

AARP Real Possibilities in

Idaho

*Think of this
as your field
guide to infinite
wisdom.*



NEW **KNOWLEDGE
ADVENTURES**
TREASURE VALLEY

FALL 2016 COURSE CATALOG

Idaho State
UNIVERSITY



Older. Wiser. Still curious.

Word to the wise: New Knowledge Adventures in the Treasure Valley is back in action for the fall 2016 semester—and bigger and more thought-provoking than ever. Peer-designed exclusively for people ages 50+, this is an educational experience made for the curious at heart. From tours to tastings to trying your hand at something entirely new to you, get in on the ultimate way to change your frame of mind, plus sharpen it too. It's never too late to live and learn, because experience is the mother of wisdom. Sign up now to take any course that sparks your interest—all for only \$35 for entire fall semester.



NEW KNOWLEDGE
ADVENTURES
TREASURE VALLEY



“Aging is not lost youth but a new stage of opportunity and growth.”

-Betty Friedan

One for the ages.

Fall for Something New

They don't call it gray matter for nothing. As the brain ages, it craves stimuli more than ever. Exercise. Socializing. Studying up on something that's long fascinated you—back in the far corner of your mind. This all builds up neuroplasticity. Just as the muscles in our body get stronger when we work out, our brains benefit from activities that tickle the imagination. This is the golden hour to make the most of every minute. Now that free time is finally on your side, start off on a new adventure.

Meet the Brain Trust

Behind the scenes, New Knowledge Adventures is run by a remarkable group of volunteer members. The seed of the idea for this lifelong learning pursuit took off from the campus of Idaho State University nearly two decades ago. The organization is a participatory and self-directed group that aims to further the well-being and intellectual pursuits of those over 50. Under a note-worthy mission to expand knowledge, stay vital, and explore new ideas in an informal, non-competitive environment, New Knowledge Adventures made a splash in the Treasure Valley after our initial launch here last year.

Learn from Experience

Talk about passion projects. Experiential learning takes on a whole new meaning at New Knowledge Adventures. Our instructors—all volunteering their time—open up a wealth of knowledge born of both enthusiasm and experience. Each class is defined by a depth of intelligence and interest that goes way back. These courses are the culmination of lifelong pursuits, intellectual journeys, and rewarding careers. So pick up a new skill, a new hobby, a new obsession. From people who really know what they're talking about.

Great
minds
think.

SMART GOING:

Unlimited classes for
only \$35! Sign up now.
Details inside»

Class Notes

Choose your own adventure by taking a course of a lifetime. For only \$35, join in on the unlimited possibilities of New Knowledge Adventures in the Treasure Valley.

Sign Up

Find a registration form at the end of this catalog. Check off the classes you want to take. Registration is ongoing, and open until the last class is held. It's never too late to make headway.

Class Reminders

Like a school bell, we'll alert you with reminder notifications for upcoming classes. Make sure to let us know how you'd like to be contacted—either by email or by phone. We'll always ring you up with a reminder if you're signed up for a field trip, in a food class, or registered for a class with a wait list.

Wait Lists

Class sizes are typically based on room capacity, so sign up early to secure a spot. If you don't make the official register in time, we'll add you to the wait list. We'll do our best to accommodate unexpectedly large enrollments. **So if you end up on a wait list, there's a good chance we'll get you back off it for some classes.**

Skipping School

If you're not sure you can make it to a class, don't sign up quite yet. Leave the spot open for someone who can't wait to save the date. If you need to drop out for any reason, just let us know as soon as possible. Call 208-373-1809 to add or drop classes at any time.

Locations

Three locations come up a lot: AARP Idaho, now in downtown Boise. Idaho State University-Meridian Health Science Center (ISU Meridian). And a number of YMCA facilities. Find these maps in the back. For other special locations, see the address listed at the end of the class description. For carpooling and other situations that require more detailed instructions, see the itinerary provided after sign-up.

Parking

At most places, free parking will be available, but please check with special venues and plan accordingly. Parking is free at all YMCA locations and ISU Meridian. At AARP Idaho, parking is free up to two hours in the visitor lot. Up to 25 complimentary parking passes will be distributed for classes over two hours and evening classes. If the visitor lot is full, there's ample paid street parking available.

Fees & Freebies

Stay on the lookout for extra fees for materials—usually payable on site—or bonus items like free lunch.

Big Thanks

NKA instructors give up their time and wisdom to stay the course with you. So give it up for them. NKA is a member-directed organization. Thanks to our instructors, facilitators, dedicated board, and curriculum committee members for making this all possible. Huge thanks also goes to AARP Idaho, Idaho State University, and Treasure Valley YMCA.



Get in Touch

Contact us with any questions.

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Picturesque Paperfolding

Thursday, September 8, 10 am to 12 pm

Monday, September 26, 10 am to 12 pm

Like origami in the spirit of folk art, paperfolding transforms bits of colored paper into enchanting animals, iris flowers, or even an Idaho-shaped display. Using unique and imaginative techniques, create greeting cards, mementos, and frame-worthy art from scratch—or scratch paper. A quick warning though: paperfolding is habit forming, so after class, you might not be able to stop yourself from coming up with new conceptions and crease-made creations. All materials and supplies are provided. So get into the fold—and turn everyday objects into 3D art pieces.

Class limit: 40

Location: Meridian Silverstone Amenity Center

Instructors: Micki Kawakami & Katie Neiman

Silk Scarf Painting

Wednesday, September 14, 1 pm to 3 pm

Brush up on silk painting in style. For a work of art that makes a real fashion statement, nothing quite outshines a hand-painted silk scarf. See why silk makes the ideal canvas for your imagination. Get a feel for the techniques and designs that set your wearable art apart. Find out what's turning this centuries-old Asian tradition into a hit here in the U.S. and beyond. Scarves are provided. Walk away with a vogue creative vision.

Class limit: 25

Location: Meridian Silverstone Amenity Center

Instructor: Toni Root

See companion class: 20 Ways to Tie a Scarf (General Interest)

Intro to Drawing

Mondays, October 3, 17 & 31, 1 pm to 3 pm

Sketch out what you see in the world around you. When you put pen to paper, you find whole new ways to look at life, plus have the capabilities to draw on what you perceive. This class outlines the basic techniques that'll turn you into a drawing prodigy, including layouts, organizing, shading practices, as well as ink techniques. The class fee includes a beginner's toolkit with supplies that will get you drawing like a professional, including paper pads, erasers, pencils, pens, and a blending stamp. How artful.

Class limit: 20

Location: Meridian Senior Center, 1920 N. Records Avenue, Meridian

Instructor: Carl Goodwin

Class fee: \$15



arts & crafts

"The chief function of the body is to carry the brain around."

-Thomas A. Edison





Carving Gourd Birdhouses

Monday, October 10, 10:30 am to 2:30 pm

You're out of your gourd if you miss this class. Learn how to create a beautiful, one-of-a-kind birdhouse made from a hard-shelled gourd. Put up as purple martin habitat for centuries, Native Americans used to hang these to attract birds as insect repellent. Today, purple martins largely depend on people to supply them with gourd-based homes. Cured gourds are nearly as tough as plywood, and will last 30 years if properly treated. It's an attractive sight in your yard that's not just for the birds.

Class limit: 12

**Location: Gourd Shop,
1416 Rochester, Caldwell, ID
83605**

**Instructor: Alan Sweeny &
Duane Langworthy**

Class Fee: \$30

Bonus: Free lunch

Visualizing Minidoka: Picture by Picture

Wednesday, October 12, 10 am to 2 pm, (BAM tour at 11 am)

Get a behind the scenes look into the Boise Art Museum (BAM) exhibition—*Minidoka: Artists as Witness*—from artist Teresa Tamura, a third-generation Japanese-American born and raised in Idaho. She'll discuss the evolution of her work, a personal photo project she started in 2001, that culminated with the publication of *Minidoka: An American Concentration Camp*. Then, you're invited to BAM for a docent-guided tour of the entire exhibition—an examination of art related to the Minidoka National Historic Site, a WWII Japanese internment camp in 1940's Idaho.

Location: AARP Idaho & BAM

Instructor: Teresa Tamura

Class limit: 30

Winter & Holiday Flower Arrangements

Thursday, October 27, 2 pm to 4 pm

Ban generic wreaths and stock poinsettias. There's more to make of winter florals than even blooms in the imagination. Fashioned from dried native plants and silk florals, design your own lasting, beautiful, and unique winter holiday arrangement. Taught by an experienced silk floral designer, Cheryl Tussey's arrangements have been sold in department stores and at special events. Create a festive display that brings out the natural warmth in

any room even in the cold of winter. This is the sure-fire way to make your season merry and bright.

Class limit: 20

Location: AARP Idaho

Instructor: Cheryl Tussey

Holiday Origami Ornaments

Mondays, November 7 & 14, 10 am to 12 pm

In time to deck the halls and trim the tree for the holidays, create a beautiful folded paper origami kusudama flower ball. You'll first learn to make the kusudama flower, then join them together to form a ball of a bouquet. Crafted from elegant Japanese Yuzen Washi paper, these folded floral arrangements make a lovely holiday ornament or decoration—and even make a fabulous gift. You don't need origami experience to make the magic happen. The class fee includes the specialty paper, ribbon, and embellishments.

Class limit: 25

Location: AARP Idaho

Instructor: Eileen Mahaffy

Sign up!
Registration in back»



Scenic and Wildlife Photography

Thursday, September 8, 1 pm to 2:30 pm

Expert photographer Dennis Fetzer will begin his presentation with a brief introduction to digital photography and will tell you what to look for when purchasing a digital camera. Then it is time to explore with him the amazing wildlife and scenic wonders of the Treasure Valley as he takes you on a photographic journey and shares with you stories about the photographs in his slide show. From parks to ponds, and from waterfowl to kayak races, you will learn where to go to get your best pictures in Southwest Idaho.

Class limit: 20
Location: AARP Idaho
Class instructor: Dennis Fetzer

Stargazing Basics

Monday, September 12, 6:30 pm to 8 pm

The night skies in Idaho are spectacular to soak in. Beyond the brilliant surface beauty of the stars, there's an entire universe out there to explore. From constellations to comets, this course is like a casual guide to the cosmos. Led by Paul Verhage—who produces a weekly astronomy radio show called “Idaho Skies” on Radio Boise—you’ll never see outer space the same way again. With a road map to the stars, you’ll be able to pinpoint stellar pairings, galaxies, and so much more. Illuminate your experience of the starry night.

Class limit: 30
Location: Meridian Silverstone Amenity Center
Instructor: Paul Verhage

Bird Watching Basics

Friday, September 16, 10 am to 12 pm
Friday, September 23, 10 am to 12 pm

Although this is an indoor session, you’ll gain all the skills and insights you need to watch and identify birds in the great outdoors. Explore where to go to see birds in nature—and how to make the most of the elements and environment while you’re out there. Enjoy a presentation of common birds of the Treasure Valley from a local expert birder. Learn simple strategies and tools for bird identification. Discover local birding hotspots. Find out how habitats and the seasons signal which birds you will see.

Class limit: 40
Location: Meridian Silverstone Amenity Center
Instructor: Dr. Alexander Sapiens



environment

“Youth has no age.”
-Pablo Picasso

Managed Recharge & the ESPA

Friday, October 7, 1:30 pm to 3 pm

The decline of the Eastern Snake River Plain Aquifer (ESPA) has significantly impacted surface and ground water rights. In turn, this significantly impacts Idaho and our region. In this presentation, get a basic understanding of the aquifer system and a brief history of the ESPA. Managed recharge is a water management tool that's been used around the world to address a variety of concerns, like improving water quality, effluent disposal, seawater intrusion, and aquifer replenishment and storage. We'll dive deep into how managed recharge is being used to address water issues in the ESPA.

Class limit: 30

Location: AARP Idaho

Instructor: Wesley Hipke, P.G.



Geocaching the Treasure Valley

Wednesday, October 19, 10 am to 11:30 am

X marks the spot. Geocaching is a high-tech treasure hunt using a GPS to locate the prize. Run by an inveterate geocacher with over 10,000 finds around the world, this course is designed to give you an introduction to the geocaching landscape. We'll define exactly what geocaching is, and how to navigate the geocaching website. We'll go over the criteria for caches as well as the rules for placing and finding them—then show you how to log the ones you find.

Class limit: 40

**Location: Meridian Silverstone
Amenity Center**

Instructor: Mike Steiner

Roadmap to Geography

Thursday, November 17, 10 am to 11:30 am

Close your eyes, and try to picture Kazakhstan on a map, or Kansas for that matter. Geography may seem like an elementary endeavor, but understanding the fundamentals of the Earth science can help you pinpoint more than just places. Five themes dominate the educational landscape in the geographic sphere—covering location, place, human-environment interaction, movement, and region. This course will pique your interest in this fascinating field, and help you land on destinations better than a map quest.

Class limit: 35

Location: AARP Idaho

Instructor: Robert Applequist



All Class Pass!
Unlimited courses for \$35»

Strength Training 101

Wednesday, September 7, 2:30 pm to 4 pm

Monday, October 17, 12 pm to 1:30 pm

Friday, November 18, 9:30 am to 11 am

Strength comes from within, and can be bulked up no matter what your age. In fact, as you get older, strength training grows ever more vital. So learn the basics to build and maintain the flexibility, balance, and mobility necessary for health, tone, and lifelong happiness. A certified personal trainer from the YMCA offers up tips and tricks on making the most of weight work when 50+. Not too strong arm you, but get buff, wear comfortable workout clothes and sneakers.

Class limit: 10

Location: Caldwell YMCA

Instructor: Beth Kopadt

Intro to TRX Suspension Training

Monday, September 12, 2 pm to 3 pm

Monday, October 24, 2 pm to 3 pm

Born in the Navy SEALs, TRX suspension training builds true functional strength while improving your flexibility, balance, and core. The training relies on bodyweight, suspension grips, and gravity. TRX moves are distinguished from traditional exercises because your hands or feet are generally supported by a single anchor point, while the opposite end of your body is in contact with the ground. Utilized by trainers, athletes, the US military, and people just like you, TRX adapts to all fitness levels, so you can get a fast, fun, and effective total-body workout.

Class limit: 12

Location: Caldwell YMCA

Instructor: Erica Hartwig



Intro to Tai Chi & Qi Gong

Thursday, September 15, 11:30 am to 1 pm

Learn how the ancient Chinese arts of Tai Chi and Qi Gong can boost your overall well-being, strengthen your body, quiet your mind, and revitalize your energy. Using slow flowing movements, Qi Gong and Tai Chi bring on the benefits of balance, coordination, and relaxation, while improving your walking skills and preventing falls. Breathing exercises increase the ability to absorb more oxygen—making your brain more efficient and your heart and lungs healthier. Relax the mind and body, while simultaneously improving flexibility and strength.

Class limit: 20

Location: Caldwell YMCA-Mind & Body Studio

Instructor: Antonia Jauregui Tamayo & Murray Weston

exercise



"No one can avoid aging, but aging productively is something else."

-Katharine Graham

Strength Training Anywhere

Friday, September 16, 12 pm to 1 pm

Friday, October 21, 12 pm to 1 pm

It's time to bulk up more than just your muscles. According to scientific study after study, strength training beneficially impacts the 10 determinants of aging that you're capable of controlling. In this class, you'll learn the basics of strength training in a gym and from home. So you can stay strong—and practically reverse the aging process—no matter where life takes you. Safety, etiquette, technique, and modifications are discussed. Free weights and resistance exercises will also be covered. Wear comfortable workout clothes and sneakers.

Class limit: 20

Location: West YMCA

Instructor: YMCA trainer



Nia Total Body Cardio

Saturday, September 17, 2 pm to 3 pm

Nia tunes your body and tones your mind. A cardio-dance workout and movement practice adaptable to any fitness level, Nia incorporates nine classic motions from martial arts to dance to healing arts. This workout engages both your senses and your sense of play—leaving you energized, mentally clear, and emotionally balanced. The body is intelligently designed, so take your fitness routine to smart new levels using your natural momentum and moves. Discover, explore, unleash, and enhance your individual potential to live a healthy and meaningful life. Make a total mind-body connection.

Class limit: 25

Location: Downtown YMCA

Instructor: Britta & Michele

Zumba Gold Latin Rhythms

Friday, September 23, 12 pm to 1 pm

Friday, October 14, 12 pm to 1 pm

Friday, November 18, 12 pm to 1 pm

Zumba fuses toe-tapping Latin rhythms and easy-to-follow aerobic moves to create a fun and energizing fitness program. It's like a dance class that works wonders for shaping up your body and your mood. Zumba Gold is designed for true beginners and active older adults, making this class easy to follow and easy to fall in love with, especially when you get a feel for the Latin groove and the hang of the moves. Drawing on styles like mambo, cha cha cha, swing, salsa, and more, it's more like a dance party than a workout.

Class limit: 50

Location: West YMCA

Instructor: YMCA trainers



Wise Choice
Choose your own adventure»



Bulgarian Training Bag

Saturday, October 15, 2 pm to 3:30 pm

Invented by a legendary wrestling coach and former Olympic athlete of Balkan origins, a Bulgarian training bag is a crescent-shaped, weighted piece of exercise equipment with flexible handles used in strength and cardio training. It was inspired by the Bulgarian tradition of shepherds performing strength acts with sheep and goats on street fairs. Take your body to the next level of tone and endurance using this functional training tool and a progression of static and dynamic movements. Forgo hand weights, and find a whole new way to strength train.

Class limit: 20

Location: Downtown YMCA

Instructor: Chris John

Core Flexibility Training

Tuesday, October 18, 10:45 am to 11:45 am

Level up with core power. Tone your center of gravity and your core muscles to improve posture, flexibility, and balance, and even prevent injuries and back pain. This critical body zone means more than the abdominals—it includes all the muscles surrounding your lumbar spine and pelvis. Core stability gives you a solid base for the flexibility to perform day-to-day activities. Maintain proper posture and body alignment no matter what task or exercise you're engaged in. Bust a move, and bust a gut.

Class limit: 20

Location: Meridian Homecourt YMCA

Instructor: Michael Clay

Strength Training Basics

Wednesday, October 12, 1 pm to 2 pm

Wednesday, November 9, 4:30 pm to 5:30 pm

This about more than just muscles. According to scientific study after study, strength training beneficially impacts the 10 determinants of aging that you're capable of controlling. In this class, you'll learn the basics of strength training in a gym and from home. So you can bulk up—and practically reverse the aging process—no matter where life takes you. Safety, etiquette, technique and adaptation are discussed. Free weights, machines, and body weight exercises will be covered. Remember to wear comfortable workout clothes and sneakers.

Class limit: 10

Location: Meridian Homecourt YMCA

Instructor: Victoria Villarea

exercise cont.



*"Minds ripen at very different ages."
-Stevie Wonder*

Spinning & Indoor Cycling

Friday, October 21, 12 pm to 1 pm

Indoor cycling has taken off as a global movement for serving up inspiration with perspiration. Take this energizing exercise out for a spin—all from the hot seat of your specialized stationary bike. Focused on endurance, strength, intervals, intensity, and recovery, spinning puts the pedal to metal when it comes to physical fitness. A lead instructor and fast-paced music guide you through routines designed to simulate terrain and situations that give off the impression of riding a bike outdoors. Ride off into the figurative sunset.

Class limit: 12

Location: Meridian Homecourt YMCA

Instructor: Victoria Villarea



Laughter Yoga

Saturday, November 5, 2 pm to 3:30 pm

Laughter yoga combines simulated laughing with breathing techniques through a series of clapping, laughing, and affirmation exercises. Laughter yoga bathes the body with a dose of happiness. Research shows that from the head down, the mind doesn't know the difference between spontaneous and simulated laughing, so it imparts the same psychological and physiological benefits. The simple act of laughing is enough to send healing hormones throughout the body. Experience the sensation for yourself. This activity is largely chair-based, so no worries about over-stretching your body's limits.

Class limit: 25

Location: Downtown YMCA

Instructor: Mike McClenahan

Zumba Gold

Thursday, November 10, 9:30 am to 10:30 am

The Zumba Gold fitness program will rock your world and knock your workout socks off. Innovative and fun, it's designed with the active older adult and true beginner in mind. This class is easy to follow so anyone, at any age, will be able to get right into the groove of Zumba moves. Incorporating many of the traditional Zumba rhythms including merengue, salsa, cha cha cha, cumbia, rock and roll like the Twist and Charleston, belly dancing, flamenco and tango. Shake it out.

Class limit: 20

Location: Meridian Homecourt YMCA

Instructor: Katie Christensen



**Think Fast:
Now enrolling!**

History Across the Border: Ontario, Oregon Tour

Wednesday, September 7, 1:30 pm to 6:30 pm

The closest city to Idaho, Ontario's official slogan is, "Where Oregon Begins." Take a trip across the borderline for a fascinating tour of this cultural melting pot of a place. From exploring Buddhist temples to the Basque Center to a Japanese garden, this is literally a walk through memory lane—rooted in rich history and cultural experience. It's like visiting a living museum, with journeys through actual museums too. After this captivating exploration of the past and present of Ontario, the fun time out on the town will be capped by dinner and music.

Class limit: 20

Location: See itinerary after sign-up (carpool)

Instructor: Micki Kawakami & Docents

Class fee: Bring \$ to buy food & drink

Payette Brewing Company Tour & Tasting

Friday, September 9, 11 am to 1 pm

Idaho is becoming a hotbed for distinctive, Northwest craft breweries. Payette Brewing Company is one of the original players on the beer-making scene in Boise—and their pints are already local legends. Tour Payette's new facility in Boise. Learn about the beer-making process and the distinct characteristics of the varieties made on site. Then raise your glass and sample some beer. Stay after to grab a bite from a local food truck or a growler of your favorite brew. As Benjamin Franklin noted, "Beer is proof God loves us and wants us to be happy."

Class limit: 35

Location: 713 Pioneer Street, Boise

Instructor: Zach Yunker

Class fee: Bring \$ for food & beer post-tasting. 3 taste samples for free, additional 5oz glasses are \$1.25 & \$1.50.

Minidoka National Historical Site

Thursday, September 15, 9 am to 4 pm (2 hour commute each way)

A national historic site encompassing 100 acres, this ground once held the Minidoka War Relocation Center during World War II, one of 10 such

camps across the West. Listed on the National Register of Historic Places in 1979, then named as a national monument in 2001, the site commemorates the more than 9,000 Japanese Americans who were once interned at this spot. Now a national historic site, see the remains of the entry guard station, waiting room, rock garden, and more, guided by an expert in the area.

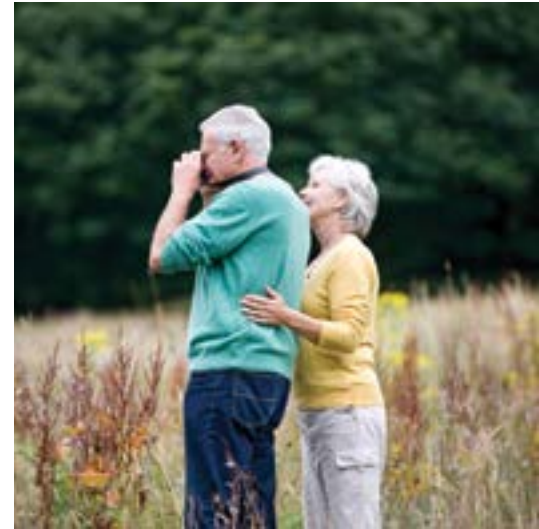
Class limit: 20

Location: Carpool-see itinerary after sign-up.

Instructor: Carol Ash

Bonus: Free box lunch

See companion class: Incarceration Camps of WWII (History)



field trips



"I'm inspired by people who keep on rolling, no matter their age."

-Jimmy Buffett

Scentsy Tour

Thursday, September 15, 10 am to 11:15 am

Tuesday, October 11, 10 am to 11:15 am

Founded 12 years ago, Scentsy is now one of the largest direct-selling companies in the nation. What was once set up in a 40-foot storage container on a small Idaho sheep farm now sprawls onto 73.7 gorgeous acres right off Eagle Road in Meridian. Six stories and a real stunner, the Scentsy Tower is the tallest building in Meridian, home to more than 700 Treasure Valley employees. Experience the total essence of Scentsy in a tour that brings you in on the business and leads you through the amphitheater, cafeteria, and other spaces open to the public.

Class limit: 48

Location: Scentsy HQ, 2901 East Pine Avenue, Meridian

Instructor: Kerrin Daudt

Birding on the Greenbelt

Saturday, September 17, 8:30 am to 12 pm

Saturday, September 24, 8:30 am to 12 pm

This is a fun field trip designed for the hawk-eyed bird enthusiast. Think about enrolling in Bird Watching Basics first, then take your skills out into the natural world with a one mile trip down the Greenbelt, a bird-lover's paradise. This class focuses on songbirds like warblers and sparrows, as well as

magpies, robins, and blackbirds. You'll likely catch sight of different hawks, geese, and ducks. Dress warm enough for the weather (possibly including a hat and gloves). Bring a notebook to record your sightings.

Class limit: 25

Location: Kathryn Albertson & Ann Morrison Parks

Instructor: Dr. Alexander Sapien & RL Rowland

See companion class: Bird Watching Basics (Environment)

World Center for Birds of Prey Tour

Thursday, September 22, 1 pm to 3:30 pm

The World Center for Birds of Prey is a true Idaho gem and the headquarters of the Peregrine Fund, a conservation organization founded in 1970 in response to the catastrophic decline of the peregrine falcon. The nonprofit now works globally on behalf of birds of prey, and continues to play an active role in the recovery of endangered species. You'll go on an in-depth tour of this 580-acre campus that houses an interpretive center, research library, the world-class Archives of Falconry, and live raptors.

Class limit: 45

Location: World Center for Birds of Prey, 5668 W. Flying Hawk Lane, Boise

Instructor: Tate Mason & Center docents.

Kelton Ramp Oregon Trail Excursion

Friday, September 23, 10 am to 12 pm

Catch the pioneering spirit. Forged during the Civil War, the Kelton Ramp is a rock-cut path on the Oregon Trail created by overland travelers heading down the rim of the lava terraces to the Boise River below. Surrounded by ruts from emigrant wagon trains that even pre-date the building of the passageway, the Kelton Ramp is listed on the National Register of Historic Places and located on the Oregon Trail Reserve, a 77-acre site in Southeast Boise that preserves the remnants of this historic time and place.

Class limit: 20

Location: See itinerary after sign-up

Instructor: Margaret Reimer



Smart Move
Registration in back»

Great Grape Crush

Tuesday, October 4, 10 am to 12 pm

The Idaho wine region is growing legendary for producing some of the best regional and national wines in the country. Learn how magic in a bottle is made. Join an original Idaho vintner for an up-close tour of the fall crush. Owner of Koenig wines, Greg Koenig, will show you what really goes down from when the grapes arrive in the back of a truck to right up until they reach their eventual destination in the barrel room (and your glass). It's a behind-the-scenes look at wine making and an opportunity you won't want to miss.

Class limit: 30

Location: Koenig Winery, 21452

Hoskins Road, Caldwell

Instructor: Greg Koenig



Weiser Historical Walking Tour

Tuesday, October 4, 10:30 am to 3:30 pm

Founded in 1864 on the banks of the Weiser and Snake Rivers, historic Weiser features beautiful architecture and well-preserved homes dating back to the late 1800s. On this active and awe-inspiring walking tour, you'll be transported back in time. Tour the Weiser Museum on the campus of the 1899 Historic Intermountain Institute. Stand captivated by the stained glass of the Episcopal and Catholic churches. Imagine trains coming and going at the historic depot. See the art deco movie theater and the stone Pythian Castle with the flying buttresses. A pre-tour classroom session is also included.

Class limit: 25

Location: See itinerary after sign-up

Instructor: Peggy Munson

Bonus: Free box lunch

Harvest Vineyard Tour & Tasting

Saturday, October 8, 1 pm to 4 pm

In the thick of the budding Snake River Valley appellation, the Sunnyslope district near Caldwell, Idaho is home to most of Idaho's wine vineyards and half of the wineries. Tour and taste wines native to the region during harvest—one of the most vibrant and

beautiful times to witness the wonders of Idaho's wine country. On this scenic, informative, and buzz-worthy tour, explore how the nature of vines and even the weather shape the wines you love. Also get the real backstory of how wineries sprouted up in Idaho.

Class limit: 24

Location: Fujishin Family Cellars Winery & Vineyards, 15593 Sunny Slope Rd, Caldwell

Instructor: Martin Fujishin

Class fee: \$5



field trips



"Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine."

-Joan Collins

Idaho Supreme Court History, Tour & Time with Chief Justice

Wednesday, October 12, 3 pm to 4:30 pm

As the third branch of government, the Idaho Judicial Branch provides access to justice through timely, fair, and impartial resolution of cases. Go on a personal tour of the Idaho Supreme Court led by the Honorable Jim Jones, Idaho Supreme Court Chief Justice, that showcases the rich history of Idaho's judiciary. Following the tour, in a classroom setting, the Chief Justice Jones will give insight into the judicial process, relay the state of the courts and answer questions pertaining to the building or the judiciary as a whole.

Class limit: 20

Location: Idaho Supreme Court, 451 W. State Street, Boise

Instructor: Honorable Jim Jones



Winter Wonderland at Indian Creek

Monday, November 21, 4:30 pm to 6 pm

With over 500,000 flickering and festive lights, downtown Caldwell boasts one of the largest Christmas light displays in Idaho. Bask in the glow as you walk down scenic Indian Creek in the heart of downtown Caldwell. It's like a winter wonderland complete with a creek-side setting and walking bridge. Learn how this brilliant project came to mind, then to life, and what it takes to make the magic happen season after season. It's a real winter's tale to make your spirit bright.

Class limit: 40

Location: Caldwell Police Department Community Room, 110 S. Fifth Avenue, Caldwell

Instructor: Micki Kawakami & Ken Wien



Sign up!

Registration in back»

Fabulous Fermented Foods

Tuesday, September 20, 3 pm to 5 pm

Pickling, you've met your match. Fermented foods perk up your taste buds and boost digestive health. This course covers the meaning and methodologies of fermentation, and how it fundamentally differs from pickling. You'll also learn the benefits of fermented foods, and what equipment you'll need to fine-tune the fermentation process. Catch a demonstration of how to make sauerkraut and kimchi, plus sample a virtual smorgasbord of various fermented foods. With deep historical roots in food preservation, it's healthy way to satisfy your hunger.

Class limit: 20

Location: Caldwell YMCA

Instructor: Debbie Jensen



Sushi at Home

Wednesday, September 21, 11 am to 2 pm

Get on a roll in this DIY sushi course. It may look impossible from the plated surface at a Japanese restaurant, but making sushi at home is totally doable, and even fun. We'll go over the details on what it takes to prepare the gohan (rice), the crucial base layer that has the power to make or break a roll. Find out how to fix the fillings, set up your worktable, and use the nori (seaweed sheets). Plus get a lesson in rolling and tasting. Free sushi samples will be provided.

Class limit: 20

Location: Caldwell YMCA

Instructor: Micki Kawakami



Fine Dining at the Fall Table

Tuesday, September 27, 6 pm to 8 pm

Learn to cook and experience the flavors of fall at a fabulous dinner in a cozy setting. Concocted by Sur La Table's resident chef, this meal shows off the spectacular tastes of the season, from savory to sweet. To whet your appetite, here's a preview of the menu. Poached pear salad with champagne vinaigrette. Cider-glazed pork tenderloin with sweet potatoes. Brussel sprouts with bacon and walnuts. Maple pot de crème. It's a bill of fare bound to titillate your taste buds. So join us around the fall table—and bon appetit.

Class limit: 12

Location: Sur La Table, The Village, 3540 E. Longwing Lane, Meridian

Instructor: Daisy Lewis

Class fee: \$25

food



"How old would you be if you didn't know how old you are?"

—Satchell Paige

Autumn Dinner from the Alps

Tuesday, October 25, 6 pm to 8 pm

Transport your taste buds to elevated heights with a mouth-watering cooking lesson led by Sur La Table's resident chef. Need some epicurean enticement? Just take a look at the menu you'll be taught to prepare: apple and fennel salad with whole grain mustard vinaigrette, classic pork schnitzel with herbs, and brown butter spiced-apple cake. With each bite of every dish, you'll feel like you're visiting a European chateau during the bounty of fall. Take a seat at the table, and enjoy your one-way ticket to the peak of culinary perfection.

Class limit: 12

Location: Sur La Table, The Village, 3450 E. Longwing Lane, Meridian

Instructor: Daisy Lewis

Class fee: \$25



Authentic Italian Sausage Dinner

Thursday, November 3, 2 pm to 3:30 pm

Learn how to prepare an Italian sausage meal the old-school Sicilian way. An Italian food gourmand married to a Sicilian, Jackie Coppola gives you a hands-on presentation on how to prepare a traditional sausage dinner in a slow cooker. This recipe is a personal favorite. Bona fide full instructions will be handed out, but the real treat is a sampling of the finished product.

Class limit: 20

Location: AARP Idaho

Instructor: Jackie Coppola

The French Crepe

Wednesday, November 16, 10 am to 12 pm

Learn how to make the classic French crepe, and savor the entire experience along the way. Master the art of the crepe with Gabrielle Applequist, a native of Brittany, France, the birthplace of the crepe. The class will begin with a cooking demonstration, followed by a mouth-watering crepe tasting. From sweet to savory, discover how the crepe makes the perfect breakfast, lunch, or dinner when paired with any number of fillings. Turn your kitchen into your own personal French creperie.

Class limit: 30

Location: AARP Idaho

Instructor: Gabrielle Applequist

All Class Pass!
Unlimited courses for \$35»

American Mah Jongg

**Tuesdays, September 6, 13, 20 & 27,
1:30 to 3 pm**

Keep your brain—and your social skills—sharp and playful. American Mah Jongg is a challenging, fun game played by four people with domino-like tiles. Rumored to have been invented by Confucius, this game goes way back in China, but it's transcended time and borders to become part of popular culture. Using the official gameplay rules and scorecards from the American Mah Jongg League, you'll learn the well-loved US adaptation. You don't need to attend every class—you're welcome to come to any session—but join all to really get your game on.

Class limit: 16

**Location: Silverstone Amenity
Center**

Instructor: Sandy Schilz & Friends

Hand & Foot for Beginners

**Wednesday, September 7, 10 am
to 1 pm**

Made for beginners, play your hand at a social card game designed for maximum fun. Related to Canasta, Hand & Foot is a North American game in which each player is dealt two sets of cards using one as the "hand" and one as the "foot." With a partner, participants play the hand first, then the foot, until all the cards are down. For this class, let the games begin. After this initial introductory course, you can sign up to play with others who have experience playing this lighthearted game. It's winners all around.

Class limit: 12

Location: AARP Idaho

Instructor: Jan McDougall



Pennies from Heaven Canasta

**Wednesdays, September 7, 14 & 21,
10 am to 12 pm**

The game of canasta might ring a bell from your childhood. Wildly popular in the 1950s, canasta threatened to displace bridge as the most play-worthy card game in the country. Many versions of the game exist, but we'll teach you "Pennies from Heaven," where four players, formed into partnerships, play with three decks of cards. In the rummy family and easy to pick up, you can learn canasta in one sitting, but your skill (and fun) level will increase every week, so make that your gameplan.

Class limit: 12

**Location: Meridian Silverstone
Amenity Center**

**Instructor: Diane Covington &
Michael Steiner**

fun and games



*"Old age deprives the intelligent man only of
qualities useless to wisdom."*

—Joseph Joubert

Hand & Foot for Experienced Players

Tuesday, September 13, 10 am to 12:30 pm

Wednesday, September 28, 10 am to 12:30 pm

Set up for experienced players, try your hand at this social card game designed for maximum fun. Related to Canasta, Hand & Foot is a North American game in which each player is dealt two sets of cards using one as the “hand” and one as the “foot.” With a partner, participants play the hand first, then the foot, until all the cards are down. For this class, game on. This course won’t cover the basics, so if you need to know the rules of play, sign up for the introductory class. Come to one or both sessions.

Class limit: 24

Location: Meridian Silverstone Amenity Center

Instructor: Jan McDougall

Fun with Line Dancing

Wednesday, September 21, 1 pm to 2 pm

Wednesday, October 19, 1 pm to 2 pm

It’s a two-step process, then you’ll fall right in line. Line dancing is a fabulous, toe-tapping experience, with roots in Americana and country western lore, still found on dance floors around the nation. A line dance might be choreographed and synchronized, but it feels like a fun group experience that just goes with the flow. Learn the basics at both sessions and get a feel for the tunes. You don’t need to attend the first class to be able to show up to the second. This class provides beginning level dances in a relaxed social environment. No experience or partner needed.

Class limit: 40

Location: King of Glory Lutheran Church, 3430 N. Maple Grove Road, Boise

Instructor: Sue Hebison



Bocce Ball

Tuesdays, October 4 & 11, 10 am to 12 pm

Think of this as outdoor bowling with an ancient pedigree. Playable in everything from backyards to tournament courts, this engaging game has an international lineage. Probably emerging from ancient Egypt and adapted to its current form in Italy, bocce is now massively popular around the world. It’s a light-hearted way to get your game on with friends. Played by two single players, or in small teams, you rack up points in bocce by aiming balls closest to the mark. It’s a blast from the past, made for having a good time in the present.

Class limit: 40

Location: Municipal Park Bocce Ball Courts, 500 S. Walnut Street, Boise

Instructor: Rich O’Hara, author of *Bocce in Boise*



Wise Choice

Choose your own adventure»

Medicare for Newbies

Friday, September 9, 2 pm to 4 pm
(Meridian)

Friday, October 14, 2 pm to 4 pm
(Boise)

New to Medicare? It doesn't have to be an odyssey into the unknown. Think of this as your field guide to making informed choices for your health and your finances. You'll learn the ABCs (and even Ds) of Medicare, including understanding Medicare supplement, Medicare advantage, prescription drug insurance, and deadlines for enrollment. You'll also find out about programs that can help people with low incomes. Need a more personalized approach? Our Senior Health Insurance Benefit Advisors can help you navigate Medicare with effective one-on-one counseling.

Class limit: 40

Locations: Silverstone Amenity Center (September 9)

AARP Idaho (October 14)

Instructor: Karen Clark



Understanding Lab Tests

Saturday, September 10, 10:30 am to 11:30 am

Is it just what the doctor ordered? When it comes down to deciphering the sometimes complicated meaning of scientific lab tests, it's not always easy to get to the heart of the matter. Take a smarter role in your healthcare by taking part in this engaging, interactive learning experience. This course empowers you by equipping you with the tools necessary to help you interpret the results of medical tests. Although it's not required, if you have a smart device—like a laptop, smartphone, or tablet—bring it to class.

Class limit: 35

Location: ISU Meridian

Instructor: Kathryn Norton

Life Savers: CPR Skills

Saturday, September 24, 10:30 am to 11:30 am

When there's a real life emergency, step in to save the day. After learning the life-saving basics of CPR and other first aid skills, you'll know how to respond in record time to ever-present dangers. Because when someone's in trouble and the seconds are ticking by, do you really know what to do to make a difference? Taught by certified and experienced instructors, get to know everything from spotting the signs of a heart attack to taking action when someone's choking. It's like superhero training, 101.

Class limit: 35

Location: ISU Meridian

Instructor: Health Solutions of Idaho trainer

health and wellness



"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

—Henry Ford

Occupational Therapy Safety Tips

Wednesday, October 5, 2 pm to 3:30 pm

Occupational therapy helps maximize functional independence after trauma, surgery or de-conditioning. Karen shares experiences from her 25 year career to help prepare you and your home pre -surgery. Learn how to use preventative techniques to protect your body. This course covers real life scenarios like getting dressed when you can't bend down; how to make your bathroom safer; how to use energy conservation for household tasks— even sitting at your computer in comfort. Get practical ideas from an OT to help you stay independent in your own home for longer.

Class limit: 30

Location: AARP Idaho

Instructor: Karen Walsh

Brain Injury Impacts

Saturday, October 8, 10:30 am to 11:30 am

The second leading cause of head injury in older adults is falling. This class covers the challenges that ensue after someone sustains a head injury and explores how these physical, cognitive, and emotional changes might be distinguished from other current difficulties that a person may be experiencing. Honored as a healthcare hero by the *Idaho Business Review*, instructor Russell Spearman has extensive professional

and even personal experience in dealing with brain trauma. We'll discuss the usual course of treatment, including compensatory strategies that help individuals function more independently and mindfully.

Class limit: 35

Location: ISU Meridian

Instructor: Russell Spearman

VA Benefits

Wednesday, October 12, 6 pm to 8 pm

Are you a veteran seeking healthcare? Especially at VA medical centers? This course covers the specific eligibility, services, and general benefits of the Veteran Healthcare Administration (VA)—as well as routes to navigate the complex system of VA medical care. VA Health Benefits ideally include all the necessary inpatient hospital care and outpatient services to promote, preserve, or restore your health. VA medical facilities provide a wide range of services including traditional hospital-based services such as surgery, critical care, mental health, orthopedics, pharmacy, radiology, and physical therapy.

Class limit: 40

Location: Meridian Silverstone

Amenity Center

Instructor: Debra Mueller

Living with Diabetes

Saturday, October 22, 10 am to 11:30 am

Are you or someone in your family facing diabetes but you're unsure how it might impact quality of life over the long run? Initially designed for veterans with diabetes, this hands-on course comes from the boots-on-the-ground perspective of someone who has lived with Type II diabetes for over 20 years. Get to know what to do to take control of your or your loved one's future health. Loaded with pics and practical tips, this presentation covers five main areas, including a diabetes overview, mental, medication, nutrition, and physical strategies for living with diabetes.

Class limit: 35

Location: ISU Meridian

Instructor: Tom Trelford



Smart Move
Registration in back»

Doctor Google

Saturday, November 5, 10:30 am to 11:30 am

Searching for answers about your health on the internet? It can be a daunting and overwhelming experience, with a slim chance of randomly hitting a scientifically-accurate treasure trove of useful information. Great websites do exist out there, but just as many look to spread false information, sell bogus products, and prey on our fears. Taught by a medical librarian, spend an hour learning some easy tips and tricks to find the ultimate online healthcare information, and ignore the rest. Your health will benefit from this wealth of knowledge.

Class limit: 20

Location: ISU Meridian

Instructor: Molly Montgomery



Aromatherapy

Tuesday, November 15, 10 am to 11:30 am

Aromas are evocative. They conjure up deep-rooted memories of the past, and can also carry healing benefits as a popular but ancient form of alternative medicine. Essential oils are extracted from nature and enhance psychological and physical well-being. Learn about top, middle and base notes as Karen shares her favorite oils and their uses. Sick of chemicals in your cleaning products? Got ants in your kitchen? Essential oils—not actually oils—can stimulate brain function, soothe your mind, or be absorbed through the skin, where they can work on individual body systems.

Class limit: 30

Location: AARP Idaho

Instructor: Karen Walsh

Happier Holidays with Alzheimer's

Saturday, November 19, 10:30 am to 11:30 am

Holidays can be bittersweet for families affected by Alzheimer's disease. If you, like many others, are caring for a loved one with dementia, the holiday season may not feel so merry. Memories of better times often surface as reminders of what you've lost or what has changed. At a time when you think you should be happy, you might unwrap stress, disappointment, and sadness instead. Find your happy place again by learning simple tips to make the holidays less disruptive and merrier for everyone.

Class limit: 35

Location: ISU Meridian

Instructor: Susan Ness, CVA

health and wellness



"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

—Henry Ford



The Corps of Discovery: Lewis & Clark in Idaho

Tuesday, September 13, 10 am to 12 pm

Go back in time, and view the wild, scenic, unknown parts of Idaho from the perspective of the Lewis and Clark expedition. Outfitted like Corps of Discovery explorer Peter Weiser—the namesake of Weiser, Idaho—guide Frank Krone leads you on his journey through Idaho, and what the crew encountered while in this state. We'll also dive into the backgrounds of the explorers, and what exactly led them here. Then, we'll walk through what happened after the trip. Go there, and get an up-close understanding of Idaho gone-by.

Class limit: 40

Location: AARP Idaho

Instructor: Frank Krone

Mercy Street in Idaho

Friday, September 9, 10 am to 12 pm

Are you hotly anticipating the 2nd season of PBS's acclaimed Civil War hospital drama, *Mercy Street*? This course is right up your alley. Put yourself in Idaho in the late 1800s, and find out how Civil War doctors and nurses brought important advances in medicine to our state, right alongside early Idahoan female pioneer healers. This will give you a whole new depth of perspective as you watch the series, and help you see how Idaho changed forever when Civil War medical veterans set down roots and started their practices here.

Class limit: 40

Location: AARP Idaho

Instructor: K.C. Krone

Incarceration Camps of WWII

Tuesday, September 20, 10 am to 12 pm

During WWII, Idaho was a hotbed for internment camps. These incarceration facilities housed people of Japanese ancestry, no matter what their backgrounds. Some were disenfranchised American citizens. Some were legal resident aliens. Some were prisoners of war from Italy and Germany. This course will walk you through the halls of these camps and the lives they contained. Then we'll take a bird's-eye view, and place the Idaho experience in the larger context of

incarceration throughout the country for people of Japanese, Italian or German ancestry.

Class limit: 40

**Location: Meridian Silverstone
Amenity Center**

Instructor: Carol Ash

**See companion class: Minidoka
Historical Site Tour (Field Trips)**

Icons of Boise

Monday, September 26, 2 pm to 3:30 pm

Award-winning reporter Anna Webb will speak about the creation of the *Idaho Statesman* book penned for the City of Boise's sesquicentennial—150 Boise Icons—a compilation of her popular Boise Icons newspaper series. From the washer woman on Vista Avenue to the grandeur of the state Capitol, Boise has many sites that rank as local legends and treasures. Anna will talk about how the book came to life and share a few site-specific stories from it. She also shows how the paper got readers involved in the project.

Class limit: 20

**Location: Idaho Statesman, 1200 N.
Curtis Road, Boise**

Instructor: Anna Webb

history

**Think Fast
Now enrolling!**

Anne Frank Human Rights Memorial Lecture & Tour

Thursday, October 20, 1 pm to 2:30 pm (Lecture), Friday, October 21, 1 pm to 2:30 pm (Tour)

Both the triumphs and the tragedies of the human story are on display at the Anne Frank Human Rights Memorial, but in every quote and every idea, we see the profound power of a single voice or bold action to overcome great odds and alter the course of history. Anne Frank and Boise may seem like an unlikely pairing, but the legacy she left for human dignity strongly resonates in Idaho. Designed to create a more inclusive environment, learn the origin story and inspiration behind this powerful place. This first session is a guided history of the Human Rights in Idaho and the development of the Memorial.

Class limit: 35

Lecture Location: AARP Idaho

Tour Location: Anne Frank Human Rights Memorial, 770 S 8th Street, Boise

Instructor: Dan Prinzing, PhD

Class fee: \$10

Documentary Film Club

Monday, September 12, 10 am to 12 pm

Film buff? If you love watching documentaries—then engaging in lively discussions about them—this club's for you. At this initial meet-up, we'll brainstorm documentaries the group wants to see (so come with some ideas in mind) and schedule dates for the viewings. Last semester's projection selections included real showstoppers like Maya Lin, Chasing Ice, Jiro Dreams of Sushi, When We Were Kings, and Muscle Shoals. This fall, it's up to your celluloid curiosity. Even if you can't attend the kick off class, sign up and we'll keep you posted on movie times.

Class limit: 24

Location: AARP Idaho

Instructor: Cathy McDougall



20 Ways to Tie a Scarf

Monday, September 19, 1 pm to 2:30 pm

"How to wear a scarf" recently took the cake as the most Googled fashion question of the year. Get in on some real live answers. Just in time for fall fashion outings, learn 20 ways to go out in style by creating trendsetting designs and knots with scarves of all sizes. From the ascot wrap, to the mystery loop, to the Hollywood Hills, this course literally ties you up in knots. Feel free to bring scarves of different dimensions—especially if you have the hand-painted silk scarf from a previous class—and tie one on for size.

Class limit: 35

Location: AARP Idaho

Instructor: Cathy McDougall

See companion class: "Silk Scarf Painting" (Arts & Crafts)

general interest



*"There is an anti-aging possibility, but it has to come from within."
-Susan Anton*



Election 2016

Thursday, September 22, 12 pm to 1:30 pm

Over lunch, dive deep into one of the most fascinating presidential election years in living memory. Viewed from an expert perspective in the political arena, look inside the trends, issues, and personalities dominating the national discussion and impacting the vote. Facilitator Greg Strimple has held numerous positions in presidential, congressional, and state legislative campaigns across the country, including as the senior advisor for polling and advertising in Senator John McCain's 2008 presidential bid. More recently, Greg took on a similar role with New Jersey Governor Chris Christie in his upset victory of 2009 and reelection in 2013 and Illinois Senator Mark Kirk's victory in 2013..

Class limit: 40

Location: AARP Idaho

Instructor: Greg Strimple

Bonus: Free box lunch

Entrepreneurship at Any Age

Thursday, September 29, 10 am to 12 pm

Success starts here. Focused on funding entrepreneurship and enterprising ideas, this course offers a detailed overview and discussion of the commercial financing process and loan guaranty programs from the Small Business Association (SBA). To better prepare you when approaching commercial lenders, go over must-know, business-building topics like credit criteria, loan applications, determining your financing needs, and eligibility for SBA and grant programs. Find out what banks look for in applicants like you and prepare a solid loan package to get your small business off and running.

Class limit: 40

Location: AARP Idaho

Instructor: Greg Yerxa

Stage Fright

Thursday, October 6, 1 pm to 3 pm

Butterflies in your stomach? Get your nerve up when facing one of the most intimidating acts of humankind: public speaking. The majority of people are more terrified of speaking in front of an audience than they are of snakes, spiders, or in extremis, even death. So why all the stage fright? Get grounded in the roots of this phenomenon and learn practical techniques to not only deal with it, but also make the most of that exhilarated feeling. So all the world's a stage, and you know how to play it.

Class limit: 20

Location: AARP Idaho

Instructor: Lynette Adams



Sign up!

Registration in back»

CSI & Forensics

Thursday, October 13, 2 pm to 4 pm

Not only in police procedurals and investigative TV shows, forensic science has been changing greatly over the past several years. So get in on a virtual crime scene investigation. Forensic scientist and lab manager at the Ada County Sheriff's office, instructor Natasha Wheatley walks you through a general overview of forensic disciplines, including laboratory work like DNA and CSA tactics in the field. We'll also discuss major issues and technological breakthroughs that have risen the bar in this high-pressure practice and brainteaser of a discipline.

Class limit: 35

Location: AARP Idaho

Instructor: Natasha Wheatley



5 Ways to Stop Internet Fraud

Tuesday, October 18, 10 am to 11:30 am

With constant news of computer hackers, stolen data, missing files, identity theft, and money lost to scammers, you may be asking, "Do I live in a cave and only use cash?" The answer is no. There are specific steps you can take to reduce your risk of becoming a victim of identity theft and the rash of scams perpetrated on a daily basis. During this fun, fast-paced, interactive course, Better Business Bureau offers you five specific ways to protect yourself from online scammers and thieves.

Class size: 40

Location: Better Business Bureau, 125 E. 50th Street, Boise

Instructor: Emily Valla

Trade Secrets of Professional Genealogists

Wednesdays, October 26, November 2 & November 9, 6 pm to 8 pm

Whether you're just dipping your toes in or an old hand at genealogy research, find out how to get going in the right direction. Dr. Steve Barrett of the Idaho State Historical Society shares strategies utilized by professional genealogists to locate relevant records, even those that might be difficult to find. He'll provide

tips on where to get started, how to document your research, plus important pitfalls to avoid. Get some grounded perspective on your lineage, and gain from the genius of the generations.

Class limit: 40

Location: AARP Idaho

Instructor: Dr. Steve Barrett

Camino de Santiago Journey

Thursday, November 10, 10:30 am to 12 pm

Plan out and cross off a major line from your bucket list. Former college professor Galen Louis will show you how to check off a monumental sight and experience: the Camino de Santiago. Also called the Way of Saint James, this is an ancient pilgrimage route to the shrine of the apostle Saint James the Great in the Cathedral of Santiago de Compostela in northwestern Spain, where the remains of the saint might be buried. For many, this is an epic spiritual experience. Explore the long-lost world of this major Christian pilgrimage during the Middle Ages.

Class limit: 40

Location: Meridian Silverstone Amenity Center

Instructor: Dr. Galen Louis

general interest

"Youth is a gift of nature, but age is a work of art."

Estate Planning

Tuesday, October 11, 7 pm to 9 pm

"I don't have an estate, so why do I need estate planning?" This is a common question that leads to an all-too-typical end scenario—with no clear roadmap for your loved ones to follow. A lawyer, lobbyist, and expert witness dedicated to protecting the elderly in probate and estate planning, instructor Robert Aldridge lays down the truths about trusts, powers of attorney, and future strategies. Get strategies for problem solving and controlling what happens to you and your assets during your life and beyond.

Class limit: 40

**Location: Meridian Silverstone
Amenity Center**

Instructor: Robert Aldridge



Probate Process ABCs

Thursday, October 13, 10 am to 11:30 am

Will you or won't you? When it all comes down to the official proving of a will, this course details the route to take to make the probate process easy on you and your loved ones. A practicing lawyer for 18 years, primarily in the area of estate planning and administration, Todd Winegar outlines the basic estate planning tools you'll want in your back pocket, including wills, revocable living trusts, durable powers of attorney, and health care directives. Learn how to pass your estate on to the intended recipients in an effective and efficient manner.

Class limit: 35

Location: AARP Idaho

Instructor: Todd Winegar



Enjoy Your Retirement

Thursday, November 3, 1 pm to 2:30 pm

A former VP of a Fortune 500 company, now retired for 15 years, Dennis Fetzer speaks from experience on how to navigate the new frontier of retirement and better prepare for the journey. He outlines the things you need to know to help avoid the common pitfalls and make the most of your more abundant free time. You've worked hard to finally relax and enjoy the leisure time that retirement brings. So define what the pursuit of happiness realistically means now that you're ready to really go for it.

Class limit: 40

**Location: Meridian Silverstone
Amenity Center**

Instructor: Dennis Fetzer

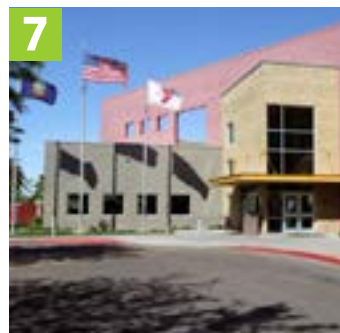
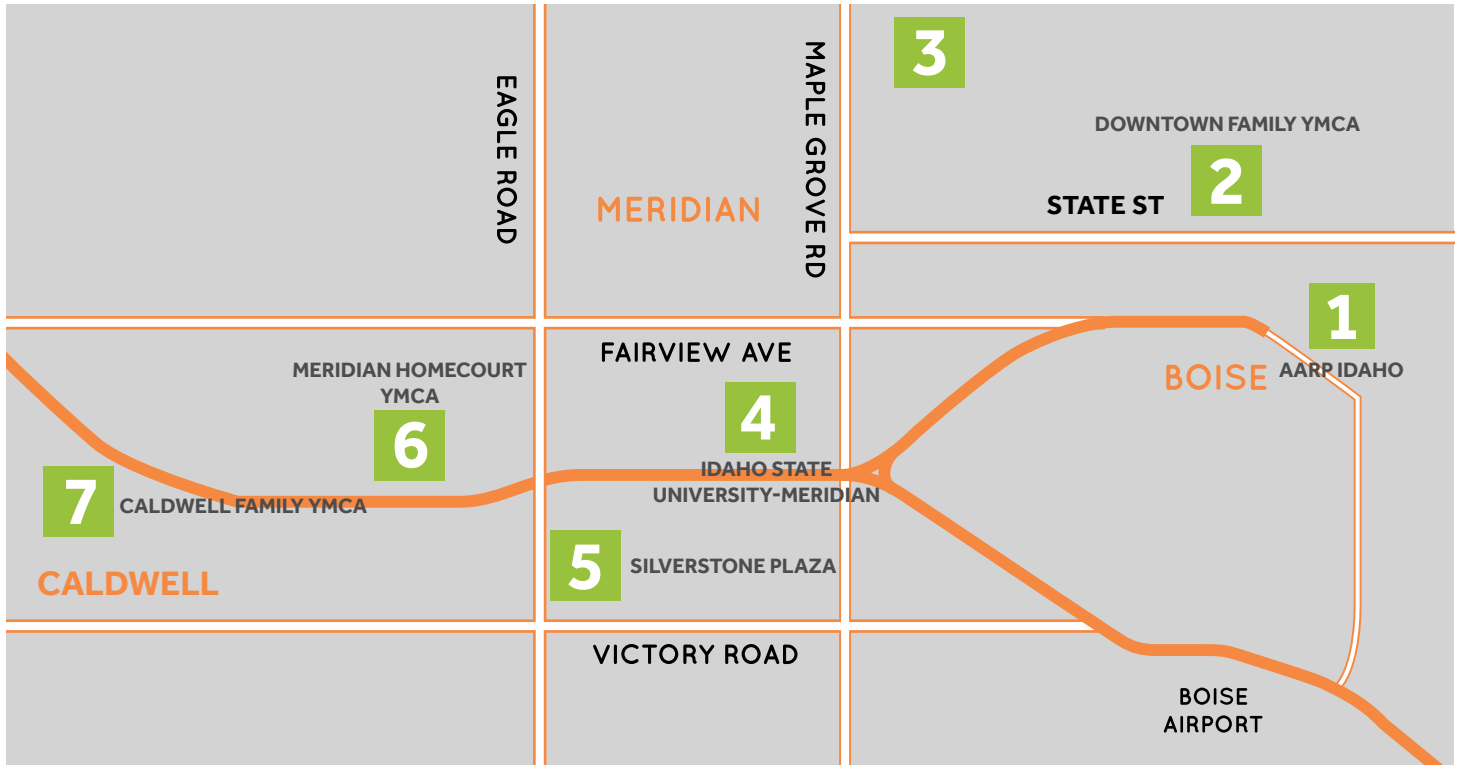
life plans

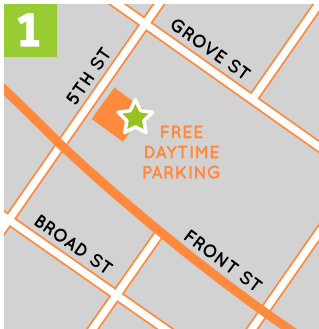


All Class Pass!

Unlimited courses for \$35»

Class Locations





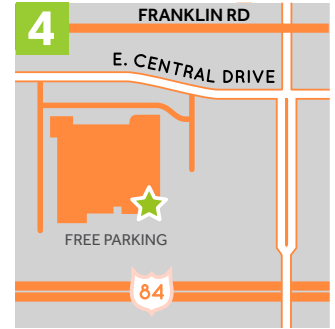
1
AARP IDAHO
C.W. MOORE PLAZA
250 SOUTH 5TH ST., #800
BOISE, ID 83702
 LIMITED FREE PARKING



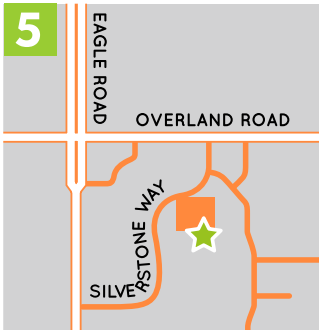
2
DOWNTOWN FAMILY YMCA
1050 WEST STATE STREET,
BOISE, ID 83702
 FREE PARKING



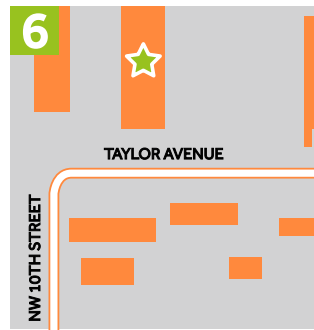
3
WEST FAMILY YMCA
5959 NORTH DISCOVERY PL.
BOISE, ID 83713
 FREE PARKING



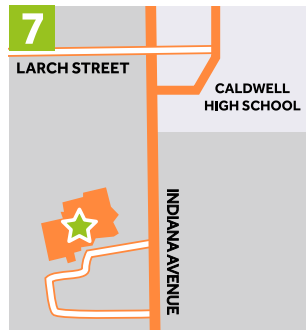
4
IDAHO STATE
UNIVERSITY-MERIDIAN
1311 E CENTRAL DR
MERIDIAN, ID 83642
 FREE PARKING



5
SILVERSTONE PLAZA
3405 E OVERLAND RD
MERIDIAN, ID 83642
 FREE PARKING



6
MERIDIAN HOMECOURT
YMCA
936 TAYLOR AVENUE #104,
MERIDIAN, ID 83642
 FREE PARKING



7
CALDWELL FAMILY YMCA
3720 SOUTH INDIANA AVENUE,
CALDWELL, ID 83605
 FREE PARKING

Get in Touch.
Contact us with any questions.

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 WEBSITE: www.newknowledgeadventures.org

NEW KNOWLEDGE ADVENTURES

TREASURE VALLEY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4		5	6 American Mah Jongg Silverstone, 1:30 - 3:00 pm	7 Pennies from Heaven Canasta Silverstone, 10:00am - 12:00 pm Hand & Foot for Beginners AARP Idaho Office 10:00am- 1:00 pm History Across the Border: Ontario, Oregon Tour 1:30 - 6:30 pm Strength Training 101 Caldwell YMCA, 2:30 - 4:00 pm	8 Picturesque Paperfolding Silverstone, 10:00am - 12:00 pm Scenic & Wildlife Photography AARP Idaho Office, 1:00 - 2:30 pm	9 Mercy Street in Our Backyard AARP Idaho Office 10:00am - 12:00 pm Payette Brewing Company Tour & Tasting 11:00am to 1 pm Medicare for Newbies, Silverstone, 2:00 - 4:00 pm	10 Understanding Lab Tests, ISU Meridian, 10:30 - 11:30 am
11	SEPTEMBER 2016	12 Documentary Film Club AARP Idaho Office, 10:00am - 12:00 pm Intro to TRX -Suspension Training, Caldwell YMCA, 2:00 - 3:00pm Stargazing Basics Silverstone, 6:30 - 8:00pm	13 American Mah Jongg Silverstone, 1:30 - 3:00pm The Corps of Discovery: Lewis & Clark in Idaho AARP Idaho Office, 10:00am - 12:00pm Hand & Foot for Experienced Players Silverstone, 10:00 - 12:30pm	14 Pennies from Heaven Canasta Silverstone, 10:00am - 12:00pm Silk Scarf Painting Silverstone, 1:00 - 3:00pm	15 Minidoka National Historic Site 9:00am - 4:00pm Scentsy Tour 10:00am - 11:15pm Intro to Tai Chi and Qi Gong Caldwell YMCA, 11:30am - 1:00pm	16 Bird Watching Basics Silverstone, 10:00am - 12:00pm Strength Training Anywhere West YMCA, 12:00 - 1:00pm	17 Birding on the Greenbelt Kathryn Albertson & Anne Morrison Park, 8:30am - 12:00pm Nia Total Body Cardio Downtown YMCA Boise, 2:00 - 3:00pm
18		19 20 Ways to Tie a Scarf AARP Idaho Office, 1:00 - 2:30pm	20 Incarceration Camps of WWII Silverstone, 10:00am - 12:00pm American Mah Jongg Silverstone, 1:30 - 3:00pm Fabulous Fermented Foods Caldwell YMCA, 3:00 - 5:00pm	21 Pennies from Heaven Canasta Silverstone, 10:00 - 12:00pm Sushi at Home Caldwell YMCA, 11:00 - 2:00pm Fun with Line Dancing 1:00 - 2:00pm	22 World Center for Birds of Prey Tour Tour: 1:30 - 3:30pm Election 2016 AARP Idaho Office, 12:00 - 1:00pm	23 Bird Watching Basics Silverstone, 10:00am - 12:00pm Zumba Gold Latin Rhythms West YMCA, 12:00 - 1:00pm Kelton Ramp Oregon Trail Excursion 10:00am - 12:00pm	24 Birding on the Greenbelt Kathryn Albertson & Ann Morrison Park, 8:30am - 12:00pm Life Savers: CPR & First Aid ISU Meridian, 10:30 - 11:30am
25		26 Picturesque Paperfolding Silverstone, 10:00am - 12:00pm Icons of Boise Idaho Statesman, 2:00-3:30pm	27 American Mah Jongg Silverstone, 1:30 - 3:00 Fine Dining at the Fall Table Sur La Table, 6:00 - 8:00pm	28 Hand & Foot for Experienced Players Silverstone, 10:00am - 12:30pm	29 Entrepreneurship at Any Age AARP Idaho Office, 10:00am - 12:00pm	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Intro to Drawing Meridian Senior Center Kleiner Park, 1:00 - 3:00pm	4 Bocce Ball Municipal Park Bocce Ball Courts, Boise, 10:00 - 12:00pm Weiser Historical Walking Tour 10:30 - 3:30pm Great Grape Crush Koenig Winery, Caldwell 10:00-12:00pm	5 Occupational Therapy Safety Tips AARP Idaho Office, 2:00 - 3:30pm	6 Stage Fright AARP Idaho Office, 1:00 - 3:00pm	7 Managed Recharge & the ESPA AARP Idaho Office, 1:30 - 3:00pm	8 Harvest Vineyard Tour & Tasting Fujishin Tasting Room, 1:00 - 4:00pm Brain Injury Impacts ISU Meridian, 10:30 - 11:30am
9	10 Carving Gourd Birdhouses Gourd Shop, Caldwell 10:30am - 2:30pm	11 Bocce Ball Municipal Park Bocce Ball Courts, Boise, 10:00 - 12:00pm Scentsy Tour 10:00 - 11:15am Estate Planning Silverstone, 7:00 - 9:00pm	12 Visualizing Minidoka: Picture by Picture AARP Idaho Office and Boise Art Museum, 10:00am to 2:00pm Strength Training Basics Meridian Homecourt YMCA 1:00 - 2:00pm Idaho Supreme Court History, Tour & Time with Chief Justice Idaho Supreme Court, 3:00 - 4:30pm VA Benefits Silverstone, 6:00 - 8:00pm	13 CSI Forensic Overview AARP Idaho Office, 2:00 - 4:00pm Probate Process ABCs AARP Idaho Office, 10:00 -11:30am	14 Zumba Gold Latin Rhythms West YMCA, 12:00 - 1:00pm Medicare for Newbies AARP Idaho Office, 2:00 - 4:00pm	15 Bulgarian Training Bag Downtown YMCA Boise, 2:00 - 3:30pm
16	17 Strength Training 101 Caldwell YMCA, 12:00 - 1:30pm Intro to Drawing Meridian Senior Center, Kleiner Park, 1:00 - 3:00pm	18 5 Ways to Stop Internet Fraud Better Business Bureau Office, 10:00 - 11:30am Core Flexibility Training, Meridian Homecourt YMCA 10:45 - 11:45am	19 Geocaching the Treasure Valley Silverstone, 10:00 - 11:30am Fun with Line Dancing King of Glory Lutheran Church, 1:00 - 2:00pm	20 Anne Frank Human Rights Memorial Background AARP Idaho Office, 1:00 - 2:30pm	21 Strength Training Anywhere West YMCA, 12:00 - 1:00pm Spinning & Indoor Cycling Meridian Homecourt YMCA 12:00 - 1:00pm Anne Frank Human Rights Memorial Tour Anne Frank Human Rights Memorial, 1:00 - 2:30pm	22 Living with Diabetes ISU Meridian, 10:30 - 11:30am
23	24 Intro to TRX Suspension Training Caldwell YMCA, 2:00 - 3:00pm	25 Autumn Dinner from the Alps Sur La Table, The Village, 6:00 - 8:00pm	26 Trade Secrets of Professional Genealogists AARP Idaho Office, 6:00 - 8:00pm	27 Winter Holiday Floral Arrangement AARP Idaho Office, 2:00 - 4:00pm	28	29
30	31 Intro to Drawing Meridian Senior Center, Kleiner Park 1:00 - 3:00pm					

OCTOBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Trade Secrets of Professional Genealogists AARP Idaho Office, 6:00 - 8:00pm	3 Authentic Italian Sausage Dinner AARP Idaho Office, 2:00 - 3:30pm Enjoying Your Retirement Silverstone, 1:00 -2:30pm	4	5 Doctor Google ISU Meridian, 10:30 - 11:30am Laughter Yoga, Downtown YMCA Boise, 2:00 - 3:30pm
6	7 Holiday Orgami Ornaments AARP Idaho Office, 10:00am - 12:00pm	8	9 Strength Training Basics Meridian Homecourt YMCA 4:30 -5:30pm Trade Secrets of Professional Genealogists AARP Idaho Office, 6:00 - 8:00pm	10 Zumba Gold Meridian Homecourt YMCA, 9:30 - 10:30am Camino de Santiago Journey Silverstone, 10:30am - 12:00pm	11	12
13	14 Holiday Orgami Ornaments AARP Idaho Office, 10:00am - 12:00pm	15 Aromatherapy AARP Idaho Office, 10:00 - 11:30am	16 The French Crepe, AARP Idaho Office, 10:00am - 12:00pm	17 Roadmap to Geography AARP Idaho Office, 10:00 - 11:30am	18 Zumba Gold Latin Rhythms West YMCA, 12:00 - 1:00pm Strength Training 101 Caldwell YMCA, 9:30 - 11:00am	19 Happier Holidays with Alzheimer's ISU Meridian, 10:30 - 11:30am
20	21 Winter Wonderland at Indian Creek Caldwell Police Department Community Room, 4:30 - 6:00pm	22	23	24	25	26

NOVEMBER 2016

Volunteer

Enlighten Us! Teach for New Knowledge Adventures.

Over the years, you've picked up a lot of talents and skills. Share your wisdom with the world, or at least the Treasure Valley, by volunteering to be an instructor for New Knowledge Adventures.

Do you need a degree? Nope. You just need a passion that you've perfected over time—and the presence of mind to spread the word about it in an enlightening and engaging way. From making art to leading tours, or teaching about technology to taking us back through history, let us know the ins and outs of your most fascinating hobby or expertise.

To help in other ways, think about connecting us with others in the community who might have something interesting to impart.

Reach Out

What would you like to make public knowledge? Contact Cathy at cmcdougall@aar.org. The NKA volunteer curriculum committee will review your class proposal for an upcoming semester.



PLAY A PART: The success of this program depends on your ideas. NKA is directed by a team of volunteers. For more information on teaching a class or volunteering, contact Cathy at cmcdougall@aar.org.

3 Ways to Sign Up!

Registration Ongoing

1 Mail this form

ISU-Meridian
208-373-1809
ATTN: NKA-TV
1311 E. Central Dr.
Meridian, ID 83642

2 Register online

www.newknowledgeadventures.org

3 Call us

(208) 373-1809

Fees due at registration:

\$35 per person for the entire semester. Checks payable to Idaho State University, no cash accepted. Membership Dues **MUST** be paid in full at time of registration

*Some classes require additional fees that need to be paid at the first class or prior to the class, to the instructor or facilitator.

FIRST NAME _____ MIDDLE INITIAL _____ LAST NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

E-MAIL (CANNOT HAVE DUPLICATE EMAILS LISTED) _____

SIGNATURE (SEE TERMS & CONDITIONS) _____

Agreement and Release of Liability

- In consideration of gaining membership or being allowed to participate in the activities and programs of ISU New Knowledge Adventures – Treasure Valley and to use its facilities and equipment, I do hereby waive, release and forever discharge Idaho State University and AARP Idaho, its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities of said program. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of ISU New Knowledge Adventures – Treasure Valley.
- I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of these activities and programs of Idaho State University's New Knowledge Adventures – Treasure Valley or use of equipment except as hereinafter stated
- I consent to the use of photographs taken of them for the future program promotional or marketing materials.
I do hereby assume all responsibility for my participation and activities, and utilization of equipment in my activities.
I do assume responsibility for my participation in class and will call 208-373-1809 if I cannot attend.

Class List: Check off any classes you plan on attending on the back of this page.

ARTS & CRAFTS

Picturesque Paperfolding

- __ Thursday, September 8 @ Silverstone Amenity Center
- __ Monday, September 26 @ Silverstone Amenity Center

Silk Scarf Painting

- __ Wednesday, September 14 @ Silverstone Amenity Center

Intro to Drawing (Have to be present at first session in order to take any other sessions)

- __ Mondays, October 3, 17 & 31 @ Meridian Senior Center

Carving Gourd Birdhouses

- __ Monday, October 10 @ The Gourd Shop in Caldwell

Visualizing Minidoka: Picture by Picture

- __ Wednesday, October 12 @ AARP Idaho and BAM

Winter & Holiday Flower Arrangements

- __ Thursday, October 27 @ AARP Idaho

Holiday Origami Ornaments (Have to be present at first session in order to take second session)

- __ Mondays, November 7 & 14 @ AARP Idaho

ENVIRONMENT

Scenic & Wildlife Photography

- __ Thursday, September 8 @ AARP Idaho

Stargazing Basics

- __ Monday, September 12 @ Silverstone Amenity Center

Bird Watching Basics

- __ Friday, September 16 @ Silverstone Amenity Center
- __ Friday, September 23 @ Silverstone Amenity Center

Managed Recharge & the ESPA

- __ Friday, October 7 @ AARP Idaho

Geocaching the Treasure Valley

- __ Wednesday, October 19 @ Silverstone Amenity Center

Roadmap to Geography

- __ Thursday, November 17 @ AARP Idaho

EXERCISE:

Strength Training 101

- __ Wednesday, September 7 @ Caldwell YMCA
- __ Monday, October 17 @ Caldwell YMCA
- __ Friday, November 18 @ Caldwell YMCA

Intro to TRX Suspension Training

- __ Monday, September 12 @ Caldwell YMCA
- __ Monday, October 24 @ Caldwell YMCA

Intro to Tai Chi & Qi Gong

- __ Thursday, September 15 @ Caldwell YMCA

Strength Training Anywhere

- __ Friday, September 16 @ West YMCA
- __ Friday, October 21 @ West YMCA

NIA Total Body Cardio

- __ Saturday, September 17 @ Downtown YMCA

Zumba Gold Latin Rhythms

- __ Friday, September 23 @ West YMCA
- __ Friday, October 14 @ West YMCA
- __ Friday, November 18 @ West YMCA

Strength Training Basics

- __ Wednesday, October 12 @ Meridian Homecourt YMCA
- __ Wednesday, November 9 @ Meridian Homecourt YMCA

Bulgarian Training Bag

- __ Saturday, October 15 @ Downtown YMCA

Core Flexibility Training

- __ Tuesday, October 18 @ Meridian Homecourt YMCA

Registration Form continued

Spinning & Indoor Cycling

__ Friday, October 21 @ Meridian Homecourt YMCA

Laughter Yoga

__ Saturday, November 5 @ Downtown YMCA

Zumba Gold

__ Thursday, November 10 @ Meridian Homecourt YMCA

FIELD TRIPS

History Across the Border: Ontario, Oregon Tour

__ Wednesday, September 7 @ Special Location
(Itinerary will be available with sign-up)

Payette Brewing Company Tour and Tasting

__ Friday, September 9 @ Payette Brewing

Minidoka National Historical Site

__ Thursday, September 15 @ Special Location
(Itinerary will be available with sign-up)

Scentsy Tour

__ Thursday, September 15 @ Scentsy Headquarters

__ Tuesday, October 11 @ Scentsy Headquarters

Birding on the Greenbelt

__ Saturday, September 17 @ Kathryn Albertson & Ann Morrison Parks

__ Saturday, September 24 @ Kathryn Albertson & Ann Morrison Parks

World Center for Birds of Prey Tour

__ Thursday, September 22 @ World Center for Birds of Prey

Kelton Ramp Oregon Trail Excursion

__ Friday, September 23 @ Special Location (Itinerary will be available with sign-up)

Weiser Historical Walking Tour

__ Tuesday, October 4 @ Special Location (Itinerary will be available with sign-up)

Great Grape Crush

__ Tuesday, October 4 @ Koenig Winery

Harvest Vineyard Tour & Tasting

__ Saturday, October 8 @ Fujishin Family Cellars Winery & Vineyards

Idaho Supreme Court History & Tour

__ Wednesday, October 12 @ Idaho Supreme Court

Winter Wonderland at Indian Creek

__ Monday, November 21 @ Caldwell Police Department Community Room

FOOD

Fabulous Fermented Foods

__ Tuesday, September 20 @ Caldwell YMCA

Sushi at Home

__ Wednesday, September 21 @ Caldwell YMCA

Fine Dining at the Fall Table

__ Tuesday, September 27 @ Sur la Table

Autumn Dinner from the Alps

__ Tuesday, October 25 @ Sur la Table

Authentic Italian Sausage Dinner

__ Thursday, November 3 @ AARP Idaho

The French Crepe

__ Wednesday, November 16 @ AARP Idaho

FUN & GAMES

American Mah Jongg (Have to be present at first session in order to take any other session)

__ Tuesdays, September 6, 13, 20 & 27 @ Silverstone Amenity Center

Hand & Foot for Beginners

__ Wednesday, September 7 @ AARP Idaho

Pennies from Heaven Canasta (Have to be present at first session in order to take any other session)

__ Wednesdays, September 7, 14 & 21 @ Silverstone Amenity Center

Hand & Foot for Experienced Players

__ Tuesday, September 13 @ Silverstone Amenity Center

__ Wednesday, September 28 @ Silverstone Amenity Center

Fun with Line Dancing

__ Wednesday, September 21 @ King of Glory Lutheran Church

__ Wednesday, October 19 @ King of Glory Lutheran Church

Bocce Ball

__ Tuesday, October 4 @ Municipal Park Bocce Ball Courts

__ Tuesday, October 11 @ Municipal Park Bocce Ball Courts

HEALTH & WELLNESS

Medicare for Newbies

__ Friday, September 9 @ Silverstone Amenity Center

__ Friday, October 14 @ AARP Idaho

Understanding Lab Tests

__ Saturday, September 10 @ ISU Meridian

Life Savers: CPR & First Aid

__ Saturday, September 24 @ ISU Meridian

Occupational Therapy Safety Tips

__ Wednesday, October 5 @ AARP Idaho

Brain Injury Impacts

__ Saturday, October 8 @ ISU Meridian

VA Benefits

__ Wednesday, October 12 @ Silverstone Amenity Center

Living with Diabetes

__ Saturday, October 22 @ ISU Meridian

Doctor Google

__ Saturday, November 5 @ ISU Meridian

Aromatherapy

__ Tuesday, November 15 @ AARP Idaho

Happier Holidays with Alzheimer's

__ Saturday, November 19 @ ISU Meridian

HISTORY

Mercy Street in Idaho

__ Friday, September 9 @ AARP Idaho

The Corps of Discovery: Lewis & Clark in Idaho

__ Tuesday, September 13 @ AARP Idaho

Incarceration Camps of WWII

__ Tuesday, September 20 @ Silverstone Amenity Center

Icons of Boise

__ Monday, September 26 @ Idaho Statesman

Anne Frank Human Rights Memorial Lecture and Tour

__ Thursday, October 20 @ AARP Idaho

__ Friday, October 21 @ Anne Frank Human Rights Memorial

GENERAL INTEREST

Documentary Film Club

__ Monday, September 12 @ AARP Idaho

20 Ways to Tie a Scarf

__ Monday, September 19 @ AARP Idaho

Election 2016

__ Thursday, September 22 @ AARP Idaho

Entrepreneurship at Any Age

__ Thursday, September 29 @ AARP Idaho

Registration Form continued

Stage Fright

__Thursday, October 6 @ AARP Idaho

CSI & Forensics

__Thursday, October 13 @ AARP Idaho

5 Ways to Stop Internet Fraud

__Tuesday, October 18 @ Better Business Bureau

Trade Secrets of Professional Genealogists

__Wednesdays, October 26, November 2 & 9 @ AARP Idaho. **Attendance at all classes is recommended.**

Camino de Santiago Journey

__Thursday, November 10 @ Silverstone Amenity Center

LIFE PLANS

Estate Planning

__Tuesday, October 11 @ Silverstone Amenity Center

Probate Process ABCs

__Thursday, October 13 @ AARP Idaho

Enjoying Your Retirement

__Thursday, November 3 @ Silverstone Amenity Center

Please let us know if you need any accommodations. We will contact you and determine which classes will be most appropriate.

SIGNATURE _____

Call 208-373-1809 to cancel or add additional classes or go online.



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ADVENTURES
TREASURE VALLEY