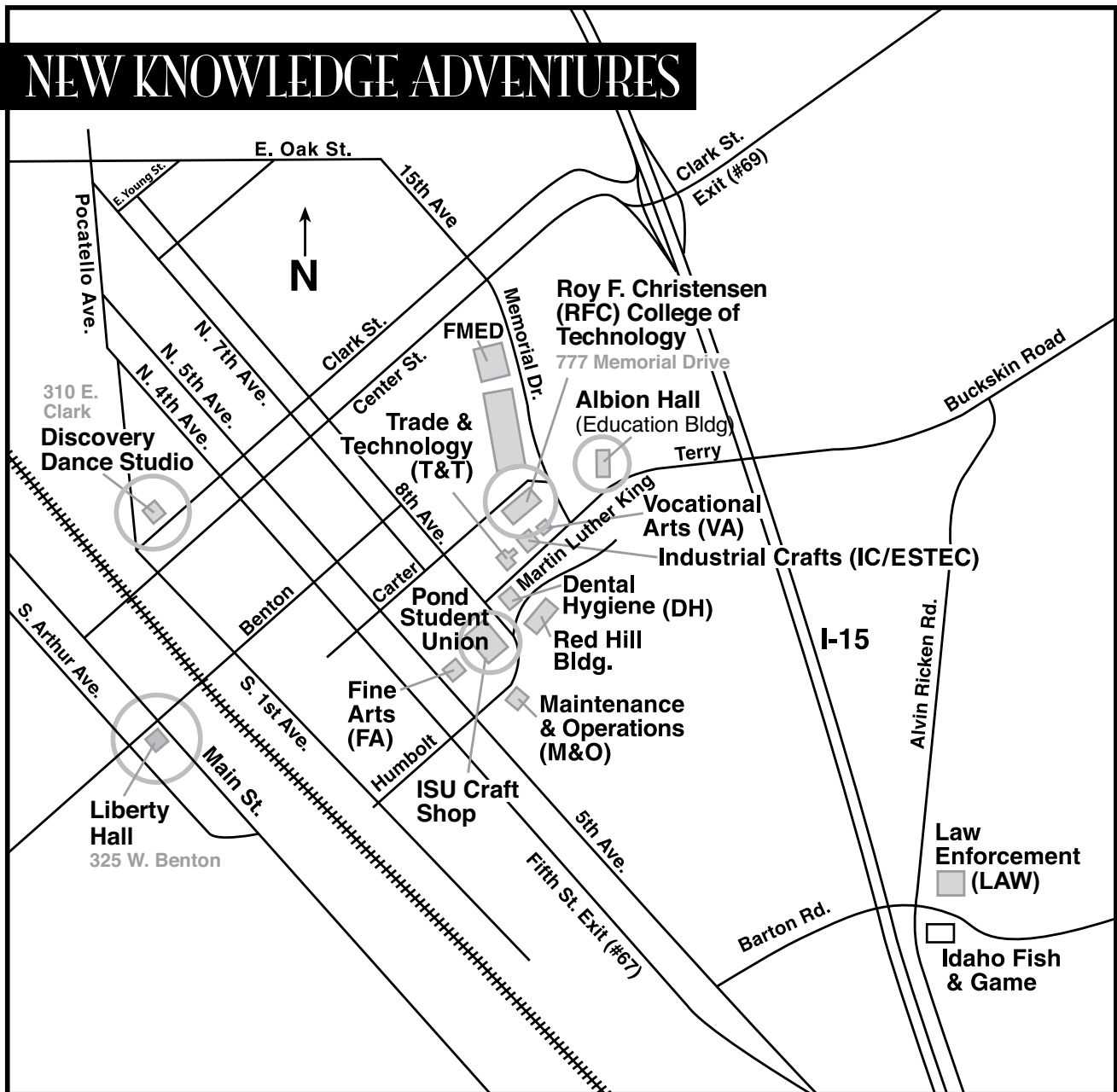


NKA

SPRING 2019



NEW KNOWLEDGE ADVENTURES



Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Welcome to a New Year and a new semester of lifelong learning!!

Our relationship with Idaho State University continues to be strong. When ISU's new President Kevin Satterlee spoke to us at our annual business meeting he talked about the importance of education. He told us how impressed he was to find such a large number of people who are active lifelong learners. To that end this semester's catalog contains another great offering of classes.

We owe a huge thank you to all who make NKA possible. Our success as an organization is the result of a lot of work by a large number of volunteers who give generously of their time especially the instructors who present to us and the facilitators who plan and coordinate the classes. Also key to our success are the great folks at ISU's Continuing Education and Workforce Training (CEWT). Their registration system and the administrative support they provide keep us going and growing.

Most of our lecture classes will continue to be in Liberty Hall. They continue to make improvements to accommodate the needs of our instructors, however, as our membership grows and the number of classes we offer increases we have moved some of our classes and activities to other venues to better meet their needs. Be sure to note the location of the classes you sign up to attend.

Again, thank you. Without your involvement and participation NKA wouldn't be the great organization that it is today. Ways you can help NKA thrive include recommending possible presenters for future classes, volunteering for a committee, and telling your friends and neighbors about some of the great classes coming up this semester and encouraging them to join us. Here's to another great semester!

—Phil Joslin, NKA President

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NKA BLOG

NKA members are encouraged to submit pictures and information about NKA activities to be included in the NKA blog. E-mail these items to Cheryl Lyda at lydacher@gmail.com.

newknowledgeadventures.blogspot.com
Blog maintained by Cheryl Lyda

New Knowledge Adventures (NKA), a Road Scholar affiliate at Idaho State University, is a member-directed organization that provides an informal, noncompetitive environment for lifelong learners age 50 and older.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the Membership and Registration form (both sides) in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose your classes, and return the forms to the Continuing Education office with all registration fees. Or register online. Membership is by semester and fees are due each semester. For additional membership information call 208-282-2789, Monday–Friday between 8 a.m. and 5 p.m.

NKA MEMBERSHIP CLASS REQUESTS

Registrations will be accepted after the due date, but you may not be able to enroll in all the classes you want because of room or class size limitations. Be assured: every effort will be made to accommodate and register you for requested classes.

THANKS TO OUR INSTRUCTORS AND FACILITATORS

We are very fortunate that our instructors share their time and knowledge with us. Please take a minute to thank the class instructor and the facilitator. *We should all do our part by attending the classes we sign up for. If you cannot attend a class, please call and let the office know.* Some classes have waiting lists, and it is your responsibility to inform the facilitator so someone else can attend the class.

NOTICES

—INSTRUCTORS, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or other activity

without jeopardizing the health or safety of the member, other participants, or the instructor.

—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Some fees will need to be paid either at the first class or prior to the class.

—The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board.

—PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out of any visual documentation.

PARKING

Parking is free at Liberty Hall, but on the ISU campus it is free *only after 4 p.m.*

For daytime classes on campus, you need a campus parking permit, which is good in all the General Lots for the entire year. *The cost of a parking permit through NKA is \$5; the permit will be mailed with the registration receipt, or you can buy one in person at the Continuing Education office. Permits issued to NKA members are not transferable to anyone else. Permits are issued to members, not their vehicles, and are to be used for NKA classes only. Any other use may result in the member receiving a ticket. Neither Continuing Education nor Workforce Training shall be held liable for any violation of parking regulations.*

BUS TRANSPORTATION

For bus stop locations: 208-234-ABUS;
www.pocatellotransit.com

PLEASE be courteous to other members and cancel ASAP if you cannot attend a program so that those on the Wait List may attend. Call the NKA office at 208-282-3155 to cancel.

If you are put on a **wait list**, it is due to the instructor’s class limit or the classroom’s size.

ISU will be CLOSED January 15 for MLK Day and February 19 for Presidents’ Day;
no classes will be held on campus these days.

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Adventures for the Spring of Twenty Nineteen

ART, MUSIC, & THEATER

All Things Jazz (#3954)

Thursday: March 7; 5:00-6:00 p.m.

Josh Leukhardt will share a brief history of jazz and how songs are taken from their traditional sheet music form and converted into jazz lead sheets. An interactive discussion will be led on how a tune is then soloed by the artists and how alternative chord formula arrangements are created. We will be treated to a showcase of these techniques and skills by a live performance. The members of Josh's Jazz Band are instructors at ISU.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Josh Leukhardt

Facilitator: Jane Riley (208-237-6801)

Anyone Can Learn to Sing (#3955)

Thursday: February 14; 1:00-2:00 p.m.

An introduction to the Pumphrey Method®, an innovative program for teaching anyone to sing, even the tone-deaf. We will discuss the What, How and Why anyone can overcome their inability to match pitch and learn to sing with confidence. You will gain a new understanding of this issue and tips of how to tighten up your own pitch-matching abilities. You will also learn strategies to build stamina in the voice for a lifetime of confident music making.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Laurel Pumphrey

Facilitator: Jim Mariani (jsm22553@yahoo.com)

Keyboard Lessons (#3715)

Tuesdays: January 15 – March 19; 3:00 – 4:00 p.m.

Learn to play your favorite song on a modern keyboard instrument! Even if you have never played an instrument before, you will be playing songs in a few short weeks. This course has proven to be a fun and easy way to play. Rental

instruments are available. Join us for this enjoyable learning experience.

Location: Piano Gallery, 338 Yellowstone Avenue (208-233-1883)

Instructors: Alisa Humpherys (208-233-1883)

Facilitator: Rachel Damewood (208-604-0741)

Class limit: 20

Class fee: \$20 includes book, purchase at first class

Preview to the Idaho International Choral Festival (#3974)

Thursday: April 11; 1:00 – 2:00 p.m.

The Idaho International Choral Festival brings cultural diversity and inspiring music to Pocatello, Idaho, USA, every three years. Through the universal language of music, people from throughout the world come together in friendship and understanding. Arlo Luke and Julie Hayden will speak about the 20-year history of the festival and what to expect when Pocatello is enriched by singers from all over the world during this year's event, July 4-11, 2019.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Arlo Luke, Co-Chairman & Julie Hayden, Executive Director, Idaho International Choral Festival

Facilitator: Priscilla Reis (208-604-3638)

Class limit: 100

Preview to the OTAS Play:

Anne of Green Gables (#3883)

Friday: March 1; 4:00-5:00 p.m.

Learn how Old Town Actors Studio will highlight the trials and tribulations of the memorable characters created in the 1908 classic novel by L.M. Montgomery. Anne Shirley's adventures were adapted into this family play by Jodi Johnson Davids and will include a cast of young and old from the community.

Play Dates: March 8, 9, 11, 15 & 16; 1:00 pm.

Matinees: March 9 & 16. 7:30 p.m.

(continues...)

(continued: *Anne of Green Gables*)

Location: Old Town Actors Studio (OTAS), 427 N Main St, Pocatello. For reservations, call 208-478-6886.

Instructor: Sherri Dienstfrey-Swanson

Facilitator: Jane Riley (208-237-6801)

Preview to the OTAS Play:

***The Importance of Being Earnest* (#3884)**

Friday: January 4; 4:00-5:00 p.m.

Is the nature of marriage “pleasant or unpleasant”? Hypocrisy versus inventiveness. Morality and the constraints it imposes on society. Earnestness which implies seriousness or sincerity. Learn in this preview how all these themes are portrayed in this classic comedy of manners play by Oscar Wilde which will feature the talents of the entire OTAS board.

Play Dates: January 11, 12, 14, 18, 19, 25 & 26.

Location: Old Town Actors Studio (OTAS), 427 N Main St, Pocatello. For reservations, call 208-478-6886.

Instructor: Sherri Dienstfrey-Swanson

Facilitator: Jane Riley (208-237-6801)

Preview to: *Shakespeare in Love* (#3957)

Friday: April 5; 5:00-6:00 p.m.

Learn how Vanessa Ballam, director for *Shakespeare in Love*, has chosen to stage this modern clever play being performed by the ISU Theatre Department. We will learn about the plot, cast, and crew that help create the sets, lighting, costumes and props.

Play Dates: April 12, 13, 18, 19, 20

Location: Bistline Theatre, Stephens Performing Arts Center, ISU

Instructors: Vanessa Ballam

Facilitator: Jane Riley (208-237-6801)

Preview to: *Three Days of Rain* (#3958)

Friday: February 1; 5:00-6:00 p.m.

Director Stefan Espinosa will lead a discussion about the Theatre ISU production of this play by Richard Greenberg. Learn about the plot and

the characters who deal with the main themes of legacy, family history, and the creative process. Always fun to learn some of the behind-the-scenes information about technical design elements such as sets, lighting, costumes, and props and to meet those who make it all happen.

Play Dates: February 8, 9, 14, 15 & 16.

Location: Black Box Theatre, Stephens Performing Arts Center, ISU

Instructor: Stefan Espinosa

Facilitator: Jane Riley (208-237-6801)

Readers' Theater (#3134)

Wednesdays: January 30, 2019 - April 24; 3:00-4:30 p.m.

The joy of this class is that we as members select materials that benefit from being heard. Whether it be skits, plays, poems, stories or songs, no memorization is required. Participants will have the opportunity to be creative and to perform selected materials. Registration is not required to attend performance(s). Performance dates to be determined.

Location: Quail Ridge, 797 Hospital Way, Yellow Room

Instructors: Peer led

Facilitators: Jim Mariani (208-851-0842 jsm22553@yahoo.com) & Jane Riley (208-237-6801 janneriley@cableone.net)

Small Group Music Festivals & Performance (#3956)

Wednesday: January 16; 3:30-5:00 p.m.

We are organizing small music groups to perform at local nursing facilities to share music and passion with them. If you play any kind of instruments for solo, duet, etc., including drums or Native American flute for rhythm connections or for sing along/play along music making, you may want to join us for fun. At the first class, we will discuss the performance schedule, then you practice your music in your leisure time and show up for the music festivals or performance.

Location: Quail Ridge, 797 Hospital Way

Instructor/Facilitator: Rachel Damewood (208-604-0741)

CRAFTS & HOBBIES

Barn Quilts (#3489)

Mondays: April 8 - 29; 1:00 – 4:00 p.m.

Creating a Barn Quilt: Select a pattern and draw outline on 2 foot by 2 foot piece of plywood, apply green tape to surround one color and paint that area, remove the tape, repeat by taping to surround another color and paint. When all colors are applied, touch up paint and sand edges of plywood. Eureka, you are done!

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Kay Merriam

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 20

Class fee: \$30 to be paid by March 19. Make the check payable to Kay Merriam and send it to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201.

Clay Pot People (#3959)

Thursday: April 25: 10:00 a.m. - 1:00 p.m.

Come and make amazing “Clay Pot People”!

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Karen Barron

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 20

Class fee: \$25. Make check payable to Karen Barron and send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello 83201. Class fee is due April 18.

Create Cards for Special Events (#3960)

Mondays: February 4 & 11; 10:30 a.m. - Noon

Join us and create special cards for special events.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Diane Tauscher

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 10

Class fee: \$10, pay at first class

Crochet/Knitting Service Group (#3196)

Tuesdays: January 8 – May 28; 2:00 – 3:00 p.m.

A service project crocheting and knitting lap blankets for the PMC cancer center. Yarn is provided for these projects. BYO hooks and

needles is helpful although we do have some we can lend. A basic knowledge of crocheting or knitting is also helpful plus we have talented members to assist you. This is a fun way to practice your skills and to be creative with colors and patterns while helping others at the same time.

Location: Senior Activity Center, 427 North 6th Avenue, dining room

Facilitators: Barbara Christensen (562-544-4136)

Class limit: 20

Greeting Card Making (#3961)

Wednesdays: March 6 & 13: 1:30 - 3:00 p.m.

Introduce class members to a variety of card making techniques, such as embossing, paper piecing, pergamano, and quilling. Class will take home a simple card and envelope the first week and then a flip card on the second week.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Suzanne H. Johnson

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class Limit: 10

Class fee: \$5. Bring to first class.

Glass Etching (#3962)

Thursday: April 18: 10:00 a.m. - 1:00 p.m.

Bring a vase or glass you would like to etch or you may purchase inexpensive glasses and vases in class.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Karen Barron

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 20

Class fee: \$20. Make check payable to Karen Barron and send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello 83201. Class fee is due April 11.

Letterpress Note Cards (#3963)

Mondays: January 28, February 4, 11 & 25, March 4 & 11; 2:00 – 4:00 p.m.

Invented by Johannes Gutenberg in the mid-15th century, letterpress is now prized as a fine craft process that can produce beautiful text and images and a slight embossment when printing on (continues...)

(continued: Letterpress Note Cards)

thick, handmade paper. Students will design their own personal note cards and then set type and border designs from the shop, using a letterpress at Pinyon Jay Press, ISU. At least 10 note cards with envelopes will be taken home at the end of the six sessions.

Location: Liberal Arts Building, Room 139 (downstairs) at ISU. Quad side entrance.

Instructor/Facilitator: Paula Jull, Professor Emerita, ISU (jullpaul@yahoo.com)

Class limit: 10

Class fee: \$10. Pay first day of class, cash or check.

Painting on Clay Pots (#3965)

Thursday: April 11: 10:00 a.m. - 1:00 p.m.

Let's paint and decorate clay pots for our fresh spring plantings.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Karen Barron

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 20

Class Fee: \$20. Make check payable to Karen Barron and send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello 83201. Class fee is due April 4.

Painting with Acrylics (#3198)

Saturday: March 23; 10:00 a.m. - Noon

Beginning painting with acrylics, all supplies furnished.

Location: Pocatello Art Center, 444 N. Main

Instructors: Pat Geiger and Peggy Bain

Facilitator: Sallee Gasser (gasser@ida.net)

Class Limit: 12

Class Fee: \$15, paid at the time of the class

Rustic Painting (#3725)

Thursday: May 2; 10:00 a.m. - 1:00 p.m.

This class is a surprise! Join us for the fun.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Karen Barron

Facilitator: Nancy Dafoe (208-596-0491)

Class limit: 20

Class fee: \$20 due April 18. Make the check payable to Karen Barron, and send to Nancy Dafoe at 2800 Birdie Thompson, Pocatello 83201.

Splash – Beginning Watercolor Painting (#3966)

Tuesday: May 7: 1:30 - 3:00 p.m.

This will introduce class members to beginning watercolor painting. Learn the basics of the basic techniques of wash, dry on dry, wet on dry, wet on wet, and blotting! A chance to try it out!

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Suzanne H. Johnson

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 15

Class fee: \$5. Bring to class.

Woodcarving, Advanced (#3558)

Mondays, Wednesdays OR Fridays:

January 7 – May 31; 9:00 a.m. – Noon (clean-up from 11:30-noon)

This class is for carvers who have completed at least one semester as a beginning carver or who have prior experience and do not require constant assistance and supervision. They provide their own tools and equipment to include rotary power tools or edged hand tools, selecting projects per their individual interests. Optional activities include participation in the Great Salt Lake Wood Carvers Show as well as other shows as announced. Due to equipment in use, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks.

Location: Home Depot – Lumber Department

Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899, cathylee@cableone.net)

Class Limit: MONDAYS: 26 advanced carvers; WEDNESDAYS: 16 advanced carvers (Will mix with beginner carvers at this time); FRIDAYS: 26 advanced carvers

Class Fee: \$10 to be paid to the facilitator at the first class meeting. Wood forms are available for purchase in class

Woodcarving, Beginning (#3101)

*Wednesday: January 16; 9:00 a.m. – Noon
(clean-up from 11:30-noon).*

*After this first class, you may come any Monday,
Wednesday or Friday from January 18 - May 31.*

Beginning woodcarving classes are for individuals with little or no experience in carving. Beginners will use rotary power tools and related equipment provided by the class. Projects will begin with a stylized bird, then a shelf cat, then a final project selected by the carver and approved by the instructor. You will need to purchase each wood piece for a nominal fee. Optional activities include participation in the Great Salt Lake Wood Carvers Show as well as other shows as announced. Due to equipment in use, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks.

Location: Home Depot – Lumber Department

Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899; cathylee@cableone.net)

Class Limit: 10 beginning carvers (Note: there may be more advanced carvers present during the class.)

Class Fee: \$10 to be paid to the facilitator at the first class meeting

FITNESS & MOTION

Fit & Fall Proof (#3106)

Wednesdays & Fridays: January 9 – May 15;

Wednesdays - 9:30-10:30 a.m.;

Fridays - 9:30-10:15 a.m.

Fit & Fall Proof is an exercise program for older adults to promote balance, strength, flexibility, and endurance to decrease the risk of falling. The class is designed to gradually build strength and endurance by using chairs and resistance bands. It includes Tai Chi breathing and stretching on Wednesdays, and various exercises on Fridays. With exercise, anyone can counteract the lower

body weakness, loss of muscle mass, and poor posture that contribute to falls. Bring a bottle of water and wear comfortable clothes.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors/Facilitators: Marlene Hendrick (208-220-0615, mkhendy@yahoo.com), Rachel Damewood (208-604-0741, damerw@cableone.net), and Jim Mariani (jsm22553@yahoo.com)

Latin Line Dance I (#3107)

*Wednesdays: February 6 – April 17;
2:00 – 3:00 p.m.*

Dance to Latin rhythms – mambo, cha cha, rumba, tango, samba, bachata, merengue, and salsa! No partners required. Meet people and have fun! The music impassions the brain and the dance itself is a full body workout! Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructor: Lucy Bonman

Facilitator: Martha Collins (marti.collins5@gmail.com)

Latin Line Dance II: Performance (#3108)

Mondays & Wednesdays: February 4 – April 17;

Mondays: 10:30 a.m. – Noon;

Wednesdays: 3:00 – 4:30 p.m.

This is Latin line dance taken to the next level. Focus is on learning and refining dances to perform at assisted living and other venues. Please seriously consider the instructor's requirements before registering: Must have taken Latin Line Dance I or have other dance experience; must have ability to dance to music that incorporates tags, syncopation, turns, styling, and phrasing; must have skill to learn and retain multiple new routines at a fairly fast pace. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructor: Lucy Bonman

Facilitator: Jane Gibson (gibsonjm@cableone.net)

Line Dancing: Beginning (#3111)*Mondays: February 4 - April 15; 2:00 – 3:30 p.m.*

If you are new to line dancing, you want to “begin” with this class. During the first 45 minutes, basic line dance steps, patterns, and rhythms will be taught, which will then be combined into simple and easy-to-learn dances. During the last 45 minutes, slightly more complex line dances will be taught. Line dancing helps to build memory and coordination; you get physical and mental exercise. This class is for guys and gals; you don’t need a partner. Tennis or soft-soled shoes are required to avoid scuffing the floor.

Location: United Congregational Church (use alley entrance), 309 Garfield Avenue

Instructors: Marti Collins and Kay Elsethagen

Facilitator: Kay Elsethagen (208-233-2945)

Line Dancing: Intermediate (#3113)*Tuesdays: February 5 – April 16; 9:30 – 10:25 a.m.*

Intermediate line dancing is for those who have completed the beginning line dancing class. This class introduces more challenging dances. We will start slowly and keep adding to our repertoire, working up to the intermediate level. You’ll have lots of fun learning these dances. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors: Susan Cramer and Joyce DeGarlais

Facilitator: Susan Cramer (208-237-8709)

Line Dancing: Oldies but Goodies (#3110)*Tuesdays: February 5 – April 16; 10:30 – 11:30 a.m.*

This class is a combination of dances previously learned in the beginning and intermediate dance classes. Dances will be reviewed (not taught) with a variety of music and rhythms. If you know the basic steps in line dancing, you will love this class. Join us for lots of fun, exercise and dancing. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors: Judy Liday and Tom Baxter

Facilitator: Judy Liday, (208-237-8014, lidayjam@gmail.com)

Line Dancing: Step It Up (#3819)*Thursdays: February 7 – April 18; 9:30 – 11:00 a.m.*

If you’d like a little more challenge to your line dancing, we encourage those who have completed the beginning/intermediate classes and are familiar with most line dance steps to join our “STEP-IT-UP” dance class. We teach each dance from the beginning and then incorporate different songs/rhythms. These dances are not advanced; rather geared toward introducing additional steps/turns to create slightly more complicated dances. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors/Facilitators: Jan Green (208-251-1244) and Joyce DeGarlais (208-238-1247)

Square Dance Lessons & Practice (#3105)*Thursdays: January 10 – May 9; 4:00 – 7:30 p.m. (See sections for specific time).*

Learn the joy of square dance! No partner needed—we have several experienced dancers who dance male/female positions. You commit your time and we’ll all have fun! Wear comfortable clothing, comfortable dance shoes, a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, top square dance caller—and he’s GOOD!

SECTION 1 – Basic & Mainstream: 4:00 – 5:15 p.m.

SECTION 2 – Introduction to Plus Level (For those who have completed Basic and Mainstream): 5:15 – 6:30 p.m.

SECTION 3 – Round Dance: 6:30 – 7:30 p.m.

Location: Sullivan’s Square Dance Hall, 1935 S. 5th Avenue

Instructor: Steve Sullivan, licensed square dance caller

Facilitator: Barbara Hyde (208-760-7260, bhyde1048@gmail.com)

Class Fee: Non-NKA members: \$5/person/evening

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			SPRING FIELD TRIPS Jackpot Overnight and Cultural Museums (Jackpot) – Wednesday, February 20; 10:00 a.m. – Thursday, February 21; 4:00 p.m. Thousand Springs Scenic River Cruise and Balanced Rock (1000 Springs) – Wednesday, April 10; 7:30 a.m. – 6:00 p.m. Golden Spike Sesquicentennial Celebration (Golden Spike) – Friday, May 10; 6:30 a.m. – 5:30 p.m.			5
6	7	8	9	10	11	12
Wd. Carv, Adv 9am-Noon Creat Wrtg 2-4pm Tech Savvy 3:30-5pm	Tai Chi 9-10am Croch/Knit 2-3pm	Wd. Carv, Adv 9am-Noon Fall Proof 9:30-10:30 am Dover Castle 10-11:30am Trivia 1-2pm	Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	Wd. Carv, Adv 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm		
13	14	15	16	17	18	19
Wd. Carv, Adv 9am-Noon Creat Wrtg 2-4pm	Tai Chi 9-10am Theragami 1 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm	Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Home Updates 1-2:30pm Chronic Disease 1-2:30pm Music Fstvl 3:30-5pm	Zumba II 10-10:45am Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Lunch&Games 12-3pm Poker 2-4pm		
20	21	22	23	24	25	26
Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Creat Wrtg 2-4pm	Tai Chi 9-10am Theragami 1 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm	Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Chronic Disease 1-2:30pm	Zumba II 10-10:45am Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Travel MED 10-11am Mahjong 10am-Noon Poker 2-4pm		
27	28	29	30	31		
Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Hot Topics 1-2:30pm Creat Wrtg 2-4pm Letterpress 2-4pm	Tai Chi 9-10am Theragami 1 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm	Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Chronic Disease 1-2:30pm Cultures 1-2:30pm Rdrs Thtr 3-4:30pm	Zumba II 10-10:45am Fiscal Policy 1-2:30pm Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm			

FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm Three Days of Rain 5-6pm	2
3	4 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon Cards, Create 10:30-Noon Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm Letterpress 2-4pm Tech Savvy 3:30-5pm	5 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Alaska Cycles 10-11:30am Line Dnc, Old 10:30-11:30am Theragami 2 10:30-Noon Croch/Knit 2-3pm Sacred Sites 2-3:30pm Keyboard 3-4pm	6 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Sci&Engr 10-11:30am Chronic Disease 1-2:30pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	7 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Zumba II 10-10:45am Sqr Dance 4-5:15pm Book Group 4-5:30pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	8 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Sherman 10-11:30am Mahjong 10am-Noon Poker 2-4pm	9
10	11 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon Cards, Create 10:30-Noon Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm Letterpress 2-4pm	12 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 2 10:30-Noon Quail Ridge 11am-12:30pm Author Visit 1-2pm Croch/Knit 2-3pm Keyboard 3-4pm	13 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Trivia 1-2pm Chronic Disease 1-2:30pm Pinochle 1-3pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Nepal 3-4:30pm Rdrs Thtr 3-4:30pm	14 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Zumba II 10-10:45am Singing 1-2pm Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	15 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Food Info 10-11:30 am Mahjong 10am-Noon Poker 2-4pm	16
17	18 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Hot Topics 1-2:30pm Memoirs 10am-Noon Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm	19 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 2 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm	20 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Jackpot Check In 10:00am Taste&Share 11:30am-1pm Chronic Disease 1-2:30pm Pinochle 1-3pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	21 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Zumba II 10-10:45am Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	22 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Food Info 10-11:30 am Mahjong 10am-Noon Lunch&Games 12-3pm Poker 2-4pm	23
24	25 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon Latin Line II 10:30-Noon Globalization 1-2:30pm Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm Letterpress 2-4pm	26 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 3 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm	27 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Refugees 10-11:30am GIS 1-2:30pm Pinochle 1-3pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	28 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Zumba II 10-10:45am Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm		

NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2019

☐ New Member ☐ Previous Member

PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

Preferred method of registration receipt: ☐ Mailed ☐ E-mailed

REGISTRATION

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8062
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg., 777 Memorial Dr., Ste 101

3—Online at:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3155

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

Membership **\$40** \$ _____
per person/per semester

Trolley Tour \$5 per person \$ _____

Parking fee \$5 (once a year) \$ _____
only required on campus before 4 p.m.

TOTAL DUE \$ _____

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

AGREEMENT AND RELEASE OF LIABILITY

I, the undersigned, am aware that participation in activities as a member of ISU New Knowledge Adventures (NKA) is voluntary and may be risky and dangerous to include bodily injury, including death, as well as damage to property or third parties. By participating, I certify that I have full knowledge of and assume all risks and that I am in good health and have no physical or mental limitations that would preclude the safe participation or the use of equipment related to the activities of ISU NKA. To the fullest extent permitted by law, and in consideration of gaining membership or being allowed to participate in the activities and programs of ISU NKA and to use its facilities and equipment, I, on behalf of myself, my heirs, representatives, executors, administrators, and assignees (the Releasing Parties) hereby agree to indemnify, defend, save, hold harmless, release, and covenant not to sue ISU NKA, the State of Idaho, Idaho State University, its State Board of Education, its members, respective officers, employees, volunteers, and agents (the Released Parties) for any negligently caused injuries or losses arising out of or connected with my participation in any activities of ISU NKA. On behalf of myself, I hereby consent to emergency medical care, including transportation to and exchange of medical information with a medical facility. I understand that I am responsible for all medical expenses for myself.

I do assume responsibility for my participation in class and will call 282-3372 if I cannot attend.

Date: _____ NKA Member or Participant Signature: _____

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

NOTE: Classes filled first-registered, first-served. Please cancel ASAP if you are signed up for a program and cannot attend.

ART, MUSIC & THEATRE

- ☐ All Things Jazz (#3954)
- ☐ Anyone Can Learn To Sing (#3955)
- ☐ Keyboard Lessons (#3715)
- ☐ Preview to the Idaho International Choral Festival (#3974)
- ☐ Preview to the OTAS Play: Anne of Green Gables (#3883)
- ☐ Preview to the OTAS Play: The Importance of Being Earnest (#3884)
- ☐ Preview to: Shakespeare in Love (#3957)
- ☐ Preview to: Three Days of Rain (#3958)
- ☐ Readers Theatre (#3134)
- ☐ Small Group Music Festivals & Performance (#3956)

CRAFTS & HOBBIES

- ☐ Barn Quilts (#3489)
- ☐ Cards, Making Greeting (#3961)
- ☐ Clay Pot People (#3959)
- ☐ Crochet/Knitting Service Group (#3196)
- ☐ Create Cards for Special Events (#3960)
- ☐ Glass Etching (#3962)
- ☐ Letterpress Note Cards (#3963)
- ☐ Painting on Clay Pots (#3965)
- ☐ Painting with Acrylics (#3198)
- ☐ Rustic Painting (#3725)
- ☐ Splash – Beginning Watercolor Painting (#3966)
- ☐ Woodcarving, Advanced (#5583)
- ☐ Woodcarving, Beginning (#3101)

FITNESS & MOTION

- ☐ Fit & Fall Proof (#3106)
- ☐ Latin Line Dance I (#3107)
- ☐ Latin Line Dance II: Performance (#3108)
- ☐ Line Dancing: Beginning (#3111)
- ☐ Line Dancing: Intermediate (#3113)
- ☐ Line Dancing: Oldies but Goodies (#3110)
- ☐ Line Dancing: Step It Up (#3819)
- ▼ Square Dance Lessons & Practice (#3105)
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
- ☐ T'ai Chi Chih, Advanced (#3104)
- ☐ Walking the Greenway (#3115)
- ☐ Zumba Gold I (#3820)
- ☐ Zumba Gold II (#3952)

FOOD & BEVERAGE

- ☐ Beer Tasting at Grove City Wine Garden and Beer Pub (#3967)
- ☐ Brewing Better Coffee (#3968)
- ☐ Taste & Share (#3197)
- ☐ What Is in the Food You Eat? (#3969)
- ☐ Wine Pairing at PV's Uncorked on Main (#3943)
- ☐ Wine Pairing at the Yellowstone (#3642)
- ▼ Wine Tasting at Café Tuscano (#3120)
 - ☐ Section 1
 - ☐ Section 2

GAMES

- ☐ Intermediate Bridge: Problem Solving (#3228)
- ☐ Introduction to Pinochle (#3496)
- ▼ Lunch and Games #3126
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
 - ☐ Section 4
 - ☐ Section 5
- ☐ Mahjong (#3125)
- ☐ Texas Hold'em Poker (#3127)
- ☐ Trivia Quizzes! (#3567)

GENERAL INTEREST

- ☐ A Few Tales from Patagonia (#3971)
- ☐ Globalization and Sustainability (#3972)
- ☐ Hey, We Should Ride Motorcycles to Alaska (#3973)
- ☐ Hot Topics (#3827)
- ☐ May Day Flower Extravaganza (#3838)
- ☐ Medicare Overview – New to Medicare? (#3905)
- ☐ Models for Understanding Cultural Diversity (#3975)
- ☐ Mosque Visitation (#3413)
- ☐ Nepal: A Spiritual Journey (#3976)
- ☐ Refugees from Algeria and Nigeria (#3978)
- ☐ Sights, Sounds, Excitement in Africa (#3979)
- ☐ Star Trek's Moral Dilemma as Viewed by Kohlberg's Stages of Moral Development (#3980)
- ☐ Tea, Trains, and Temples (#3981)
- ☐ Tips for Updating Your Home (#3982)
- ☐ Traveling to Sacred Sites around the World (#3893)
- ☐ U.S. Fiscal Policy: 2019 Updates (#3983)
- ☐ What We Can Learn from Other Cultures (#3984)

HEALTH & WELLNESS

- ☐ Chronic Disease: Chronic Disease Self-Management (#3985)
- ☐ Cultivating Mindfulness in Our Daily Lives (#3986)
- ☐ Living with AIDS (#3987)
- ▼ Origami and Theragami #3461
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
 - ☐ Section 4
 - ☐ Section 5
 - ☐ Section 6
- ☐ Quail Ridge: Assisted Living and You (#3988)
- ☐ Safety Tips to Prevent Fires and Falls (#3989)
- ☐ Travel MED Services – What You Need to Know to Go (#3990)

HISTORY

- ☐ Dover Castle: Key to England (#3991)
- ☐ General Sherman before the Civil War (#3992)
- ☐ Pocatello High School: A Visual History (#3679)
- ☐ Saint Patrick and Early Medieval Ireland (#3993)
- ☐ Where Did All the People Live Who Built Stonehenge? (#3994)
- ☐ Women and the Norman Conquest of England (#3995)
- ☐ World War II: The Losers' Perspective (#3996)

NATURE, SCIENCE, & TECHNOLOGY

- ☐ Garden Tour: Charlotte Fire Recovery (#3997)
- ☐ Innovations in Research and Teaching at CoSE (#3998)
- ☐ Tech Savvy Seniors Class (#3505)
- ☐ Understanding Our World with GIS (#3999)

TRAVEL & FIELD TRIPS

- ☐ Golden Spike Sesquicentennial Celebration (#3000)
- ☐ Jackpot Overnight and Cultural Museums (#3001)
- ☐ Thousand Springs Scenic River Cruise and Balanced Rock (#3002)

WRITING & LITERATURE

- ☐ Bellon Visiting Author Series 2019 (#3003)
- ☐ Book Group and a Glass... (#3372)
- ☐ Life's Memoirs (#3809)
- ☐ Low-Impact Creative Writing (#3136)

NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2019

☐ New Member ☐ Previous Member

PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

Preferred method of registration receipt: ☐ Mailed ☐ E-mailed

REGISTRATION

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8062
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg., 777 Memorial Dr., Ste 101

3—Online at:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3155

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

Membership **\$40** \$ _____
per person/per semester

Trolley Tour \$5 per person \$ _____

Parking fee \$5 (once a year) \$ _____
only required on campus before 4 p.m.

TOTAL DUE \$ _____

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

AGREEMENT AND RELEASE OF LIABILITY

I, the undersigned, am aware that participation in activities as a member of ISU New Knowledge Adventures (NKA) is voluntary and may be risky and dangerous to include bodily injury, including death, as well as damage to property or third parties. By participating, I certify that I have full knowledge of and assume all risks and that I am in good health and have no physical or mental limitations that would preclude the safe participation or the use of equipment related to the activities of ISU NKA. To the fullest extent permitted by law, and in consideration of gaining membership or being allowed to participate in the activities and programs of ISU NKA and to use its facilities and equipment, I, on behalf of myself, my heirs, representatives, executors, administrators, and assignees (the Releasing Parties) hereby agree to indemnify, defend, save, hold harmless, release, and covenant not to sue ISU NKA, the State of Idaho, Idaho State University, its State Board of Education, its members, respective officers, employees, volunteers, and agents (the Released Parties) for any negligently caused injuries or losses arising out of or connected with my participation in any activities of ISU NKA. On behalf of myself, I hereby consent to emergency medical care, including transportation to and exchange of medical information with a medical facility. I understand that I am responsible for all medical expenses for myself.

I do assume responsibility for my participation in class and will call 282-3372 if I cannot attend.

Date: _____ NKA Member or Participant Signature: _____

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

NOTE: Classes filled first-registered, first-served. PLEASE cancel ASAP if you are signed up for a program and cannot attend.

ART, MUSIC & THEATRE

- ☐ All Things Jazz (#3954)
- ☐ Anyone Can Learn To Sing (#3955)
- ☐ Keyboard Lessons (#3715)
- ☐ Preview to the Idaho International Choral Festival (#3974)
- ☐ Preview to the OTAS Play: Anne of Green Gables (#3883)
- ☐ Preview to the OTAS Play: The Importance of Being Earnest (#3884)
- ☐ Preview to: Shakespeare in Love (#3957)
- ☐ Preview to: Three Days of Rain (#3958)
- ☐ Readers Theatre (#3134)
- ☐ Small Group Music Festivals & Performance (#3956)

CRAFTS & HOBBIES

- ☐ Barn Quilts (#3489)
- ☐ Cards, Making Greeting (#3961)
- ☐ Clay Pot People (#3959)
- ☐ Crochet/Knitting Service Group (#3196)
- ☐ Create Cards for Special Events (#3960)
- ☐ Glass Etching (#3962)
- ☐ Letterpress Note Cards (#3963)
- ☐ Painting on Clay Pots (#3965)
- ☐ Painting with Acrylics (#3198)
- ☐ Rustic Painting (#3725)
- ☐ Splash – Beginning Watercolor Painting (#3966)
- ☐ Woodcarving, Advanced (#5583)
- ☐ Woodcarving, Beginning (#3101)

FITNESS & MOTION

- ☐ Fit & Fall Proof (#3106)
- ☐ Latin Line Dance I (#3107)
- ☐ Latin Line Dance II: Performance (#3108)
- ☐ Line Dancing: Beginning (#3111)
- ☐ Line Dancing: Intermediate (#3113)
- ☐ Line Dancing: Oldies but Goodies (#3110)
- ☐ Line Dancing: Step It Up (#3819)
- ▼ Square Dance Lessons & Practice (#3105)
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
- ☐ T'ai Chi Chih, Advanced (#3104)
- ☐ Walking the Greenway (#3115)
- ☐ Zumba Gold I (#3820)
- ☐ Zumba Gold II (#3952)

FOOD & BEVERAGE

- ☐ Beer Tasting at Grove City Wine Garden and Beer Pub (#3967)
- ☐ Brewing Better Coffee (#3968)
- ☐ Taste & Share (#3197)
- ☐ What Is in the Food You Eat? (#3969)
- ☐ Wine Pairing at PV's Uncorked on Main (#3943)
- ☐ Wine Pairing at the Yellowstone (#3642)
- ▼ Wine Tasting at Café Tuscano (#3120)
 - ☐ Section 1
 - ☐ Section 2

GAMES

- ☐ Intermediate Bridge: Problem Solving (#3228)
- ☐ Introduction to Pinochle (#3496)
- ▼ Lunch and Games #3126
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
 - ☐ Section 4
 - ☐ Section 5
- ☐ Mahjong (#3125)
- ☐ Texas Hold'em Poker (#3127)
- ☐ Trivia Quizzes! (#3567)

GENERAL INTEREST

- ☐ A Few Tales from Patagonia (#3971)
- ☐ Globalization and Sustainability (#3972)
- ☐ Hey, We Should Ride Motorcycles to Alaska (#3973)
- ☐ Hot Topics (#3827)
- ☐ May Day Flower Extravaganza (#3838)
- ☐ Medicare Overview – New to Medicare? (#3905)
- ☐ Models for Understanding Cultural Diversity (#3975)
- ☐ Mosque Visitation (#3413)
- ☐ Nepal: A Spiritual Journey (#3976)
- ☐ Refugees from Algeria and Nigeria (#3978)
- ☐ Sights, Sounds, Excitement in Africa (#3979)
- ☐ Star Trek's Moral Dilemma as Viewed by Kohlberg's Stages of Moral Development (#3980)
- ☐ Tea, Trains, and Temples (#3981)
- ☐ Tips for Updating Your Home (#3982)
- ☐ Traveling to Sacred Sites around the World (#3893)
- ☐ U.S. Fiscal Policy: 2019 Updates (#3983)
- ☐ What We Can Learn from Other Cultures (#3984)

HEALTH & WELLNESS

- ☐ Chronic Disease: Chronic Disease Self-Management (#3985)
- ☐ Cultivating Mindfulness in Our Daily Lives (#3986)
- ☐ Living with AIDS (#3987)
- ▼ Origami and Theragami #3461
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
 - ☐ Section 4
 - ☐ Section 5
 - ☐ Section 6
- ☐ Quail Ridge: Assisted Living and You (#3988)
- ☐ Safety Tips to Prevent Fires and Falls (#3989)
- ☐ Travel MED Services – What You Need to Know to Go (#3990)

HISTORY

- ☐ Dover Castle: Key to England (#3991)
- ☐ General Sherman before the Civil War (#3992)
- ☐ Pocatello High School: A Visual History (#3679)
- ☐ Saint Patrick and Early Medieval Ireland (#3993)
- ☐ Where Did All the People Live Who Built Stonehenge? (#3994)
- ☐ Women and the Norman Conquest of England (#3995)
- ☐ World War II: The Losers' Perspective (#3996)

NATURE, SCIENCE, & TECHNOLOGY

- ☐ Garden Tour: Charlotte Fire Recovery (#3997)
- ☐ Innovations in Research and Teaching at CoSE (#3998)
- ☐ Tech Savvy Seniors Class (#3505)
- ☐ Understanding Our World with GIS (#3999)

TRAVEL & FIELD TRIPS

- ☐ Golden Spike Sesquicentennial Celebration (#3000)
- ☐ Jackpot Overnight and Cultural Museums (#3001)
- ☐ Thousand Springs Scenic River Cruise and Balanced Rock (#3002)

WRITING & LITERATURE

- ☐ Bellon Visiting Author Series 2019 (#3003)
- ☐ Book Group and a Glass... (#3372)
- ☐ Life's Memoirs (#3809)
- ☐ Low-Impact Creative Writing (#3136)

MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm Anne G Gbls 4-5pm	2
3	4 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm Letterpress 2-4pm Tech Savvy 3:30-5pm Author Visit 4-5pm	5 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Patagonia 10-11:30am Line Dnc, Old 10:30-11:30am Theragami 3 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm Author Visit 7-8pm	6 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am WWII Losers 10-11:30am Pinochle 1-3pm Cards, Greeting 1:30-3pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm Author Visit 4-5pm	7 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Zumba II 10-10:45am AIDS, Living 1-2pm Sqr Dance 4-5:15pm Book Group 4-5:30pm Jazz 5-6pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	8 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm	9
10	11 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm Letterpress 2-4pm	12 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 3 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm	13 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am St. Patrick 10-11:30am Trivia 1-2pm Pinochle 1-3pm Cards, Greeting 1:30-3pm Latin Line I 2-3 pm Beer Tstg 3-4pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm Wine Yellowstone 5-7pm	14 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Zumba II 10-10:45am Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	15 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Lunch&Games 12-3pm Medicare 1:30-3pm Poker 2-4pm	16 Mosque Visit 1-3pm
17	18 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm	19 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 4 10:30-Noon Croch/Knit 2-3pm Keyboard 3-4pm	20 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Taste&Share 11:30am-1pm Pinochle 1-3pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	21 Line Dnc, Step 9:30-11 am Poky High 10:30-Noon Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm Rdrs Thtr 3-4:30pm	22 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm	23 Ptng, Acry 10am-Noon
24	25 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Hot Topics 1-2:30pm Mindfulness 10-11:30am Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm	26 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 4 10:30-Noon Croch/Knit 2-3pm	27 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Africa 10am-Noon Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	28 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Safety Tips 10-11:30am Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	29 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm	30
31						

APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Mindfulness 10-11:30am Latin Line II 10:30-Noon Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm Tech Savvy 3:30-5pm	2 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Himalayas 10-11:30am Line Dnc, Old 10:30-11:30am Theragami 4 10:30-Noon Croch/Knit 2-3pm	3 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	4 Bridge, Int 9:30-11am Line Dnc, Step 9:30-11 am Sqr Dance 4-5:15pm Book Group 4-5:30pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	5 Wkng Grmway 9-10:30am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm Shakespeare 5-6pm	6
7	8 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Mindfulness 10-11:30am Latin Line II 10:30-Noon Diversity 11am-Noon Barn Qlts 1-4pm Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm	9 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 5 10:30-Noon Croch/Knit 2-3pm Wine Tuscano 2-4pm Wine Tuscano 5-7 pm	10 Thousand Springs 7:30am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Trivia 1-2pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	11 Line Dnc, Step 9:30-11 am Moral Dilemma 10-11:30am Clay Pots 10am-1pm Chorale Fest 1-2pm Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	12 Wkng Grmway 9-10:30am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Lunch&Games 12-3pm Poker 2-4pm	13
14	15 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Mindfulness 10-11:30am Latin Line II 10:30-Noon Barn Qlts 1-4pm Line Dnc, Beg 2-3:30pm Creat Wrtg 2-4pm	16 Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am Theragami 5 10:30-Noon Croch/Knit 2-3pm	17 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Taste&Share 11:30am-1pm Stonehenge 1-2:30pm Latin Line I 2-3 pm Latin Line II 3-4:30 pm Rdrs Thtr 3-4:30pm	18 Line Dnc, Step 9:30-11 am Glass Etching 10am-1pm Coffee Brewing 10:30-Noon Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	19 Wkng Grmway 9-10:30am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm	20
21	22 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Hot Topics 10-11:30am Barn Qlts 1-4pm Creat Wrtg 2-4pm	23 Tai Chi 9-10am Theragami 5 10:30-Noon Croch/Knit 2-3pm	24 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Wmn&Normans 10-11:30 Rdrs Thtr 3-4:30pm	25 Clay Pot People 10am-1pm Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	26 Wkng Grmway 9-10:30am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm	27
28	29 Zumba I 9-10am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Barn Qlts 1-4pm Creat Wrtg 2-4pm	30 Tai Chi 9-10am Theragami 6 10:30-Noon Croch/Knit 2-3pm				

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am May Day Flwrs 10am-2pm	2 Ptng, Rustic 10am-1pm Sqr Dance 4-5:15pm Book Group 4-5:30pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	3 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Poker 2-4pm	4
5	6 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Creat Wrtg 2-4pm	7 Tai Chi 9-10am Theragami 6 10:30-Noon Ptng, Wtrclr 1:30-3pm Croch/Knit 2-3pm	8 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am Trivia 1-2pm	9 Sqr Dance 4-5:15pm Sqr Dance 5:15-6:30pm Rnd Dance 6:30-7:30pm	10 Golden Spike CheckIn 6:30am Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:15 am Mahjong 10am-Noon Lunch&Games 12-3pm Poker 2-4pm	11
12	13 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Creat Wrtg 2-4pm	14 Theragami 6 10:30-Noon Croch/Knit 2-3pm	15 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Fall Proof 9:30-10:30 am	16	17 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon	18
19	20 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Creat Wrtg 2-4pm	21 Croch/Knit 2-3pm Wine Uncorked 6-8pm	22 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Garden Tour 1-2pm	23	24 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon	25
26	27 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon Creat Wrtg 2-4pm	28 Croch/Knit 2-3pm	29 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon	30	31 Wd. Carv, Adv 9am-Noon Wd. Carv, Beg 9am-Noon	

T'ai Chi Chih (Advanced) (#3104)*Tuesdays: January 8 – May 7; 9:00 – 10:00 a.m.*

Meditation in motion for those who have previous experience or who have completed the beginner's class. We will practice the 19 T'ai Chi Chih disciplines taught in the beginner's class and also offer instruction in several classical Qigong forms.

Location: Liberty Hall, 325 W. Benton, upstairs**Instructor/Facilitator:** Stephanie Gill (208-234-4184, sgillforterra@gmail.com)**Walking the Greenway** (#3115)*Fridays: April 5-26; 9:00 – 10:30 a.m.*

Come walking with us along the Portneuf Greenway Trails. These trails are paved on mostly flat terrain. Walk at your own pace. We will meet at the Trailheads, which will be announced by e-mail two days before the walk. Those who do not have e-mail or need guidance must phone the facilitator.

Location: Portneuf Greenway Trails**Facilitator:** Sandra Babb (208-238-2034)**Zumba Gold® I** (#3820)*Mondays: March 4 – April 29;
9:00 – 10:00 a.m.*

Zumba Fitness® is a Latin-based exercise program which originated in Cali, Columbia. Students exercise in disguise by dancing to low and high intensity Latin songs. It combines cardio, conditioning, balance, and flexibility for a calorie-burning dance fitness activity. This invigorating fitness program for both men and women creates a party-like atmosphere that's great for the mind, body, and soul of the active older adult population.

Location: Liberty Hall, 325 W. Benton, upstairs**Instructor:** Valerie Williams, the certified ZUMBA GOLD® Instructor, is a continuing member of the Zumba Instructor Network (ZIN). She has been leading Zumba classes in Pocatello since 2011.**Facilitator:** Janet Boehm (208-233-1645)**Class Limit:** 30**Zumba Gold® II** (#3852)*Thursdays: January 17 – March 14;
10:00 – 10:45 a.m.*

Zumba Gold is an invigorating Latin and international dance exercise program designed for active older women and men. It combines cardio, conditioning, balance, and flexibility into a party-like atmosphere that's great for the mind, body, and soul. Because of the fun music and moves, it is exercise in disguise!

Location: Fitness, Inc., 1800 Garrett Way, Pocatello**Instructor:** Elizabeth McKenna, Zumba and Zumba Gold Fitness Instructor**Facilitator:** Rachel Damewood (208-604-0741)**FOOD & BEVERAGE****Beer Tasting at Grove City Wine Garden and Beer Pub** (#3967)*Wednesday: March 13: 3:00 - 4:00 p.m.*

Come taste some beers from Europe, with an emphasis on Ireland, at a new fun beer pub in Blackfoot. Class fee includes five beer samples, snacks, and tip. If you would like, bring a growler and fill it with your favorite beer for 10% off.

Location: 310 N. Meridian, Suite B, Blackfoot, ID 83221**Instructor:** Chase Van Orden**Facilitator:** Cathy Southern (asouth6@cableone.net, 208-785-3749)**Class Limit:** 40**Class Fee:** \$10. Make check payable to Grove City Wine Garden, due by March 8. Mail payment to Cathy Southern, 1515 Conestoga Way, Blackfoot, ID 83221**Brewing Better Coffee** (#3968)*Thursday: April 18; 10:30 a.m. – Noon.*

It turns out there is more to a great cup of coffee than fresh roasted beans. In this class we will experiment with brew time, water temperature, grind size, and coffee to water ratio and the effect they have on what you taste in your morning cup of coffee. We can't wait to have you join us for this hands-on coffee tasting experience. Class fee includes a fresh roasted bag of coffee.

Location: Leapknot Coffee Roasters, 6071 W. Buckskin Road, Pocatello

Instructors: Travis and Megan Voskamp and Matthew Slavik

Facilitator: Ann Smith (208-251-5812)

Class Limit: 15

Class Fee: \$25. Make checks payable to Leapknot Coffee. Send to Ann Smith, 2659 Hillview Drive, Pocatello, Idaho 83201, by April 5.

Taste & Share (#3197)

Wednesdays: February 20, March 20 & April 17; 11:30 a.m. - 1:00 p.m.

Come share your favorite recipes and discover new treats that someone else has made. You only bring a dish once during the semester, but you get to taste everything others bring. Plus, you take all the recipes home! Men and women are welcome!

Location: Liberty Hall, 325 W. Benton, small room

Instructors/Facilitators: Marilyn Edwards (208-237-0751) and Liz Meske (208-234-1544)

What Is in the Food You Eat? (#3969)

Fridays: February 15 & 22: 10:00 - 11:30 a.m.

What is fake fiber? What are the risks and benefits of food additives? What is the truth about cereal grains? Do you understand the food and nutrition label? Come to hear the answers to these questions and the rest of the story.

Location: Quail Ridge, 797 Hospital Way

Instructor: Mary Dundas, Professor Emerita

Facilitator: Aleen Shearer (ajshearer@cableone.net)

Wine Pairing at PV's Uncorked on Main (#3943)

Tuesday: May 21; 6:00 - 8:00 p.m.

Let's get together at PV's Uncorked for some great food, great wine, and good company.

Location: PV's Uncorked, 138 N. Main Street, Pocatello

Instructors: Donny and Jen Flores

Facilitator: Robert Farmer (robfar52@hotmail.com)

Class Limit: 50

Class Fee: \$45, includes gratuity. Make checks payable to PV's Uncorked. Send to Robert Farmer, 235 Sorenson Ave., Pocatello, Idaho 83201, by May 1.

Wine Pairing at the Yellowstone (#3642)

Wednesday: March 13; 5:00 - 7:00 pm

The Yellowstone Restaurant is reprising their successful pairing from last fall, matching menu items selected to complement the attributes of each wine.

Location: The Yellowstone Restaurant inside the Yellowstone Hotel, 230 W. Bonneville, downtown

Instructor: Jennifer Erchul, owner

Facilitator: Geoff Hogander (208-232-3437)

Class Limit: 50

Class Fee: \$50 includes gratuity. Make check payable to Geoff Hogander, 255 Fairmont Ave., Pocatello, ID 83201 by March 9.

Wine Tasting at Café Tuscano (#3120)

Tuesday: April 9 (two sections)

Allow Café Tuscano to pamper you and your friends while you taste some great wines. The wines will be paired with light appetizers to highlight the qualities of each wine.

SECTION 1 – Tuesday: April 9; 2 - 4 p.m.

SECTION 2 – Tuesday: April 9; 5 - 7 p.m.

Location: Café Tuscano, 2231 E. Center Street

Instructor: Allyson Burnham

Facilitator: Sharon Manning (208-233-9425)

Class Limit: 50

Class Fee: \$20, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204, by March 25.

GAMES

Intermediate Bridge: Problem Solving (#3228)

Thursdays: February 7 - April 4, no class on March 21; 9:30 - 11:00 a.m.

We will discuss bidding and playing from hands previously played. Participants can bring problems to class and the instructor will provide options.

Location: Quail Ridge, 797 Hospital Way, Game Room

Instructor: Jeanne Moore

Facilitators: Janice Matteson-Howell (howejani@isu.edu) and Barbara Bain (bainbarb@isu.edu)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.

Introduction to Pinochle (#3496)*Wednesdays: February 13 – March 20:**1:00 – 3:00 p.m.*

Members will split into groups of four at each table. Partnership pinochle will be instructed and played.

Location: Quail Ridge, 797 Hospital Way, Pocatello, Activities Room

Instructors: Virginia Kelly, Ardith and Henry Moran

Facilitator: Virginia Kelly (208-232-7417)

Class Limit: 20

Lunch and Games (#3126)*Fridays: January 18, February 22, March 15, April**12 & May 10; 12:00 – 3:00 p.m.*

Lunch is served at noon. Hand and Foot game OR the Dominoes Mexican Train game go from 1 to 3 p.m. There is no cost for the games. You must sign up to participate each month. The facilitator will verify attendance by calling everyone who signs up. On the registration form, please select the months you plan to attend. **Call the facilitator, Pat Ringe (208-233-5494) if you must cancel.**

SECTION 1 – Friday: January 18; 12 - 3 p.m.

SECTION 2 – Friday: February 22; 12 - 3 p.m.

SECTION 3 – Friday: March 15; 12 - 3 p.m.

SECTION 4 – Friday: April 12; 12 - 3 p.m.

SECTION 5 – Friday: May 10; 12 - 3 p.m.

Location: Juniper Hills Country Club, 6600 S. Bannock Hwy.

Facilitator: Pat Ringe (208-233-5494)

Class Limit: 90

Class Fee: \$13 per lunch to be paid at the door

Mahjong (#3125)*Fridays: January 11 – May 10: 10:00 a.m. – Noon*

Mahjong, similar to the Western card game rummy, is a game of skill, strategy, and calculation, and it involves a certain degree of chance. It is commonly played by four players (with some three-player variations found in Korea, Japan, and the Philippines). The game requires players to form melds and to discard until a winning hand is completed. This is a fun game!

Location: Travel Lodge, 133 West Burnside, Chubbuck, Aspen Room

Instructor: Lucy Bonman (208-243-0856)

Facilitator: Eileen Huestis (208-681-1196)

Texas Hold 'em Poker (#3127)*Fridays: January 11 – May 10: 2:00 – 4:00 p.m.*

This class is for anyone who wants to play Texas Hold 'em Poker. Groups will be set up by ability levels. We will teach anyone to play.

Locations: Quail Ridge, 797 Hospital Way on 1/11, 1/18/, 1/25, 2/22, 4/19, 5/3 & 5/10; Liberty Hall, 325 W. Benton, small room on all other days

Facilitators/Instructors: Annette Tolman (208-226-4597); Betty Adams (208-589-2880); Barbara Hyde (208-760-7260)

Class Limit: 24

Trivia Quizzes! (#3567)*Wednesdays: January 9, February 13, March 13,**April 10, & May 8; 1:00 – 2:00 p.m.*

Got plenty of useless knowledge? Come try our quick-question trivia quizzes on multiple subjects such as history, geography, current events, entertainment, etc. Please bring your own pencil and a hard surface to write on (such as a clipboard). Answer forms will be provided. No prizes. Just trivia fun!

Location: Quail Ridge, 797 Hospital Way

Instructor/Facilitator: Carol Nelson (208-238-6369)

GENERAL INTEREST**A Few Tales from Patagonia** (#3971)*Tuesday: March 5: 10:00 - 11:30 a.m.*

Follow Dr. Paul Allen's adventures as he and his son hike the Andes of Patagonia from someplace in Argentina to someplace else in Chile.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Paul Allen

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Globalization and Sustainability (#3972)

Monday: February 25: 1:00 - 2:30 p.m.

The global community talks more and more about the idea of sustainability. However, the US is withdrawing from many of the agreements and discussions on this issue. Understanding more about sustainability gives insight into how the global community views the future and where US may be with these issues. The questions of what sustainability is and how it impacts our lives in the US and in Idaho will be discussed.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Donna Lybecker, Political Science Department Chair

Facilitator: Jane Riley (208-237-6801)

Hey, We Should Ride Motorcycles to Alaska (#3973)

Tuesday: February 5: 10:00 – 11:30 a.m.

How a friend's suggestion turned into a month-long adventure from Pocatello to Prudhoe Bay and back.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Geoff Hogander

Facilitator: Jim Mariani (jsm22553@yahoo.com, 208-851-0842)

Hot Topics (#3827)

Mondays: January 28, February 18, March 25; 1:00– 2:30 p.m. and April 22; 10:00-11:30 a.m.

Events are moving very quickly in our modern world. Some move so quickly we can't even calendar them for the following semester, but need to address them as they unfold. Just in case this semester will see some strange and exciting events, we are leaving time open to discuss those topics hot off the press. Suitable instructors will be invited as events unfold.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Various

Facilitator: Trent Stephens (208-240-4994)

May Day Flower Extravaganza (#3838)

Wednesday: May 1; 10:00 a.m. – 2:00 p.m.

For a second year, enjoy May Day at Brady Plant Ranch in Virginia, Idaho. This class will cover how to grow, plant, transplant, and view the stages that plants have gone through before sale. Plants at Brady's are grown for wholesale and custom planting, as well as for the home gardener. There are many beautiful hanging baskets and pots as well as individual plants. Class members may ride a PRT bus to the Plant Ranch or drive on their own. Everyone will have lunch at Brady's.

Location: Brady's Plant Ranch; Virginia, Idaho.

Class members who wish to ride a PRT bus to the plant ranch will meet at the PRT Transit Center at 5815 S. 5th Ave and the bus will leave at 10 a.m. Those driving on their own should plan on being at the Plant Ranch by 10:45 a.m.

Instructor: Karen Brady

Facilitators: Mary Spinner (208-241-7258) and Nancy Dafoe (208-596-0491)

Class Limit: 60 (30 riding the bus and 30 driving on their own)

Class Fee: \$16 for those riding the bus (\$8 for the bus and \$8 for lunch) or \$8 for lunch for those taking their own cars. Tips for lunch are optional. Send a check to Mary Spinner at 2641 E Two Mile Rd; McCammon 83250 by April 24.

Medicare Overview – New to Medicare?

(#3905) Friday: March 15; 1:30 – 3:00 p.m.

Are you turning 65 soon? Come join us to learn about Medicare A & B, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance. The time frame of the application process will be discussed. Bring your questions.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Helen Mayberry, SHIBA – Medicare Counselor, ID Department of Insurance

Facilitator: Rachel Damewood (208-604-0741, damerw@cableone.net)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.

Models for Understanding Cultural Diversity (#3975)

Monday: April 8; 11:00 a.m. - Noon

Professor Geert Hofstede, the father of cultural research, contends that “National Culture cannot be changed, but you should understand and respect it.” This presentation will outline the four major typologies for understanding differences in international cultures and explore the implications derived from these insights.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor/ Facilitator: Priscilla Reis, PhD, Emerita Professor, ISU (208-604-3638)

Mosque Visitation (#3413)

Saturday: March 16; 1:00 – 3:00 p.m.

Members will meet at the Mosque for a lecture concerning the Islamic community in Pocatello.

Location: 1513 S. 5th Avenue, Pocatello

Instructor: Yousef Deikna

Facilitator: Virginia Kelly (ginnyckelly@gmail.com, 208-232-7417)

Nepal: A Spiritual Journey (#3976)

Wednesday: February 13; 3:00 – 4:30 p.m.

Spinning prayer wheels and the sound of the Buddhist mantra begin our journey at Kathmandu’s Monkey Temple. A short flight and we are trekking in the Everest region. As we walk through villages, we see prayer wheels, stupas, and Mani walls. We meet Sherpas carrying their loads and yaks moving up and down the mountains. We cross over cable bridges, glaciers, and a 17,000 foot pass. The peaks of the Himalaya, Goyko Ri, Cho La, Pumori, and Ama Dablam, greet us throughout our journey.

Location: Quail Ridge, 797 Hospital Way

Instructor: Dana Olson, Retired Director, ISU Outdoor Activities Center; Director, SE Idaho Senior Games

Facilitator: Lizbeth Benson (208-232-0054)

Refugees and Migrants from Algeria and Nigeria (#3978)

Wednesday: February 27; 10:00 - 11:30 a.m.

The talk will cover migrants and refugees from Algeria and Nigeria. It takes a long term

historical perspective, but focuses mainly on recent developments from the 1990s on: refugees fleeing the civil war in Algeria and people leaving Nigeria as they face poverty, ineffective government, and population growth.

Location: Liberty Hall, 325 W Benton, lecture room

Instructor: Allan Christelow

Facilitator: Trent Stephens (208-240-4994)

Sights, Sounds, and Excitement in Africa (#3979)

Wednesday: March 27; 10:00 a.m. – Noon

Experience three countries in Africa – sights, sounds, exciting interactions. Learn about the animals, the people, and how it made us feel about the U.S. Our month in Kenya, Botswana, and Zimbabwe taught us much that we’d like to share with you. Watch a leopard stalk its prey. Learn about a girl named Hope in a dirt-poor village in Zimbabwe and two poorer-than-dirt villages in Kenya.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Steve Piet & Mick Nelson

Facilitator: Geoff Hogander (208-232-3437)

Star Trek’s Moral Dilemma as Viewed by Kohlberg’s Stages of Moral Development (#3980)

Thursday: April 11; 10:00– 11:30 a.m.

Star Trek’s moral dilemma is “When is the need of the many greater than the individual?” Or “When does the need of the individual outweigh the need of the many?” Lawrence Kohlberg’s Stages of Moral Reasoning will be presented as a response to this dilemma.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Victor Joe

Facilitator: Virginia Kelly (208-232-7417)

Tea, Trains, and Temples (#3981)

Tuesday: April 2; 10:00-11:30 a.m.

After a trip to Agra and the Taj Mahal, a stay in Darjeeling in the Himalayas includes a visit to a tea estate and a ride on the World Heritage “toy train.” Coming down from the mountain, a week cruising the Ganges to Kolkata reveals Indian rural life and historical sites away from the beaten tourist track.

Come and share in this journey.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Jennifer Wise

Facilitator: Donna Hillard (208-241-9855)

Tips for Updating Your Home (#3982)

Wednesday: January 16: 1:00 - 2:30 p.m.

Do you wonder, as you are getting ready to make improvements to your home, if the improvements will give you a good return when you are ready to sell or refinance? Brittani will give you helpful tips to improve your home for your enjoyment now and in the future.

Location: Liberty Hall, 325 W Benton, lecture room

Instructor: Brittani Hobson, agent, Keller Williams Realty East Idaho, serving the greater Pocatello area

Facilitator: Lizbeth V. Benson (lizbeth.idaho@gmail.com)

Traveling to Sacred Sites around the World (#3893)

Tuesday: February 5; 2:00-3:30 p.m.

Traveling the Buddha Path to celebrate the Buddha's birthday, I journeyed to Arlee, Montana to visit the Ewan Garden of a Thousand Buddhas. This presentation will feature 50 photographs and my experiences of traveling to different Sacred Sites in USA, India and China including references to the Buddhist teachings on Fourfold Path to answer the question: Why should I visit a Sacred Site in my lifetime?

Location: Marshall Public Library, 1135 Garfield Ave.

Instructor: Midge Woods, Travel and Events Agent

Facilitator: Donna Hillard (208-241-9855, hilldonn73@gmail.com)

U.S. Fiscal Policy: 2019 Updates (#3983)

Thursday: January 31; 1:00 - 2:30 p.m.

The United States government is set to spend \$4.1 trillion this year. Where does all of that money go? Where does it come from? What about our national debt? How healthy is the Social Security system and Medicare/Medicaid programs? Who is financing our deficit? This class will look at current income and expenses for our country, what kind of

impact that has on our national debt, and what is projected over the next five to ten years.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Joel Phillips, Sanctuary Wealth Management

Facilitator: Jim Manning (208-233-9425)

What We Can Learn from Other Cultures (#3984)

Wednesday: January 30; 1:00 - 2:30 p.m.

This class will discuss cultural values and ideas from other parts of the world, including South Asia, Africa, and the Middle East. Professor Whoolery has studied the effect of culture on the way that we see ourselves and others and will discuss how other cultures can enrich our understanding and help us live better.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Matthew Whoolery

Facilitator: Mary Spinner (208-241-7258)

HEALTH & WELLNESS

Chronic Disease: Chronic Disease Self-Management (#3985)

Wednesdays: January 16 - February 20: 1:00 - 2:30 p.m.

People with chronic conditions have similar concerns and problems. They must not only deal with the disease, but also with the impacts that it has on their lives and emotions. This class was developed by Stanford University and class materials will be provided.

Location: Quail Ridge, 797 Hospital Way

Instructor: Pam Wake, Certified Instructor, Bingham County Senior Center, Blackfoot, ID

Facilitator: Connie Hampel (208-760-9150)

Cultivating Mindfulness in Our Daily Lives (#3986)

Mondays: March 25- April 15; 10:00 - 11:30 a.m.

As we age, time seems to go faster and we realize how precious each moment really is. Cultivating more mindfulness helps us live each day intentionally, with more awareness of how (continues...)

(continued: Cultivating Mindfulness)

we are spending our time. In this class we will learn and practice different forms of mindfulness meditation and discover ways to live our lives more fully and in accordance with our own values.

Location: Portneuf Sangha and Meditation Center, 424 W. Lewis St.

Instructors: Drs. Paula and Tony Seikel

Facilitator: Barb Bain (208-232-3415)

Class Limit: 25

Living with AIDS (#3987)

Thursday: March 7: 1:00 - 2:00 p.m.

Learning to live and laugh again after being diagnosed with AIDS.

Location: Liberty Hall, 325 W. Benton, lecture hall

Instructor: Ken Maxwell

Facilitator: Kathleen Stephens (208-244-2732)

Origami & Theragami (Science & Art of Celebration and Healing) (#3461)

Hugh uses origami, commonly misunderstood as merely arts & crafts, to educate, inspire, self-heal, and instill greater confidence. Theragami has healing and therapeutic benefits, connecting the mind and body.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Hugh Suenaga

Facilitator: Nancy Dafoe (nancyd@uidaho.edu, 208-596-0491)

Class Limit: 20

Class Fee for ALL Sections: \$20 to be paid at the first day of the class. Make checks payable to Hugh Suenaga and send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello 83201.

SECTION 1: My Origami Grandma/Grandpa

Tuesdays: January 15, 22 & 29; 10:30 a.m. – Noon

A three-day session for grandparents who want to have fun advancing their grandchildren's skills in being more creative and resourceful, while advancing their math, science, and problem solving skills by creating fun action toys from origami.

SECTION 2: Mesmerizing Origami Puzzles and Things *Tuesdays: February 5, 12 & 19; 10:30 a.m. – Noon*

A three-day session creating mind-bending but fun puzzles that also function as containers to carry gifts as a surprise package.

SECTION 3: Star Wars and the Universes Beyond (The Future Is Now!)

Tuesdays: February 26, March 5 & 12; 10:30 a.m. – Noon

This three-day session focuses on the energizing "Force" of Star Wars and the futuristic frontiers of battles for universes yet uncharted.

SECTION 4: Magical Precious Memories Boxes

Tuesdays: March 19 & 26, April 2; 10:30 a.m. – Noon

In this three-day session, we will create gift boxes, bowls, and vases or elegance to make every event come alive. Unleash and explore your inner design and passion for coordination of complementing colors, aligning shapes, sizes, and textures. Reveal your individuality and charm as no one else can.

SECTION 5: Kusudama I (Beginner to Intermediate)

Tuesdays: April 9, 16 & 23; 10:30 a.m. – Noon

This three-day session on theragami will focus on the completion of stunning, multiple Origami Kusudama projects. Kusudama in Japanese is derived from two words which mean "prayer and medicine" and are multiple folded, modular projects which are traditionally presented at memorable events such as baptisms and weddings.

SECTION 6: Origami/Theragami Kusudama II (Intermediate to Advanced)

Tuesdays: April 30, May 7 & May 14; 10:30 - Noon

This three-day session on Theragami will focus on developing advanced skills. Creating Kusudama requires focus, perfect practice, and determination in creating multiple folded, modular projects that will engage your patience in peaceful meditation. Practiced daily, it will provide enlightenment by personal expression and inspirational, beautiful results.

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.

Quail Ridge: Assisted Living and You

(#3988) *Tuesday: February 12;*

11:00 a.m. – 12:30 p.m.

Robyn Smith, the Executive Director at Quail Ridge, will teach you all about the ins and outs of assisted living. Find out what Quail Ridge has to offer and take a tour. Lunch provided at 11:00.

Location: Quail Ridge, 797 Hospital Way

Instructors: Robyn Smith, Executive Director; Brooke Toner, Marketing Director

Facilitator: Jim Mariani (jsm22553@yahoo.com)

Safety Tips to Prevent Fires and Falls

(#3989) *Thursday: March 28; 10:00-11:30 a.m.*

This presentation will provide awareness and help participants identify their risk factors and how to change them to prevent injuries. Fires and falls are leading causes of injury and death among adults 65 and older so this information will be helpful to keep older adults safer in their homes.

Location: Southeastern Idaho Public Health, 1901 Alvin Ricken Drive, Pocatello, ID

Instructors: Kim Stouse, MA, Pocatello Fire Department and Michelle Butterfield, MHE, Southeastern Idaho Public Health

Facilitator: Ann Smith (208-251-5812)

Travel MED Services – What You Need to Know to Go

(#3990)

Friday: January 25; 10:00 – 11:00 a.m.

Randy will present a travel consultation on traveling abroad. He will discuss information on current immunizations and requirements for various areas of the world. Making travel safe and enjoyable is what he does. He is very experienced and knows a lot of “ins and outs” for making your trip successful. Post travel medical consultations are also offered.

Location: Quail Ridge, 797 Hospital Way

Instructor: Randall S. Fowler, MD, Medical Director for Travel Med Services

Facilitator: Pat Ringe, (208-233-5494)

HISTORY

Dover Castle: Key to England (#3991)

Wednesday: January 9; 10:00 – 11:30 a.m.

From the Roman Lighthouse above the White Cliffs to the Underground Hospital and control center of World War II, Dover Castle has played a pivotal role in England’s history. It was the first major castle taken by William the Conqueror after the Battle of Hastings and it was under siege by the King of France at the time of King John’s death.

Location: Quail Ridge, 797 Hospital Way

Instructor: Dr. Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

General Sherman before the Civil War

(#3992) *Friday: February 8; 10:00-11:30 a.m.*

General William Tecumseh Sherman is most famous for having taken Atlanta during his March to the Sea in 1864 during the Civil War. Least known are the years between his West Point graduation in 1840 and the war’s beginning in 1861. This presentation will highlight his time as a young artillery officer in California, his short career in banking, and his time as a military college superintendent before the war. His post-Civil War army service will also be covered.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: .C. “Chuck” Humphrey, PhD; Professor Emeritus of Human Resource Development, ISU

Facilitator: Geoff Hogander (208-232-3437, ghogande@yahoo.com)

Pocatello High School: A Visual History

(#3679) *Thursday: March 21; 10:30a.m. – Noon*

The history of Pocatello High School parallels the history of Pocatello itself. From its beginning as an eight-room, two-story stone building in the center of the block where it still stands, the school was, and has remained, a major landmark of what is now called “Old Town Pocatello.” This fully illustrated history of the building includes information about the city, the people, and the culture of Pocatello as the building survived fire, (continues...)

(continued: *Pocatello High School Visual History*)
reconstruction, remodeling, and additions through the years.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Arlen Walker

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Saint Patrick and Early Medieval Ireland

(#3993) *Wednesday: March 13; 10:00 - 11:30 a.m.*

This class discusses not only Patrick's experiences, but the ways in which he accommodated Christianity to the existing Celtic culture to produce a tolerant and accessible religious outlook. Irish landscapes, art, mythology, and social patterns will all be brought to bear on the topic.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Trent Stephens (208-244-2732)

Where Did All the People Live Who Built Stonehenge? (#3994)

Wednesday: April 17; 1:00 - 2:30 p.m.

Some people believed Stonehenge was built by giants, others that it was built by Merlin. We now know it was built by mere mortals with an extraordinary drive. They dragged stones from near the much older and much larger Avebury Henge, 35 miles to the north. But until recently, no one had ever found any town or village where the people building the henge might have lived.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Women and the Norman Conquest of England (#3995)

Wednesday: April 24; 10:00-11:30 a.m.

This class is an exciting foray into the high middle ages with an emphasis on the effects of conquest and domination on society and how women, French and English in particular, adapted and modified the behaviors of the conquerors.

The course is based on research conducted for a conference paper presented in 2016, to be published in the conference proceedings in 2019.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Trent Stephens (208-244-2732)

World War II: The Losers' Perspective

(#3996) *Wednesday: March 6; 10:00 - 11:30 a.m.*

The Germans lost World War II but they won the peace. Although the Allied plan was to punish the Nazis, that plan could not be followed at the same time as the Marshall Plan, which won out. The Wirtschaftswunder, or Miracle on the Rhine, described the rapid West German recovery in the 1950s. At the same time, East Germany was struggling under the Russian thumb and England was still on rationing.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

NATURE, SCIENCE & TECHNOLOGY

Garden Tour: Charlotte Fire Recovery

(#3997) *Wednesday: May 22; 1:00 - 2 p.m.*

The Wades' property totally burned in the Charlotte fire. Mike and Marty completely re-landscaped and terraced their property. Their garden shows what can be done after a fire and which plants made it through even though being burned to the ground. Their garden demonstrates how the world corrects itself after a total fire.

Location: Wade home, 9115 Cinnamon Ridge

Instructors: Marty and Mike Wade

Facilitator: Kathleen Stephens (208-244-2732)

Class Limit: 12

Innovations in Research and Teaching at CoSci&Engr (#3998)

Wednesday: February 6; 10:00 - 11:30 a.m.

Rich will share exciting news about current and future innovations in research and teaching in the

College of Science and Engineering (CoSE). The world needs a well-trained workforce in science, technology, engineering and math and CoSE is committed to delivering well-trained graduates. CoSE is taking major steps to help the region's K-12 programs motivate and prepare young people to succeed in math and science at the college level. Rich will explain how philanthropic support is helping CoSE realize its vision.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Rich Ballou, CFRE, Director of Development, College of Science and Engineering, ISU

Facilitator: Trent Stephens (208-240-4994)

Tech Savvy Seniors Class (#3505)

Mondays: January 7, February 4, March 4 & April 1; 3:30 – 5:00 p.m.

Team up with some tech savvy teenagers to learn the latest apps, smart phone functions, and computer features. Each month will present a different theme. Participants should bring their own smart phones, laptops, devices, etc. to each class. The last 30-45 minutes of class we will address any individual technology problems.

SECTION 1 – January 7 – *Smart Phone*

SECTION 2 – February 4 – *Using Google Apps*

SECTION 3 – March 4 – *Managing your Settings, Photos, and Documents*

SECTION 4 – April 1 – *Social Media*

Location: Holy Spirit Catholic School, 540 N. 7th Ave.

Instructors: Joe Kaiser, Emmanuel Mendez, Mathias Schoen / Century High School

Facilitator: Peggy Kaiser (208-241-4384)

Class Limit: 20

Understanding Our World with GIS

(#3999) Wednesday: February 27: 1:00 - 2:30 p.m.

This brief workshop will describe what geographic information systems are and how GIS can and is being used today to improve decision making, increase efficiency, and better understand our world.

Location: Quail Ridge, 797 Hospital Way, Pocatello, large room

Instructor: Keith T. Weber, GIS Director, GIS Center, ISU (webekeit@isu.edu)

Facilitator: Roger Ellis (208-221-5275, rogerr@cableone.net)

TRAVEL & FIELD TRIPS

NOTE: *Fees for trips must be received thirty (30) days prior to scheduled departure date. Trip payment, unless otherwise stated, includes all expenses, bus, meals, gratuities, admissions, and hotels. Your reservation for the trip will be taken in order of payment, not registration. If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it. Fees are nonrefundable within the 30 day period prior to departure except for medical reasons. If you cancel for medical reasons, we will refund any monies that are not dedicated funds. Dedicated funds include bus costs and any nonrefundable deposits NKA has spent on the trip. All costs for overnight trips are based on double occupancy. For a single, add \$50 per night to the fee.*

Golden Spike Sesquicentennial Celebration (#3000)

Friday: May 10; Check in 6:30 a.m.

Depart 7:00 a.m.

Take a trip back in time to the joining of the Nation's east-to-west railroad at the Golden Spike National Historic Park. The 150th anniversary begins with the arrival of the steam engines and includes the recreation of the historic 1869 Champagne Photo and joining ceremony. You are welcome to wear period dress and join in this photo. Bleachers are available, but you may bring a labeled lawn chair. There will be food vendors available but you might bring a light lunch as provided dinner will be around 3 p.m. We will depart at 1:30 p.m. and stop at the Thiokol Rocket display, featuring a shuttle booster and a Patriot missile. A late lunch, early dinner follows at Maddox Restaurant in Brigham City. Approximate time of arrival in Pocatello is 5:30 p.m. *Reservations for the trip will be taken in order of payment, not registration.*

(continues...)

(continued: *Golden Spike Sesquicentennial*)

Location: Meet at the Pocatello Regional Transport, 5815 S. 5th Avenue

Instructor: Patricia Devenberg (208-234-7393)

Facilitators: Lynn Hebdon (208-339-4841) and Linda Ellis (208-237-3530)

Class Limit: 56

Class Fee: \$50. Make check out to ISU and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to April 10, 2019

Jackpot Overnight and Cultural Museums (#3001)

Wednesday & Thursday: February 20 & 21; Check in 10:00 a.m.; Depart 10:30 a.m.

Wednesday we will travel by coach to Twin Falls, ID. We will have a provided lunch and then visit the Twin Falls County Museum. We will continue on to Jackpot, NV for provided dinner and night's lodging. **No breakfast will be provided.** We will depart at 10:30 a.m. and visit the Idaho Heritage Museum followed by lunch buffet in Twin Falls. Our next stop will be the Perrine Bridge and Visitors' Center. Expected arrival in Pocatello is 4:00 p.m. *Reservations for the trip will be taken in order of payment, not registration.*

Location: Meet at the Pocatello Regional Transport, 5815 S. 5th Avenue

Facilitators: Kathy Snyder (208-589-7853) and Kathy Reynolds

Class Limit: 56

Class Fee: \$130. Make check payable to ISU and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 by January 20, 2019

Thousand Springs Scenic River Cruise and Balanced Rock (#3002)

Wednesday: April 10; Check in 7:30 a.m.; Depart 8:00 a.m.

Travel by bus to Hagerman for a 2 hour scenic Snake River cruise and buffet lunch. Cruise departure will be at 11:00 am. The first hour will be narrated as we cruise through amazing views of the famous Thousand Springs waterfalls as they erupt from the canyon walls and gush to the river below.

We should catch the river at the height of color with spring wild flowers. We will enjoy a buffet lunch as we cruise back to dock. Returning to Pocatello, we will make a stop at Idaho's Balanced Rock, arriving in Pocatello at approximately 6:00. *Reservations for the trip will be taken in order of payment, not registration.*

Location: Meet at the Pocatello Regional Transport, 5815 S. 5th Avenue

Instructor: Jennie McCormick (208-521-2780, jenniemc1250@yahoo.com))

Facilitator: Linda Ellis (208-237-3530)

Class Limit: 32

Class Fee: \$100. Make check out to ISU and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to March 11, 2019

WRITING & LITERATURE

Bellon Visiting Author Series 2019 (#3003)

FIRST SESSION: *Tuesday: February 12; 1:00 – 2:00 p.m.; Marshall Public Library, 113 S. Garfield*

SECOND SESSION: *Monday: March 4; 4:00 – 5:00 p.m.; Marshall Public Library, 113 S. Garfield*

OR Tuesday: March 5; 7:00 – 8:00 p.m.; College of Education Auditorium, MLK Blvd., ISU

OR Wednesday: March 6; 4:00 – 5:00 p.m.; Portneuf District Library, 5210 Stuart St.

For over 30 years, the Bellon Visiting Author Series has been bringing nationally recognized, published authors and illustrators of books for children to our community. This year's author is Arthur Dorros who has written and illustrated picture books and middle grade novels, set in nature or Spanish-speaking countries. Our first meeting will be an introduction to some of the author's award-winning books. At the second meeting, participants will actually meet the author, attend his presentation and ask questions. Books will be available for purchase at each session and location and can be autographed at any of the second sessions.

Location: Various, see above

Instructors: First session: Kathryn Poulter & Becca Hyde, MPL librarians

Second sessions: Arthur Dorros, author & illustrator

Facilitator: Pat Feuerborn (208-233-8969)

Book Group and a Glass... (#3372)

Thursdays: February 7, March 7, April 4, May 2; 4:00 – 5:30 p.m.

Enjoy a glass of wine or other beverage with an appetizer prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups. Titles and authors selected for this semester will be available and emailed to those registered in early January 2019.

Location: Café Tuscano, 2231 E Center

Facilitators: Ann Smith (208-251-5812) and Sharon Manning (208-233-9425)

Class Limit: 42

Class Fee: \$10 per session, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204, by January 21 for our first meeting.

Life's Memoirs (#3809)

Mondays: February 4 - 25; 10:00 a.m. – Noon

You will, with the help of your instructor, explore your childhood, your mentors, friends, experiences, and much more as you weave them into the story of your life.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Elise Barker, Adjunct Instructor of English at ISU

Facilitator: Lee Dille (208-339-5346)

Low-Impact Creative Writing (#3136)

Mondays: January 7 – May 27; 2:00 to 4:00 p.m.

Writing for your own pleasure. Like low-impact aerobics, the object is to enjoy the activity without stress. We write for an hour on any topic we want, or on ideas sparked by story starters that class members bring in. During the second hour we take turns reading our creations, if we want. Negative criticism is not allowed. Our encouraging environment and the support of other writers helps everyone become a better writer.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Instructor/Facilitator: Stephanie Gill (208-234-4184)

Class Limit: 18

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

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*NKA learning tree logo by
Erica Lothspeich*