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**NEW** **KNOWLEDGE  
ADVENTURES**  
TREASURE VALLEY

## **SPRING INTO ACTION:**

**Now enrolling!**

- » **Only \$35 for the entire spring semester**
- » **Over 45 exciting, peer-designed courses for ages 50+**
- » **Unlimited class sign-ups while spaces last!**

**AARP** Real Possibilities in  
**Idaho**

**AARP Idaho** **WE'VE MOVED!**  
C.W. Moore Plaza  
250 South 5th St. , Suite 800  
Boise, ID 83702

***Must be 50+ to play.***

***Good times ahead »***

***See the class list & register now!***

**AARP** Real Possibilities in  
**Idaho**

**Idaho State**  
UNIVERSITY

the **Y**  
YMCA



Real Possibilities in

# Idaho

*When they say  
there's life after  
50, this is what  
they're talking  
about.*



**NEW** **KNOWLEDGE  
ADVENTURES**  
TREASURE VALLEY

SPRING 2016 COURSE CATALOG

**Idaho State**  
UNIVERSITY



# *Have the time of your life.*

Whoever said the best is yet to come must be in on the spring semester of New Knowledge Adventures in the Treasure Valley. Exclusively designed for those 50+, this is an education experience decades in the making that just debuted in Boise, Meridian, and beyond last fall. Made for the curious at heart, now featuring an expanded roster of classes, catch even more action and adventure this semester. Think of this as the sequel that's bigger and more exciting than ever. All for only \$35 for the entire spring semester—like an unlimited all-access pass.



## **NEW** KNOWLEDGE ADVENTURES TREASURE VALLEY



**“Play is the brain’s  
favorite way of  
learning.”**

**—Dianne Ackerman**

# *Spring Forward*

## **Brain Power**

Combining passion, purpose, and just plain fun, New Knowledge Adventures is rooted in real experience. Our member-led crew of volunteer instructors put their hearts and their heads in it. These courses are the culmination of lifelong passions, intellectual journeys, and rewarding careers. While free time is finally on your side, why not make the most of it? Make new friends—or take a few with you too—while you learn something new.

## **Spring Eternal**

It's like the fountain of youth, except scientifically proven. Social interaction. Exercise. Curiosity. Intellectual engagement. It all helps train the brain, and astonishingly, even regenerates it. Change your frame of mind. So you stay as sharp as a tack.

## **Thought Leaders**

New Knowledge Adventures is a two-decade-old, member-led organization that originally took off from Idaho State University in Pocatello. In fall 2015, New Knowledge Adventures launched in the Treasure Valley thanks to our incredible volunteers and the big-time support of AARP Idaho, ISU, and Treasure Valley YMCA.

**Never.  
Stop.  
Learning.**

**CLASS IS IN:  
Sign up now. Only \$35  
for unlimited classes.  
Registration info inside!**



# Class Notes

Choose your own adventure by taking courses 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 or register online. Check off the classes you want to take on the back. **Registration is ongoing and open until the last class is held.** It's never too late to make headway.

## 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.

## Class Cancellations

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 a convenient new downtown Boise location. Idaho State University-Meridian Health Science Center (ISU-Meridian). And Silverstone Amenity Center. Find these maps in the back. For other

special locations, see the address listed at the end of the class description.

## Parking

At most places, free parking will be available, but please check with special venues and plan accordingly.

## Fees & Freebies

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

## Big Thanks

NKA instructors devote 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.



## Get in Touch

Contact us with any questions.

ADDRESS: ISU-Meridian  
ATTN: NKA  
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Meridian, ID 83642  
PHONE: (208) 373-1809  
EMAIL: [cetrain@isu.edu](mailto:cetrain@isu.edu)  
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## Documentary Film Club

**Monday, March 7, 10:30 am to 12 pm**

If two of your passions include viewing documentary films, then engaging in lively conversations about them, this club is for you. At the initial meet up, we'll brainstorm documentaries the group wants to see, and pin down dates for the viewings. So pick your projection. WWII. Wolves. FDR. Helena Rubinstein. Man on a Wire. Art history. It's open to your celluloid curiosity. Even if you can't attend the first class, sign up, and we'll keep you posted on the viewing dates.

**Class limit: 20**

**Location: AARP Idaho**

**Instructor: Cathy McDougall**



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## Clowning 101

**Thursday, March 10, 2 pm to 3:30 pm**

Now you can officially say you went to clown school. To surprise your grandchildren, cheer up a friend, or bring smiles, laughter, and joy to anyone, learn the art of officially clowning around. This fun-filled course covers an introduction to clowning, including skits, costuming, simple makeup, and balloon-making. It's comic entertainment on an almost cosmic level. All the world's a stage—or a circus—with the right red nose on. Not to mention the oversized shoes.

**Class limit: 20**

**Location: Meridian Silverstone**

**Amenity Center**

**Instructor: Wanda Jennings**

## Hand & Foot Card Game

**Saturday, March 12, April 9 & May 14,  
10:30 am to 12:30 pm**

Play your hand at a social card game designed for maximum fun. Related to Canasta, Hand & Foot is a North American game where each player is dealt two sets of cards using one as the "hand" and one as the "foot." Participants play the first hand, then the foot with a partner until all cards are down. For this class, game

on. Play with seven other players until the game ends. Then see who has the highest point totals. Winners all around.

**Class limit: 24**

**Location: Meridian Silverstone**

**Amenity Center**

**Instructor: Jan McDougall &**

**Fred Turner**

## Fun with Line Dancing

**Wednesday, March 23 & April 20,  
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. Learn the basics at both sessions and get a feel for the music. You don't need to attend the first class to be able to show up to the second. No matter what, you'll enjoy the entire promenade.

**Class limit: 40**

**Location: King of Glory Lutheran**

**Church, 3430 N. Maple Grove, Boise**

**Instructor: Sue Hebison**

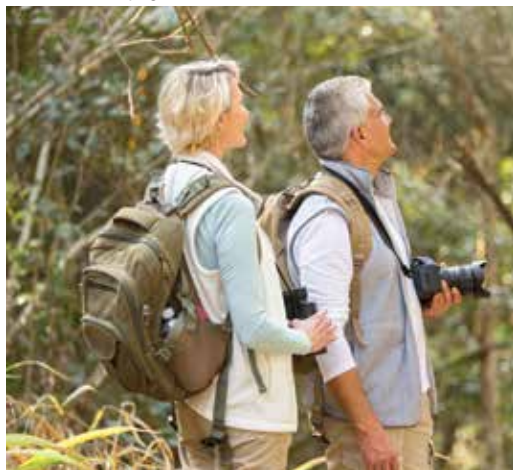
# activities & pursuits

*"Every spring is the only spring,  
a perpetual astonishment."*

*—Ellis Peters*







## Bird Watching Basics

**Friday, April 1, 10 am to 12 pm**

Though this is an indoor session, gain all the skills and insights you need to watch and identify birds in the great outdoors. Explore where to go to see birds, and how to make the most of the elements when 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 birding hotspots in Boise and beyond. Find out how habitats and the seasons dictate what birds will be seen.

**Class limit: 20**

**Location: Meridian Silverstone  
Amenity Center**

**Instructor: Alexander Sapiens, PhD**

## Cathedral Stained Glass Walking Tour

**Wednesday, April 20, 10 am to 12:30 pm**

Enjoy a spring walking tour of the stained glass inside three iconic churches in downtown Boise. The tour starts at the Cathedral of the Rockies-First United Methodist Church, with parking across the street on a first come basis (or bring coins for metered parking). The second church is St. Michael's Episcopal Cathedral. The third is the Cathedral of St. John the Evangelist- Catholic parish. Take in the interior and exterior architecture, and the symbolism of statuary and windows, for a half hour each before you walk with the group to the next destination.

**Class limit: 25**

**Location: Cathedral of the Rockies,  
717 N. 11th Street, Boise | St.  
Michael's Episcopal Cathedral, 518  
N. 8th Street, Boise | St. John the  
Evangelist Catholic Parish, 775 N. 8th  
Street, Boise**  
**Instructor: Various church docents**

## Mah Jongg

**Tuesday, May 3, May 17, May 24 &  
May 31, 1:30 pm to 3 pm**

A game of skill played by four people with domino-like tiles, Mah Jongg originated in China, but has transcended boundaries and borders to become part of US popular culture. "It's a remarkable game that has retained its core interest and beauty across time and distance," notes Mah Jongg expert and Stanford scholar, Annelise Heinz. We'll teach you the official rules of gameplay set by the national Mah Jongg League. You don't need to attend all classes to play. You're welcome to come to any session, but try to attend them all to really learn the game.

**Class limit: 16**

**Location: Meridian Silverstone  
Amenity Center**

**Instructor: Sandy Schilz & Friends**



# Sign up now!

*Find registration info at the end of this catalog.*



## Silk Painting #2: The Scarf

**Wednesday, March 2, 2 pm to 4 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. It's eye-catching beauty that goes with the flow. Plus custom matches your outfit. See why silk makes the ideal canvas for your imagination. Get a feel for the techniques and designs to set your wearable art apart. Find out what's turning this centuries-old Asian tradition into a hit phenomenon in the US and beyond. Scarves provided free by AARP.

**Class limit: 25**

**Location: Meridian Silverstone  
Amenity Center**

**Instructor: Toni Root**

**Bonus: Free silk scarf**

## Creative Journal & Memoir Writing

**Thursday, March 10, 6 pm to 8 pm**  
Diaries go way back. Memoirs too, though they also now rank as one of the fastest growing genres in American book publishing. We'll examine the history and practice of writing journals and memoirs. From daily logs to travel notes, personal growth charts to family history, what motivated the first diarists? How have journals and memoirs changed over time? What are the most excellent examples of the form published today? We'll cover all this and more, and even get you started on your own creative, true-to-life project.

**Class limit: 30**

**Location: AARP Idaho  
Instructor: Dr. Steve Barrett**

## Intro to Painting with Acrylics

**Monday, May 2, 9, 16 & 23, 1 pm to 2:30 pm**

Everyone's an artist—or at least you'll feel like one, with some great works to show for it—by the end of this beginning art class. The joy of creation starts with the right tools and simple painting techniques. We'll brush up our skills using paper, pencil, acrylic paint, and canvas boards. The class fee covers all art supplies including paint tubes, brushes, palette knife, canvas board, and a project book. To really make a masterpiece, wear clothes that can take a paint splatter or three. You must attend the first class to get your art supplies, but come as you wish to the following sessions.

**Class limit: 20**

**Location: Meridian Senior Center,  
1920 N. Records Way, Meridian  
Instructor: Carl Goodwin  
Supply fee: \$15 payable on site**



# art & writing

*"By the time you're eighty years old you've learned everything. You only have to remember it."*

*—George Burns*

## The French Crepe: Making & Tasting

**Wednesday, April 6, 10 am to 11:30 am**

Learn how to make the best French crepe in Boise. Then savor the experiments along with the experience. Master the art of crepe making with Gabrielle Applequist, a native of Brittany, France, the region where the crepe was born too. The class starts with a cooking demonstration on the galette (buckwheat crepe) and the sweet crepe. This is followed by a full-on crepe tasting. Perfect for breakfast, lunch, or dinner with any number of fillings, this class will take you to taste-making places.

**Class limit: 25**

**Location: AARP Idaho**

**Instructor: Gabrielle Applequist**

**Bonus: Crepe tasting**

## Idaho Wines: Love at First Sip

**Thursday, April 14, 2 pm to 4 pm**

Raise your glass. Idaho is one of the hottest new wine regions in the United States. Join winemaker and educator Kathryn House for a special class and taste test devoted to one of Idaho's best-kept secrets. Through tasting and guided discussion, we'll explore the region's unique attributes and wine grape varieties, including riesling, viognier, syrah, and tempranillo. Going local never tasted so good! Fee covers all supplies, light appetizers, and wine tasting. Cheers to that.

**Class limit: 16**

**Location: Bardenay Restaurant & Distillery-Boiler Room, 610 W. Grove Street, Boise**

**Instructor: Kathryn House**

**Class fee: \$20 payable on site**

**Bonus: Wine tasting & free appetizers!**



## Authentic Mexican from Scratch

**Tuesday, April 26, 6 pm to 8 pm**

Just in time to celebrate Cinco de Mayo, experienced chef Daisy Lewis will show you how easy it is to make delicious Mexican food. The menu includes handmade corn tortillas, poblana rajas, pork carnitas with pickled onions, and charred tomatillo salsa. Not only will you experience the traditions and techniques that fill the food south of the border with flavor and soul, but you'll get to taste it, too. Transport yourself, one recipe at a time.

**Class limit: 14**

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

**Instructor: Chef Daisy Lewis**

**Class fee: \$25 payable on site (cash or credit)**

**Bonus: Menu tasting**



# cooking & wine

***Get wise.  
Register now!***



## Yoga for Self-Care

**Saturday, March 5, 12 pm to 1:30 pm**

In this yoga class, learn a gentle practice that includes meditation and healing readings to help promote all-over well-being. It's not too much of a stretch. This class is about more than staying limber and defeating stress (though those are two huge side effects), it's about getting in touch with how your mind and body actually feel, here and now. Enjoy a relaxing time to focus on just that. Wear stretchable clothing and comfortable shoes.

**Class limit: 30**

**Location: Caldwell YMCA, 3720 S. Indiana Avenue, Caldwell**  
**Instructor: Lisa Simpson**

## Strength Training 101

**Tuesday, March 15, 1 pm to 2 pm**

**Friday, April 22, 8 am to 9 am**

**Thursday, May 26, 5:30 pm to 6:30 pm**

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. 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 to get buff, wear comfortable workout clothes and sneakers.

**Class limit: 10**

**Location: Caldwell YMCA, 3730 S. Indiana Avenue, Caldwell**

**Instructor: Ashley Kate Whittaker**

## Yoga Stretch

**Friday, March 18, 12 pm to 1 pm**

For a total body workout that's gentle but really moves you, try Yoga Stretch. Move your whole body through a complete series of seated and standing yoga poses. Using chair support and modifications, you'll safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. To maximize the ability to get a move on, wear stretchable clothes and comfortable shoes.

**Class limit: 50**

**Location: West YMCA, 5959 N. Discovery Way, Boise**  
**Instructor: Patience Atkins**



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## Zumba Gold

**Saturday, April 9, 11 am to 12 pm (Boise)**

**Wednesday, April 20, 11:30 am to 12:30 pm (Meridian)**

The Zumba® Gold fitness program is second to none. 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 do Zumba and get right into the groove. Class uses many of the traditional Zumba rhythms including merengue, salsa, cha cha, cumbia, rock & roll (Twist & Charleston), belly dance, flamenco and tango. Shake it out.

**Class limit: 30 (Boise) & 15 (Meridian)**

**Locations: Downtown YMCA, 1050 W. State Street, Boise (April 9) & Homecourt YMCA, 936 Taylor Avenue, Meridian (April 20)**  
**Instructor: Lila Cabrera & Katie Christensen**

# exercise

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*"Aging is not lost youth but a new stage of opportunity and strength."*

*—Betty Friedan*



## Tai Chi

**Sunday, April 10, 11:30 am to 12:30 pm**

Sun-style tai chi is known for smooth, flowing movements, gentle postures, and high stances—free of the vigorous crouching and leaping of other forms. This is a great introduction to this meditative and therapeutic style, featuring a unique footwork pattern and small circular hand movements. A relaxing exercise for arthritis management and fall prevention, this is a Silver and Fit© approved class. To achieve zen with freedom of movement, wear comfortable clothing and shoes.

**Class limit: 25**

**Location: Downtown YMCA, 1050 W. State Street, Boise**  
**Instructor: Michael Grenlee**

## Silver Sneaker Cardio

**Friday, April 15, 12 pm to 1 pm**

Forget Jane Fonda workouts on VHS. This is a cardio workout relevant for the age we're in. Get up and go with an aerobic class that's safe, heart healthy, and gentle on the joints. The workout includes easy-to-follow low impact movement and upper body strengthening, abdominal conditioning, stretching, and relaxation exercises designed to recharge your active lifestyle. Step up the routine so you can really go the distance. No legwarmers required, but wear workout-ready clothes and shoes.

**Class limit: 50**

**Location: West YMCA, 5959 N. Discovery Way, Boise**  
**Instructor: Patience Atkins**

## Intro to Pickleball

**Thursday, April 21 & 28, 1 pm to 2 pm**

Make a racket. Pickleball came about as a backyard pastime in the 1960s when a group of friends improvised a game with a Wiffle ball, a lowered badminton net, and plywood paddles. This fun-filled sport, one of America's fastest growing, still plays on creativity and cleverness. Learn how to make all the right moves with the basic rules for game play. Equipment will be provided. It's in your court now. Just remember to wear exercise clothing and sneakers.

**Class limit: 12**

**Location: Meridian Homecourt YMCA, 936 Taylor Avenue, Meridian**  
**Instructor: Nick & Tami Leach**

## Strength Training Anywhere

**Wednesday, May 4, 4:30 pm to 5:30 pm**

**Thursday, May 12, 12 pm to 1 pm**  
This is 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: Homecourt YMCA, 936 W. Taylor Avenue, Meridian**  
**Instructor: Victoria Villarea**

## Laughter Yoga

**Wednesday, May 4 & May 18, 3 pm to 4 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 simulated and stimulated laughing. The simple act of laughing is enough to send healing hormones throughout the body. All exercises are done in chairs, so no worries about over-stretching your body's limits.

**Class limit: 35**

**Location: AARP Idaho**  
**Instructor: Kathy Theiss**

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# Classes Start Soon

*Find registration info at the end of this catalog.  
Sign up now!*

## Avoiding Sticker Shock: Paying for Long-Term Care

**Tuesday, March 1, 2 pm to 3:30 pm**

Peace of mind starts by putting your future at top of mind. By planning ahead for any number of eventualities, you can save yourself and the family you love—who sometimes take on the role of caregivers—from undue stress and sticker shock. Review the likelihood and cost of several long-term care choices, including home care, assisted living, nursing homes, and family support. Then find out ways to cover costs, and see if long-term health insurance is right for you.

**Class limit: 35**

**Location: AARP Idaho**

**Instructor: Cathy McDougall**

## Avoiding Caregiver Burnout

**Thursday, March 3, 2 pm to 3 pm**

You're taking great care of your loved one, but who's taking care of you? Caring for a loved one who is frail, disabled, or ill can be a bumpy road, but you don't have to travel it alone. Family caregivers are the backbone of our healthcare system, yet they often receive little training or support. Learn the tips and strategies for recognizing—and avoiding—caregiver burnout. Plus find out about resources that can help ease the strain.

**Class limit: 40**

**Location: AARP Idaho**

**Instructor: Kelle Sweeney & Melissa Radloff**

## Alzheimer's Awareness: Know the 10 Signs

**Saturday, March 5, 10:30 am to 11:30 am**

Age alone can change the way you see things, but Alzheimer's can change your outlook on everything, causing a slow decline in memory, thinking, and reasoning skills. When it's up close and personal—affecting you or someone you love—how do you spot the warning signs? Start here. This family education program aims to increase awareness of the 10 major symptoms of Alzheimer's disease so you can take action early and often. Timely detection and early diagnosis

can mean a world of difference for everyone involved.

**Class limit: 35**

**Location: ISU Meridian**

**Instructor: Christine Bubb, Alzheimer Association**

## Life Savers: First Aid Basics

**Saturday, April 2, 10:30 am to 11:30 am**

It's CPR and first aid made simple from certified and experienced instructors. When the seconds are ticking by and someone's in danger, do you really know what to do? Learn how to respond in record time to ever-present dangers so you can step in and save the day. Learn what to do if a child, or adult for that matter, is choking. Or spot the signs of a heart attack or stroke. These basic skills really can make all the difference in someone's world.

**Class limit: 35**

**Location: ISU Meridian**

**Instructor: Ben White & Joel Gunstream**

# health

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*"Life stands before me like an eternal spring with new and brilliant clothes."*

*—Carl Friedrich Gauss*

## Eye On Nutrition

**Thursday, April 14, 7 am to 8 am**

Over a free and healthy breakfast provided by AARP, explore how diet and nutrition have a role in the prevention of cataracts and macular degeneration. Instructor Dr. Tweeten has performed over 10,000 cataract surgeries with implants, and thousands of laser procedures for glaucoma and diabetes. An adjunct professor at the University of Washington and University of Utah, he also trains medical students, residents, and fellows. From now on, keep a healthy diet in your line of sight.

**Class limit: 40**

**Location: AARP Idaho**

**Instructor: Dr. James Tweeten, Ophthalmologist**

**Bonus: Free breakfast**

## Healthy Aging

**Saturday, April 16, 10:30 am to 11:30 am**

Don't simply grow older. Thrive instead! Healthy aging is a hot topic for baby boomers and beyond. To ramp up your resistance to weight gain and chronic diseases, take a look at your daily routine, and add in some basic maintenance measures. Learn how to promote longevity and wellbeing with nutrition, exercise, and stress management techniques from a public health professional. It's never too late to make better choices that will dramatically impact the rest of your life.

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**Class limit: 35**

**Location: ISU Meridian**

**Instructor: Andrew Panatopoulos**

## Power of Positivity

**Saturday, April 23, 10:30 am to 11:30 am**

Studies have shown that positivity and optimism benefit your health and wellbeing in ways that radiate from the inside out. A published author and associate professor in the sports science and physical education department at Idaho State University, Dr. Howard Gauthier, introduces you to some key factors that can help you live a happier and more fulfilling existence. A positive and flourishing life is in your control, and can be as simple as the choices you make on a daily basis. Make the next chapter count for more.

**Class limit: 35**

**Location: ISU Meridian**

**Instructor: Dr. Howard Gauthier**

## Hear For Health

**Tuesday, May 10, 10 am to 11:30 am**

Listen up. Hearing involves more than just your ears. It's about good vibrations. When we pick up sound waves, they become nerve signals that the brain interprets as noise. So our hearing is linked to every part of our body and mind. Learn about the connection between our hearing, our brain, cardiovascular system, depression, and overall wellbeing. It's a total mind/body connection that starts with one of our key senses, and radiates from there.

**Class limit: 40**

**Location: Meridian Silverstone Amenity Center**

**Instructor: Jacquie Elcox, B.C.-HIS & Dr. Curtis J. Whitcomb, Doctor of Audiology**

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***Think Fast:  
Now enrolling!***



## Paperwork for Tax Season

**Wednesday, March 2, 10 am to 11 am**

April 15 is a taxing time of year. In large part/piles, that comes down to the paperwork involved. Do you keep too much or not enough? Let us help you sort through it, literally. Part of the AARP Tax-Aide program, this class is designed for the average taxpayer with W2s, social security, retirement income, or stocks and bonds in hand. Bring us your paper-filled boxes or shopping bags, and we'll help you walk away with an essential, organized folder or two. We won't cover owning a business, rental properties and other exceptions. AARP offers free tax assistance at 1-888-687-2277. Call to find a site near you.

**Class limit: 30**

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

**Instructor: Barb Blasch**



## Prep Your Home to Sell

**Wednesday, March 9, 1 pm to 2:30 pm**

Rightsizing or downsizing? Leaving a home that you've lived in for many years can be difficult. Getting that home ready for sale after decades of wear, tear, life, and love can be even tougher. This class covers the practical, financial, and emotional aspects of leaving your beloved home. Get a breakdown of the entire real estate home sale process, from preparing for the sale to the closing, including tips for inspections, repairs, and working with a Realtor. We'll cover the current housing market, plus offer advice for appraisals and reeling in the right price.

**Class limit: 30**

**Location: Meridian Silverstone Amenity Center**

**Instructor: Carolyn Sinnard**

## Internet-Age Fraud Prevention: 5 Safeguards

**Monday, April 4, 10 am to 11:30 am**

Protect your money and identity in the digital age. 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 the scammers and thieves.

**Class limit: 35**

**Location: Better Business Bureau office, 125 E. 50th Street, Boise**  
**Instructor: Dale Dixon, CEO Better Business Bureau**

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# general interest



*"With age comes a greater wisdom, an ease and comfort with oneself."*

*—Cherie Lunghi*

## Intro to Facebook

**Tuesday, April 12, 11 am to 1 pm**

Social hour is now online, so don't miss out on the action. Whether you want to stay in touch with friends and family, promote your cause, or keep up with trending topics and news, Facebook is the place for you. And so is this session. Bring your own tablet, laptop, even smartphone in a small-scale pinch. Then learn how to create and utilize a Facebook account—through a mobile device and a desktop. This session will include the ins-and-outs of Facebook as well as one-on-one time with the instructor for individual help. Make sure to stick around for the second half of the class for the individual time and **free lunch!**

**Class limit: 40**

**Location: AARP Idaho**

**Instructor: Carly McCullough**

**Bonus: Free box lunch**



## Intro to Conversational Spanish

**Mondays, April 25, May 2, May 9, May 16 & May 23, 2 pm to 3:45 pm**

Planning a trip to Latin America or Spain? This entry-level class will definitely make your experience more enjoyable. This 5-week course in survival Spanish translates to “getting by” in most travel circumstances. Emphasis is on spoken communication and students will be expected to participate in a variety of activities designed to gradually increase their ability to understand and speak Spanish. Will there be homework, vocabulary lists, exercises? Yes, but not too much! This is a hands-on class and most work will be done in the classroom. Thus, regular class attendance is very important.

**Class limit: 16**

**Location: Meridian Silverstone  
Amenity Center**

**Instructor: Jay & Jane Gunter**



## CSI & Forensics

**Thursday, April 28, 6 pm to 8 pm**

Not just in police procedurals and investigative television shows, forensic science has been changing greatly over the past several years. So get in on a crime scene investigation at New Knowledge Adventures. We'll go 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 molded the change in this high-pressure practice and brainteaser of a discipline.

**Class limit: 30**

**Location: AARP Idaho**

**Instructor: Natasha Wheatley,  
Ada County Sheriff's Office**

***Get wise.***

***Register with the form at back»***



**Tim Woodward: 40 Years of Newspaper Column Writing**

**Tuesday, May 3, 10 am to 11 am**  
Learn how legendary Idaho Statesman writer Tim Woodward got started as a newspaper columnist. Go over the good and the bad of the job—and meet the colorful characters along his 40-year journey. As Tim says, “I became a journalist because I decided it was more important to do what you’re good at and enjoy than it is to make a lot of money. Because of that decision, and because of all of you who read my work and shared your stories with me, I became one of the richest men in Idaho.”

**Class limit: 40**  
**Location: AARP Idaho**  
**Instructor: Tim Woodward**

**GMO Control: What’s on Your Fork?**

**Thursday, May 26, 10 am to 11:30 am**  
What is a genetically modified organism? What does it mean when foods contain GMOs or are GMO free? How is genetic modification different than traditional crop breeding? These are a few of the questions we will answer. You’ll leave with a deeper understanding of the GMO issues, what the concerns are, and how to avoid consuming GMOs. You’ll understand the unintended consequences related to growing and consuming GMO products. Leave with a list of excellent local farmers who grow foods without the use of GMOs.

**Class limit: 35**  
**Location: AARP Idaho**  
**Instructor: Jennifer Easley**



iStock.com/Okea

general interest



*“Grow old along with me! The best is yet to be.”*

*—Robert Browning*



## American Centennial: The Triumphs & Tragedies

**Mondays, March 7, 14 & 21, April 4 &  
11, 1 pm to 2:30 pm**

Go back in time. As 2016 marks the 240th anniversary of America, this course examines how the Idaho Territory and the rest of the nation observed the 1876 centennial. By examining a major event from that year each week, we'll honor historical milestones and examine the effects they had on America, including the Transcontinental Railroad, the Earp family, Custer and Little Bighorn, the Lincoln County War, the white-knuckle presidential election of 1876, and more. See and celebrate this country from a whole new/old perspective.

**Class limit: 25**

**Location: AARP Idaho**

**Instructor: Frank & Kasi Krone**



iStock.com/cmphotoworks

## Where Women Made History

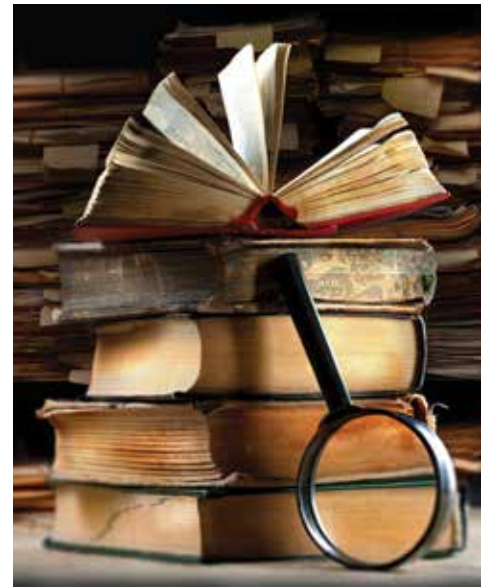
**Thursday, March 17, 10 am to 12 pm**

Talk about a woman on mission. Led by a National Park Service ranger, this is a traveler's guide to historic sites where women made a mark and advanced the movement toward equality. You'll learn about the accomplishments of many American women who made outstanding contributions to education, government, medicine, the arts, commerce, women's suffrage, and the early civil rights movement. You'll also touch base at some of the historic places associated with the wide-ranging facets of women's history.

**Class limit: 40**

**Location: AARP Idaho**

**Instructor: Carol Ash, National Park  
Service**



iStock.com/Garsya

## An Afternoon in the Malmute Saloon

**Monday, March 21, 10:30 am to  
11:30 am**

"I have no doubt at all the Devil grins, As seas of ink I splatter. Ye gods, forgive my 'literary' sins—The other kind don't matter." The Canadian poet Robert Service led a wild, adventurous life. Come hear—and read—all about it. A frontier cowboy and banker, the Nazis and Russians both pursued him during WWII, while he wrote poems of a different, playful nature about his experiences and the people he encountered. Find out why "The Cremation of Sam McGee," "The Shooting of Dan McGrew," and his WWI and Yukon ballads are now classics.

**Class limit: 40**

**Location: AARP Idaho**

**Instructor: Peggy Munson**

# history

*Infinite wisdom.  
Classes start soon»*

## The History of the Bown House 1879

**Wednesday, March 23, first tour: 10 am to 11 am & second tour: 11 am to 12 pm**

Enjoy a walk back in time to 1862 when Joseph and Temperance Bown came west from Iowa to mine gold. Learn about the building of their sandstone home in 1879, its life through the decades, and its history during the past 27 years. Experience the Heritage Education Program involving fourth grade students over the last 19 years. Share hands-on activities, with plenty of time to explore and visit the days gone by. Two duplicate tours will be offered. Please note: no elevator is available, and you must be able to climb stairs.

**Class limit: 12 per tour**

**Location: The Bown House, 2121 E.**

**Parkcenter Boulevard, Boise**

**Instructor: Juno Van Ocker**



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## Fun Facts: Presidents & First Ladies

**Friday, April 1, 1 pm to 2 pm**

Get ready for the presidential treatment, and be prepared to laugh and learn. Explore fascinating facts about the life and times of the Potus and Flotus. Which president was a licensed bartender? Which first lady refused to attend her husband's inauguration? What president grew faint at the sight of blood and would not even eat a rare steak? What first lady is thought to this day to have killed her philandering husband by poisoning him? Who gambled away a full set of White House china? By the end of this class, you'll win at trivia, too.

**Class limit: 20**

**Location: Meridian Silverstone**

**Amenity Center**

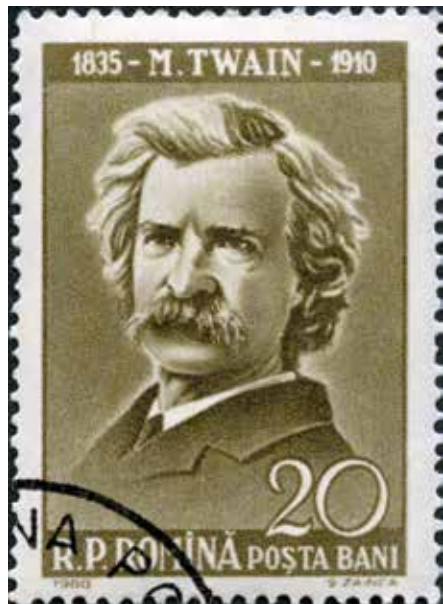
**Instructor: Dennis Fetzer**

# history



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## Mark Twain: In His Own Words

**Monday, April 11, 6:30 pm to 8 pm**

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter,” Mark Twain once said. That concept and character comes to life in dramatic fashion with an up-close and personal experience of one of the greatest humor writers and philosophical thinkers in America. In costume and in character as Mark Twain, John Heimer covers his childhood, books authored, successes, failures, family, and spiritual beliefs in this program. Twain’s thoughts about war, social issues, and religion are also explored.

**Class limit: 40**

**Location: AARP Idaho**

**Instructor: John Heimer**

## History of Cinco De Mayo

**Thursday, April 28, 10 am to 11:30 am**

Right before the fiestas begin, discover the real meaning of why we celebrate Cinco de Mayo: the battle of Puebla on May 5, 1862. Learn the historical pressure-cooker of events in North America and Europe that led to the French invasion of Mexico. Then go back to the time a rag-tag band managed to defeat the invaders, despite being outgunned and outnumbered. The French intervention led to the second empire of Mexico, so explore the French influence on the country too.

**Class limit: 30**

**Location: Meridian Silverstone**

**Amenity Center**

**Instructor: Alexander Sapiens, PhD**



iStock.com/Windzephyr

***Great minds think.  
Now enrolling»***





## Join the New Knowledge Adventures curriculum committee.

Have fun behind the scenes. By joining our curriculum committee, you'll get in on creating and defining each semester's catalog of the best academic, social, non-credit classes out there. You'll also serve as an inside source for both class facilitators and instructors. Would you like to shape the course(s) of the future at New Knowledge Adventures? We'd love for you to join us!



## A meeting of minds

Here's what curriculum committee members do.

- » Actively participate in committee work by attending scheduled meetings, completing tasks regarding proposed classes, and participating in committee decision making.
- » Attend a majority of scheduled meetings and be open to other communication by email and telephone.
- » Participate in the development of new classes, review surveys and suggestions, and appraise the success of past classes.
- » Identify and contact potential volunteer instructors for the classes to gauge interest levels, make arrangements and complete paperwork.
- » Review proposed classes and make determinations for each semester's offerings.
- » Serve as a volunteer class facilitator, or help train, orient, and support others.
- » Have fun!

***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@aarp.org](mailto:cmcdougall@aarp.org).***

# MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Avoiding Sticker Shock, 2pm – 3:30pm	<b>2</b> AARP Tax-Aide 10am to 11:00am  Silk Painting # 2 The Scarf 2pm – 4pm	<b>3</b> Avoiding Caregiver Burnout 2:00- 3:00pm	<b>4</b>	<b>5</b> Know the 10 Signs: Alzheimer's Awareness 10:30am- 11:30am  Yoga for Self-Care 12pm-1:30pm
<b>6</b>	<b>7</b> Documentary Film Club and Discussion Group 10:30am – 12pm  American Centennial 1pm -2:30pm	<b>8</b>	<b>9</b> Downsizing or Rightsizing? How to Prepare Your Home to Sell 1:00pm – 2:30pm	<b>10</b> Clowning 101: It's Fun! 2pm – 3:30pm  Creative Journal Keeping and Memoir Writing 6pm -8pm	<b>11</b>	<b>12</b> Hand & Foot Card Game 10:30am – 12:30pm
<b>13</b>	<b>14</b> American Centennial 1pm -2:30pm	<b>15</b> Strength Training 101 1pm-2pm	<b>16</b>	<b>17</b> Where Women Made History 10am – 12:00pm	<b>18</b> Yoga Stretch 12:00pm to 1pm	<b>19</b>
<b>20</b>	<b>21</b> American Centennial 1pm -2:30pm  An Afternoon in the Malmute Saloon 10:30am – 11:30am	<b>22</b>	<b>23</b> Fun With Line Dancing 1:00pm -2:00pm  History in the Bown House Group 1: 10am – 11am Group 2: 11am – 12pm	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

# APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Beginning Bird Watching 10am – 12pm  Fun Facts about Presidents and First Ladies 1pm – 2pm	<b>2</b>
<b>3</b>	<b>4</b> Internet-Age Fraud Prevention: 5 Safeguards 10:00 – 11:30  American Centennial 1pm -2:30pm	<b>5</b>	<b>6</b> The French Crepe: Making & Tasting 10am -11:30am	<b>7</b>	<b>8</b>	<b>9</b> Hand & Foot Card Game 10:30am – 12:30pm  ZUMBA Gold 11am to 12pm
<b>10</b> Tai Chi 11:30am to 12:30pm	<b>11</b> American Centennial 1pm -2:30pm  Mark Twain: In His Own Words 6:30 – 8:00pm	<b>12</b> Intro to Facebook 11:00 -1:00	<b>13</b>	<b>14</b> The Eye & Nutrition 7am – 8am  Idaho Wines: Love at First Sip – 2:00 -4:00	<b>15</b> Silver Sneaker Cardio 12:00 – 1:00	<b>16</b> Healthy Aging 10:30-11:30am
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> ZUMBA Gold 11:30-12:30pm  Cathedral Stained Glass Tour 10am – 12:30 pm  Fun With Line Dancing 1pm -2pm	<b>21</b> Introduction to Pickleball 1pm -2pm	<b>22</b> Strength Training 101 8am-9am	<b>23</b> Power of Positivity 10:30am – 11:30am
<b>24</b>	<b>25</b> Introduction to Conversational Spanish 2pm – 3:45pm	<b>26</b> Authentic Mexican From Scratch, 6pm- 8pm	<b>27</b>	<b>28</b> Introduction to Pickleball 1pm -2pm  History of Cinco De Mayo 10am – 11:30am  CSI/ Forensic Overview 6pm – 8pm	<b>29</b>	<b>30</b>



# MAY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> Introduction to Painting with Acrylics, 1pm- 2:30pm  Introduction to Conversational Spanish 2pm – 3:45pm	<b>3</b> Time with Tim Woodward 10am – 11am  Mah Jongg 1:30pm – 3pm	<b>4</b> Laughter Yoga 3-4pm  Strength Training 4:30-5:30pm	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Introduction to Painting with Acrylics, 1:00pm- 2:30pm  Introduction to Conversational Spanish 2pm – 3:45pm	<b>10</b> Hear for Health 10:00 am – 11:30 am	<b>11</b>	<b>12</b> Strength Training 12-1pm	<b>13</b>	<b>14</b> Hand & Foot Card Game 10:30am – 12:30pm
<b>15</b>	<b>16</b> Introduction to Painting with Acrylics, 1pm- 2:30pm  Introduction to Conversational Spanish 2pm – 3:45pm	<b>17</b> Mah Jongg 1:30-3:00pm	<b>18</b> Laughter Yoga 3-4pm	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Introduction to Painting with Acrylics, 1pm- 2:30pm  Introduction to Conversational Spanish 2pm – 3:45pm	<b>24</b> Mah Jongg 1:30 – 3:00	<b>25</b>	<b>26</b> GMO Control: What's on Your Fork 10:00 – 11:30am  Strength Training 101, 5:30-6:30pm	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> Mah Jongg 1:30pm – 3pm				

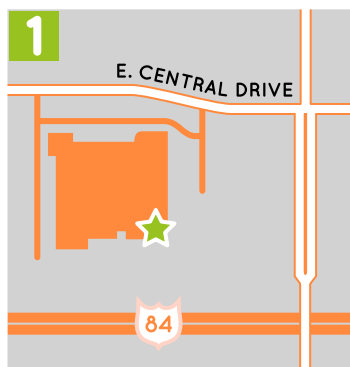
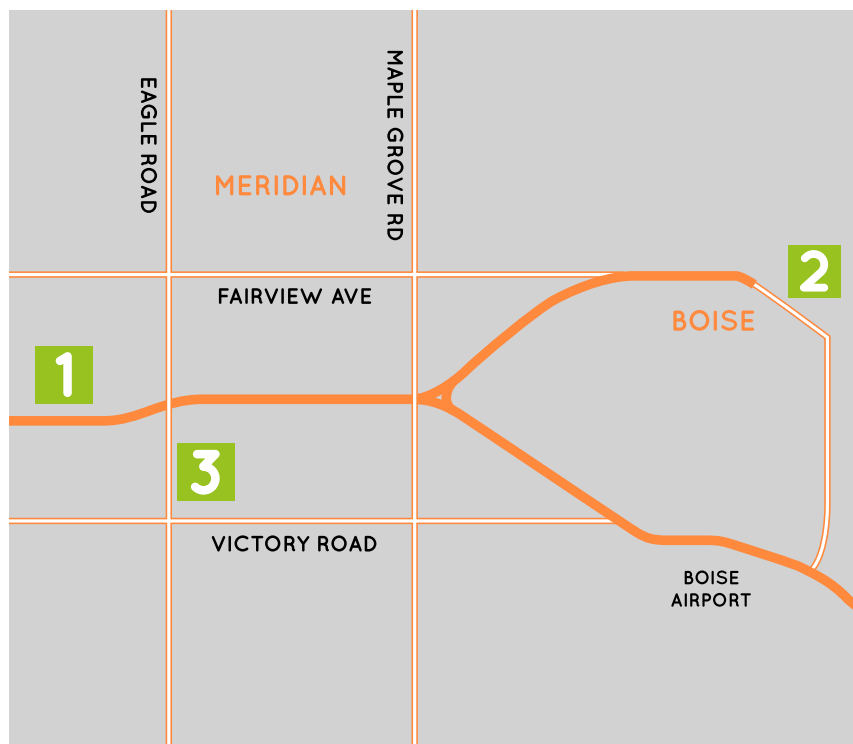
**NEW** **KNOWLEDGE ADVENTURES**  
TREASURE VALLEY



**UNLIMITED  
CLASSES**

**FOR \$35**

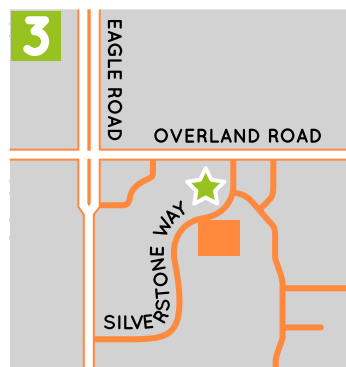
# Class Locations



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



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



**SILVERSTONE  
PLAZA**  
3405 E. OVERLAND ROAD  
MERIDIAN, ID 83642  
**FREE PARKING**

## Get in Touch

Contact us with any questions.

ADDRESS: ISU-Meridian  
ATTN: NKA  
1311 E. Central Dr.  
Meridian, ID 83642  
PHONE: (208) 373-1809  
EMAIL: [cetrain@isu.edu](mailto:cetrain@isu.edu)  
WEBSITE: [www.newknowledgeadventures.org](http://www.newknowledgeadventures.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](http://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

1. 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.
2. 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
3. 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.**



# Registration Form continued

## Class List Check off any courses you plan on taking

### ACTIVITIES AND PURSUITS

#### Documentary Film Club and Discussion Group

- ☐ Monday, March 7th @ AARP

#### Clowning 101: It's Fun

- ☐ Thursday, March 10th @ Silverstone Amenity Center

#### Hand & Foot Card Game

- ☐ Saturday, March 12th @ Silverstone Amenity Center  
☐ Saturday, April 9th @ Silverstone Amenity Center  
☐ Saturday, May 14th @ Silverstone Amenity Center

#### Fun with Line Dancing

- ☐ Wednesday, March 23rd @ King of Glory Lutheran Church  
☐ Wednesday, April 20th @ King of Glory Lutheran Church

#### Bird Watching Basics

- ☐ Friday, April 1st @ Silverstone Amenity Center

#### Cathedral Stained Glass Downtown Boise Walking Tour

- ☐ Wednesday, April 20th @ Specialty Location

#### Mah Jongg

- ☐ Tuesday, May 3rd @ Silverstone Amenity Center  
☐ Tuesday, May 17th @ Silverstone Amenity Center  
☐ Tuesday, May 24th @ Silverstone Amenity Center  
☐ Tuesday May 31st @ Silverstone Amenity Center

### ART & WRITING

#### Silk Painting #2: The Scarf

- ☐ Wednesday, March 2nd @ Silverstone

#### Creative Journal and Memoir Writing

- ☐ Thursday, March 10th @ AARP

#### Introduction to Painting with Acrylics

(Must attend first session in order to take any other sessions)

- ☐ Monday, May 2nd @ Meridian Senior Center  
☐ Monday, May 9th @ Meridian Senior Center  
☐ Monday, May 16th @ Meridian Senior Center  
☐ Monday, May 23rd @ Meridian Senior Center

### COOKING & WINE

#### The French Crepe: Making and Tasting

- ☐ Wednesday, April 6th @ AARP

#### Idaho Wines: Love at First Sip

- ☐ Thursday, April 14th @ Boise Bardenay

#### Authentic Mexican from Scratch

- ☐ Tuesday, April 26th @ Sur La Table

### EXERCISE

#### Yoga for Self-Care

- ☐ Saturday, March 5th @ Caldwell YMCA

#### Strength Training 101

- ☐ Tuesday, March 15th @ Caldwell YMCA  
☐ Friday, April 22nd @ Caldwell YMCA  
☐ Thursday, May 26th @ Caldwell YMCA

#### Yoga Stretch

- ☐ Friday, March 18th @ West YMCA

#### Zumba Gold

- ☐ Saturday, April 9th @ Downtown YMCA  
☐ Wednesday, April 20th @ Meridian Homecourt YMCA

#### Tai Chi

- ☐ Sunday, April 10th @ Downtown YMCA

#### Silver Sneaker Cardio

- ☐ Friday, April 15th @ West YMCA

#### Introduction to Pickleball

- ☐ Thursday, April 21st @ Meridian Homecourt YMCA  
☐ Thursday, April 28th @ Meridian Homecourt YMCA

#### Strength Training Anywhere

- ☐ Wednesday, May 4th @ Meridian Homecourt YMCA  
☐ Thursday, May 12th @ Meridian Homecourt YMCA

#### Laughter Yoga

- ☐ Wednesday, May 4th @ AARP  
☐ Wednesday, May 18th @ AARP

# Registration Form continued

## HEALTH

### Avoiding Sticker Shock: How to pay for long-term care

☐ Tuesday, March 1st @ AARP

### Avoiding Caregiver Burnout

☐ Thursday, March 3rd @ AARP

### Alzheimer's Awareness: Know the 10 Signs

☐ Saturday, March 5th @ ISU-Meridian

### Life Savers: First Aid Basics

☐ Saturday, April 2nd @ ISU-Meridian

### Eye on Nutrition

☐ Thursday, April 14th @ AARP

### Healthy Aging

☐ Saturday, April 16th @ ISU-Meridian

### Power of Positivity

☐ Saturday, April 23rd @ ISU-Meridian

### Hear For Health

☐ Tuesday, May 10th @ Silverstone Amenity Center

## GENERAL INTEREST

### Paperwork for Tax Season

☐ Wednesday, March 2nd @ King of Glory Lutheran Church

### Prep Your Home to Sell

☐ Wednesday, March 9th @ Silverstone Amenity Center

### Internet-Age Fraud Prevention: 5 Safeguards

☐ Monday, April 4th @ Better Business Bureau Office

### Introduction to Facebook

☐ Tuesday, April 12th @ AARP

### Introduction to Conversational Spanish

(Attending all sessions is recommended)

☐ Monday, April 25th @ Silverstone Amenity Center

☐ Monday, May 2nd @ Silverstone Amenity Center

☐ Monday, May 9th @ Silverstone Amenity Center

☐ Monday, May 16th @ Silverstone Amenity Center

☐ Monday, May 23rd @ Silverstone Amenity Center

## CSI & Forensics

☐ Thursday April 28th @ AARP

### Tim Woodward: 40 Years of Newspaper Column Writing

☐ Tuesday, May 3rd @ AARP

### GMO Control: What's on Your Fork

☐ Thursday, May 26th @ AARP

## HISTORY

### American Centennial

☐ Monday, March 7th @ AARP

☐ Monday, March 14th @ AARP

☐ Monday, March 21st @ AARP

☐ Monday, April 4th @ AARP

☐ Monday, April 11th @ AARP

### Where Women Made History

☐ Thursday, March 17th @ AARP

### An Afternoon in the Malmute Saloon

☐ Monday, March 21st @ AARP

### History in the Bown House

Wednesday March 23rd @ The Bown House

☐ Group 1 @ 10am

☐ Group 2 @ 11am

### Fun Facts about Presidents and First Ladies

☐ Friday, April 1st @ Silverstone Amenity Center

### Mark Twain: In His Own Words

☐ Monday, April 11th @ AARP

### History of Cinco De Mayo

☐ Thursday, April 28th @ 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.