89), [@holeinthedonut](https://twitter.com/holeinthedonut), and [@rnewbould](https://twitter.com/rnewbould).

Three Ways to Learn This Winter!

In the Classroom
Outdoor Experiences
Online Learning

SAVE THE DATE

OLLI Winter '25 Calendar

Nov. 17	Winter Social Meetups Begin
Dec. 4.....	Live-Online Winter Class Preview
Dec. 5.....	In-Person Winter Class Preview
Dec. 12	Winter Class Registration Opens
Dec. 19–Jan. 1.....	Winter Break (OLLI Closed)
Jan. 5.....	Winter Social Meetups End
Jan. 6.....	First Day of Winter Classes
Jan. 20.....	Martin Luther King Jr. Day (No Classes, OLLI Closed)
Mar. 14	Last Day of Winter Classes

Winter '25 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 4
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 5
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