

**FRIENDS FOR LEARNING
COURSE CATALOG
Fall 2019**

Registration for Fall 2019 classes begins at 9:00 a.m, August 14th and continues throughout the semester.

Registration Online: Go to the Friends For Learning website (friendsforlearning.com) and click on “Register.” Follow the prompts. You will need an email address. (Please do not use an email address shared with someone else.) First select “FFL Membership”, then select the classes you wish to register into. Complete enrollment by making payment for membership by Visa/MC credit or debit.

Help with online registration. If you would like help registering online, come to CHE 202 at University Place Campus anytime between 9:00 a.m. and 12:00 p.m. Wednesday, August 14, 2019. Members of the FFL Board of Directors and ISU Continuing Education staff will be there to assist you.

Mail in Registration: If you prefer registering by mail, print a copy of the “Class Selection” form found on the FFL website. Nothing received by mail will be processed until August 16. Complete the form and attach your check **MADE OUT TO ISU** for the \$20.00 membership fee and mail to the following address:

Idaho State University
Continuing Education / Workforce Training– FFL
921 S. 8th Avenue, Stop 8380
Pocatello, ID 83209

Parking Passes—Everyone will have to request a parking pass for the 2019-2020 school year. The first item in the course catalog deals with the parking passes. This is the area to mark in order to receive a parking pass.

You will receive a parking pass by mail shortly after you register. To avoid a parking fine, display the parking pass in your vehicle when you attend FFL classes at University Place. Replacement parking passes may be purchased for \$5.00 from President Kathy Hendrix, 208-523-8859.

All students should wear name badges to all classes. If you wish a name tag, contact Denise Morton, 208-390-3389. She will make one which you can arrange to pick up.

QUESTIONS? If you have questions, please call ISU Continuing Education; 208-282-3155; FFL President Kathie Hendrix; 208-523-8859, or Secretary Denise Morton; 208-390-3389.

Class Locations: TAB = Tingey Administration Building. CHE = Center for Higher Education Building. Both are located at the ISU Idaho Falls Campus at University Place, 1770 and 1776 Science Center Drive in Idaho Falls.

FFL Course Catalog Fall 2019

4125 Parking Pass

Instructor: n/a

Fee:

When: n/a

Location: n/a

Everyone will need a new parking pass this semester. Mark the box to indicate you want a parking pass. It will be good until August 31, 2020. Do not discard it at the end of the Fall 2019 semester.

Credentials:

Facilitator: n/a

Phone: n/a

Email: n/a

4242 Volunteers

Instructor: n/a

Fee:

When: n/a

Location: n/a

Select this box if you wish to volunteer. Friends For Learning operates totally by volunteers. As this organization has grown the need for volunteers has increased. We need volunteers in the following areas: Curriculum, Cultural Cuisine, Hiking, Walking & Exploring, and helping Leadership. By registering here you will be sent an email with the volunteer form to fill out as to the areas in which you would like to volunteer.

Thank you for your interest.

Credentials:

Facilitator: Margie Prestwich

Phone: 208-523-0261

Email: margieprestwich59@yahoo.com

4121 Hiking, Walking & Exploring

Instructor: HWE Committee

Fee:

When: n/a

Location: n/a

This year-round 'class' schedules various activities for FFL members. Hiking (H) activities can range from easy to difficult and might last two hours or all day. Most walking (W) activities are easy trips in the vicinity of IF. Exploring (E) often takes us some distance from IF, even to other states. The most vigorous activities range from hiking, biking, canoeing, horseback riding, skiing and snowshoeing. We are guided by member ideas and leaders, so we may try anything.

Credentials: HWE committee members have been involved with outdoor activities for many years. Committee members include Jim Schaffer, Chairman 208-589-6005; Allen Perkins 604-0820; Richard Scheerer 881-6331; Garney Hardy 680-1370; Catherine Crowder 521-8114; Margaret Kennelly 524-4930; Janet Clayton 932-5674.

Facilitator: Jim Schaffer

Phone: 208-589-6005

Email: milodoctor@gmail.com

***4145 Spanish II (Intermediate)**

Instructor: Jackie Christiansen

Fee:

When: 9/9 - 11/25 1:30-3:00 Mon.

Location: CHE 207

This class is for those with a basic knowledge of Spanish. You are invited to participate with us in a "new" way to learn to speak Spanish. We use the modified Blaine Ray TRY Storytelling materials to guide and direct us in our journey to continue to speak and comprehend the beautiful Spanish language. Simple stories provide context and background from which we explore vocabulary, grammar, and speaking fluency. Maximum 30

Credentials: Jackie is a student of Spanish and is committed to guiding you as you continue to learn to pronounce and comprehend the language.

Facilitator: Jackie Christiansen

Phone: 208-522-8705

Email: ajc1983@q.com

***4387 Zumba® Gold (Seated/Chair)**

Instructor: Jennifer O'Sullivan

Fee:

When: 9/9 - 12/23 Mon 5:30-6:30, Fri 2-3 Mon, Location: 570 2nd St #118

Zumba® Gold (Seated/Chair) class is suitable for people who have mobility or balance problems or who might just want to start in a chair. We use simple, easy movements to increase strength and flexibility in your arms, legs, and core muscles. Enjoy working out to fun Latin and international music and have a joyful time moving with our uplifting instructor. Zumba® Gold, seated classes, when attended regularly, can help with: Muscle strength, Balance, Flexibility, Mental awareness, Functioning, Mood, and so much more! Maximum 20

Credentials: Jennifer has been licensed in Zumba® Fitness, Zumba® Gold and Zumba® Toning since February 2013.

Facilitator: Kathy Lee

Phone: 208-524-5836

Email: lees@cableone.net

***4136 Origami and Paper Crafts**

Instructor: Linda Buttles

Fee:

When: 9/9 - 10/21 12:30-2:30 Mon.

Location: CHE 306

Join us and meet new friends in practicing the mind/body art of Origami. Fun new projects will stimulate your interest and your brain. Maximum 12

Credentials: Linda first learned Origami working as Earlene Reed's facilitator. She enjoys many creative arts and crafts and loves to share her knowledge with others.

Facilitator: Jamie Dazey

Phone: 208-522-0147

Email: spinstejr@AOL.com

***4348 Spanish III (Advanced)**

Instructor: Linda Tycz

Fee:

When: 9/9 - 11/25 10:00-11:30 Mon.

Location: Senior Center, 535 W. 21st

This class meets weekly for 12 weeks, and those that have taken it previously will have preference. Class format and study material will be determined at the first class. Maximum 12

Credentials: John has had two years of high school Spanish, lived in Mexico for two years and in Spain for 18 months. Linda has taken Spanish for several years.

Facilitator: Linda Tycz

Phone: 208-360-0990

Email: gblet@msn.com

***4241 Zumba**

Instructor: Bitsy Blakely

Fee:

When: 9/9 - 12/23 Mon 9-10, Thu 1-2 Mon, Thu. Location: Senior Center, 535 W. 21st

Zumba-dance first, think later! Zumba's easy-to-follow choreography and Latin rhythms make Zumba your new Happy Hour. Zumba improves balance and fitness, protects against Dementia, fights depression, creates new pathways for the brain, adds flexibility, coordination, endurance and energy to your life. Maximum 40

Credentials: Bitsy is a certified Zumba instructor with 40 years of experience in fitness instruction.

Facilitator: Patsy Komoda

Phone: 208-529-0297

Email: pkomoda@gmail.com

4137 Pinochle, Double Deck

Instructor: Vicki Van Sickle

Fee: Purchase Lunch

When: 9/9 - 12/23 12:00-3:00 Mon.

Location: Leo's Place, 155 S. Holmes, Idaho Falls, Idaho

You must know how to play the game of Pinochle to sign up for this fun class. There will be no formal instruction. Each participant is expected to mix with other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator. Players must buy lunch, and a donation is taken for new playing cards. We play year round on every Monday.

Credentials: Vicky and Senia help organize this class.

Facilitator: Senia Weinrich

Phone: 208-521-8526

Email: seniale3025@gmail.com

4392 Bears: Education and Safety

Instructor: Jeremy Nicholson

Fee:

When: 9/10 1:00-3:00 Tue.

Location: TAB 200

In this class you will learn about grizzly bear biology and range expansion in the Greater Yellowstone Ecosystem and grizzly bear research and management conducted by the Idaho Fish & Game. The discussion will include how to distinguish between black and grizzly bears, bear behavior, how to avoid attacks, how to react when encountered or attacked, and how to effectively use bear spray. After the presentation, class participants will have a chance to spray a "charging bear" with an inert can of bear spray.

Credentials: Jeremy Nicholson joined the Upper Snake Office as a regional biologist with the Idaho Fish and Game (IDFG) in September 2016. Grizzly bear research and management is his primary focus.

Facilitator: Jim Schaffer

Phone: 208-589-6005

Email: milodoctor@gmail.com

***4147 Tai Chi - Beginning**

Instructor: David Jenkins

Fee:

When: 9/10 - 12/17 3:30-4:30 Tue.

Location: Senior Center, 535 W. 21st, Idaho Falls, ID

Tai Chi is a low impact exercise class derived from Chinese martial arts. The movements are designed to improve the body's internal energy (chi) thereby improving circulation and overall health. In this class we will introduce the first section of the 108 form Yang Style Tai Chi. Maximum 30

Credentials: David has been studying Tai Chi for more than 30 years.

Facilitator: David Jenkins

Phone: 208-681-3487

Email: djenkins518@gmail.com

***4316 Yoga II**

Instructor: Dino Lowrey

Fee:

When: 9/10 - 11/21 8:30-10:00 Tue, Thu.

Location: Good Sam, 840 Elva, Idaho Falls, Idaho

This twice-weekly class will focus on Yoga for those over 50. It will use techniques of B.K.S. Iyengar, focusing on posture and breath. Students will need a yoga mat. Blocks and straps are optional. Maximum 16

Credentials: Dino is a retired archaeologist. She has taken yoga classes for the past seven years and has taught this class for several years.

Facilitator: Joel/Joy Hubbell

Phone: 208-524-2333

Email: Joelmhubbell@gmail.com

***4154 Yoga for Beginners/Chair**

Instructor: Dino Lowrey

Fee:

When: 9/11 - 12/18 11:00-12:00 Wed.

Location: Good Sam, 840 Elva, Idaho Falls, Idaho

This class will focus on safe yoga for individuals with limited mobility who do not think they could take a regular yoga class. The only requirement is the ability to get up off the floor into a standing position. Techniques of B.K.S. Iyengar will be used focusing on posture and breath. Students will need a yoga mat. Blocks and a strap are optional. Maximum 10

Credentials: Dino is a retired archaeologist. She has taken yoga classes for the past 10 years and has taught a standard yoga class for several years.

Facilitator: Joel/Joy Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com

4228 Science Wednesday

Instructor: Varies

Fee:

When: 9/11, 25, 10/9, 23, 11/6, 20, 12/4, 18 3:00 Location: Idaho Brewing Co, 775 S. Capital

Facilitator will provide initial sets of articles to the group for discussions. Participants will meet and join in an open forum discussion of the article for that week. After the initial meeting, participants will be asked to suggest an article for discussion at later meetings. This class meets every other Wednesday. Participants should be able to receive PDFs by email.

Credentials: Facilitators are retired scientists from the INL.

Facilitator: Hubbell, McIlwain, Daum

Phone: 208-524-2333

Email: joelhubbell@gmail.com

***4231 Singing For Fun**

Instructor: Donna Park

Fee:

When: 9/11 - 12/18 1:00-2:00 Wed.

Location: 4051 Cambria Dr., Idaho Falls, Idaho

You don't need to have a fabulous voice or even prior experience to spend an hour once a week singing old and new favorites with FFL friends. Bring your ideas for songs, some music you want to sing if you have it and of course your enthusiasm. We have performed at assisted living centers, FFL functions and a Ward banquet. This term we will be learning songs from Broadway musicals. Come join us. Maximum 40

Credentials: Donna has many years' experience in both singing in and leading choral groups. She is an experienced pianist, composer and arranger and delights in helping others "find their voice."

Facilitator: Gail Fielding

Phone: 208-970-7130

Email: gailsplc76@gmail.com

***4214 Garden Art: Pavers P.M.**

Instructor: Maxine Smolowitz

Fee: \$3.00 for materials

When: 9/12, 9/19, 9/26 1:30-4:30 Thu.

Location: 3860 Tuscany Drive, Idaho Falls, ID

Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decorations. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Maximum 8

Credentials: Maxine has made numerous beautiful, unique pictures and pavers using ceramic tiles. She has taught this FFL class several times.

Facilitator: Kathie Hendrix

Phone: 208-589-4352

Email: chatiek06@gmail.com

4368 Hand and Foot Card Game

Instructor: Sibyl Priest

Fee: About \$5

When: 9/12 - 12/19 12:00-3:00 Thu.

Location: Papa Tom's, 1830 S. Woodruff Ave, Idaho Falls, ID

Hand and Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot". In this class students are taught the basic rules of the game and enjoy playing with other members of FFL.

Credentials: Sibyl has been a player of "Hand and Foot" for several years and is knowledgeable in the rules of the game.

Facilitator: Peggy Ash

Phone: 208-520-4377

Email: mrash@cableone.net

***4314 Garden Art: Pavers A.M.** Instructor: Maxine Smolowitz Fee: \$3.00 for materials
 When: 9/12, 9/19, 9/26 9:00-12:00 Thu. Location: 3860 Tuscany Dr, Idaho Falls, ID
 Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Maximum 8
 Credentials: Maxine has made numerous beautiful, unique pictures and pavers using ceramic tiles . She has taught this FFL class several times.
 Facilitator: Kathie Hendrix Phone: 208-589-4352 Email: chatiek06@gmail.com

4425 Tai Chi - Advanced Instructor: David Jenkins Fee:
 When: 9/12 - 12/12 2:30-3:30 Thu. Location: Senior Center, 535 W. 21st, Idaho Falls, Idaho
 This class is a practice session for students knowledgeable in all three sections of the 108 form Yang Style of Tai Chi.
 Credentials: David has been studying Tai Chi for more than 30 years.
 Facilitator: David Jenkins Phone: 208-681-3487 Email: djenkins518@gmail.com

4218 Line Dancing Instructor: Varies Fee:
 When: 9/13 - 12/20 9:00-10:00 Fri. Location: Senior Center, 535 W. 21st
 Come and learn how to line dance from five experienced instructors-Adele George, Lesley Cable, Lianne Buxton, Deb Scheerer and Molly Brinkerhoff. Good exercise, good fun, good for your memory and good for laughs. No experience required. Just come and enjoy-we will teach you how! Come and learn basic and intermediate line dances to all genres of music. You'll be amazed at how good you'll feel.
 Credentials: Adele, Lesley, Deb, Molly and Lianne have danced all their lives in many areas of dance. Adele, Lesley, and Lianne have owned their own dance studios.
 Facilitator: Adele George Phone: 208-716-1239 Email: gottatap4me@live.com

4426 Body Language Instructor: Ann Washburn Fee:
 When: 9/13 2:00-4:00 Fri. Location: TAB 200
 Every aspect of your life can be improved by improving your body language. Ann Washburn is a dynamic and inspiring keynote speaker, trainer, mentor, and body language expert. In this class she will share from her experiences as a trainer and mentor and from her inspiring story of going from messy to mastery.
 Credentials: Ann is a body language expert who lives in Utah. A member of the National Speakers Association, she has given thousands of presentations throughout the country on body language and the subconscious.
 Facilitator: Vicky Van Sickle Phone: 208-523-8687 Email: victorialynnvs@hotmail.com

4419 Tokai Mura, Japan - Our Sister City Instructor: Nancy Thorsen and David Eaton Fee:
 When: 9/17 10:30-12:00 Tue. Location: TAB 200
 Idaho Falls Sister Cities adult and youth programs provide a way for people from two very diverse backgrounds to learn about each other's cultures. In this class Nancy and David will discuss the history and peoples of our sister city, Tokai Mura, Japan, how we got involved with them in 1981, plans for the future, and how you can become a part of this people-to-people program.
 Credentials: Nancy is a Charter Member (1981), and Past President of the Sister Cities Adult Group, and has been to Japan six times. David is president of the Sister Cities Youth Program. He has been involved with this organization for three years and works closely with the Sister Cities Adult Program.
 Facilitator: Eileen Perkins Phone: 208-520-7483 Email: eileenperkins404@gmail.com

4421 Understanding Brexit

Instructor: Donna Lybecker

Fee:

When: 9/17 2:30-4:00 Tue.

Location: TAB 200

To grasp Brexit, it is necessary to have an understanding of the European Union. This talk starts with an overview of the creation of the European Union and will include the political, economic and social changes that have occurred. It then moves to a discussion of the UK and its move to exit the EU through "Brexit". It will also cover recent changes to Brexit.

Credentials: Dr. Lybecker is Chair/Professor of the Department of Political Science at ISU.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

***4399 Therapy Dogs**

Instructor: Chaz Houpt & Milli

Fee:

When: 9/18 2:30-4:00 Wed.

Location: CHE 308

What does it take to become a Therapy Animal? In this class you will learn about available programs, qualifications and preparations needed to become certified. You will learn how meaningful a dog's participation in a patient's recovery is as demonstrated by Therapy Dog Milli. This class is designed for a small group. Additional classes will be offered as needed. Maximum 12

Credentials: Chaz is Milli's handler. Milli is an ITA Certified Therapy Dog with seven years' experience. She has visited more than 8000 patients including one-on-one interventions in several hospital units including ICU and Pediatrics.

Facilitator: Lynn Howell

Phone: 208-709-3601

Email: btb.nsfa@outlook.com

4403 Future of National Parks

Instructor: Grand Teton Education Team

Fee:

When: 9/20 10:00-12:00 Fri.

Location: TAB 200

How do national parks across the country balance preservation and enjoyment for all? Join a park ranger from Grand Teton National Park for an interactive discussion. Learn more about the history of Grand Teton National Park and the mission of the National Park Service.

Credentials: Grand Teton National Park's education team is composed of a highly trained staff who focuses on outdoor, socio-emotional and experiential learning.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

4414 Real Thinking in a World of Fake News

Instructor: Amy Campbell

Fee:

When: 9/23 1:00-2:30 Mon.

Location: TAB 200

What is fake news? How do we know which media stories to trust and which are suspect? In a world where news moves and changes faster than the click of a mouse, it's still possible to critically consume what we read and see to be an educated, informed citizen and voter.

Credentials: Amy Campbell is the public services supervisor at the Marshall Public Library in Pocatello.

Facilitator: Phyllis Arrington/Holly Crawley

Phone: 208-403-9365

Email: terphyl@gmail.com

***4317 KLIM, Outdoor Apparel Facility Tour**

Instructor: Sandi Landon

Fee:

When: 9/25 9:30-11:00 Wed.

Location: KLIM, 3753 E. County Line Rd, Rigby

Tour the KLIM facility, located in Rigby. KLIM is a manufacturer and global leader in technical riding gear (motorcycle and snowmobile) and has been in business for 20 years. Learn about the innovative fabric used to create warmer, lighter weight clothing, as well as how to customize each piece for the customer. If you have already taken this tour, please do not sign up again, so that others may enjoy it. We will meet at Office Max at 9:30 and carpool to KLIM to start the tour at 10:00. Maximum 30

Credentials: Sandi Landon is the Human Resources director at KLIM.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

4412 Opening Libraries Across the World Instructor: A. Campbell/S. Jackman Fee:

When: 9/27 1:00-2:30 Fri. Location: TAB 200

A Pocatello connection with an orphanage in Africa created a library halfway around the world. Experience the ongoing triumphs and challenges of working across oceans to bring literacy and opportunity to some of the poorest, most vulnerable children in the world.

Credentials: Amy Campbell is the public services supervisor at the Marshall Public Library in Pocatello. She is also vice president of the Pocatello Rotary Club. Summer Jackman owns a State Farm agency in Pocatello and is president of the Pocatello Rotary Club.

Facilitator: Phyllis Arrington Phone: 208-403-9365 Email: terphyl@gmail.com

4224 Wills and Estate Planning Instructor: Lary S. Larson Fee:

When: 9/30 11:00-12:30 Mon. Location: CHE 211

This presentation covers the standard components and techniques of estate planning. The instructor will emphasize the answers to questions most people ask about this issue and try to dispel the most common misunderstandings about estate planning and probate.

Credentials: Mr. Larson is a practicing attorney specializing in tax and estate planning & probate. He has been a member of the East Idaho Estate Planning Council since 1983. He received his Juris. Doc. in 1980.

Facilitator: Lynn Howell Phone: 208-709-3601 Email: btb.nsfa@outlook.com

4390 A Day in the Life of a CIA Analyst Instructor: Jeff Carr Fee:

When: 10/1 1:00-2:30 Tue. Location: TAB 200

Who are the analysts that inform our leaders about the rest of the world? Who decides what they work on? How does politics factor in? Learn more than you thought possible about the U.S. intelligence community and one of the country's most redacted jobs.

Credentials: Jeff was a Russia/East European analyst for the Central Intelligence Agency from 2013 to 2017.

Facilitator: Kathryn Welsh Devries Phone: 208 339-3000 Email: kwelshand2@yahoo.com

4402 Introduction to Electric Vehicles Instructor: Shawn Salisbury Fee:

When: 10/2 1:00-3:00 Wed. Location: TAB 200

This class will provide an introduction to the world of electric vehicles. You will learn the basics of how electric vehicles work, explore the issues surrounding electrified transportation and hear about some of the research being done to understand and solve those issues.

Credentials: Shawn has been working as a Research Engineer in INL's Advanced Vehicles group for the past five years. He has a Masters degree in Mechanical Engineering from Colorado State University.

Facilitator: Lynn Howell Phone: 208-709-3601 Email: btb.nsfa@outlook.com

***4151 Creative Writing Workshop** Instructor: Sidney Hoopes Fee:

When: 10/3 - 11/7 Thu. Location: CHE 308

This is a six-session self-guided class. We have fun while learning to express ourselves and giving each other pointers and encouragement. We invite new people to come and join us this fall session. Maximum 12

Credentials: Sidney has been facilitating this class for several years.

Facilitator: Sidney Hoopes Phone: 208-524-1280 Email: fshoopos@cableone.net

4180 Medicare Workshop Instructor: Helen Mayberry Fee:

When: 10/4 10:00-12:00 Fri. Location: CHE 211

Unravel the mysteries of Medicare. This workshop, given by the Idaho Department of Insurance-SHIBA, will introduce the various parts of Medicare including Original Medicare, Medigaps, Medicare Advantage and prescription drug plans. It will also cover enrollment time frames and how the different parts of Medicare work together.

Credentials: The instructor is a certified Medicare counselor with the Idaho Department of Insurance.

Facilitator: Carrie Crom Phone: 208-525-8550 Email: cromc@ida.net

4181 Medicare Prescription Drug Plans	Instructor: Carrie Crom	Fee:
When: 10/4 1:00-3:00 Fri.	Location: CHE 211	
Learn to use the Medicare website to select your own prescription drug plans.		
Credentials: Carrie Crom is a volunteer with the Idaho Department of Insurance SHIBA organization. She has been volunteering to assist people in selecting their own drug plans since 2006.		
Facilitator: Helen Mayberry	Phone: 208-236-6350	Email: Helen.Mayberry@doi.idaho.gov
4407 Jewels of Idaho Falls: 5 Historic Parks	Instructor: Connie Otteson	Fee:
When: 10/7 10:00-11:30 Mon.	Location: CHE 211	
Learn the stories behind five beautiful parks in Idaho Falls: Tautphaus, Kate Curley, Highland, Freeman, and Sportsman's Parks. The narrative will be enhanced by historic and modern-day pictures and maps, along with a few seldom-heard tales.		
Credentials: Connie Otteson has extensively researched historical aspects of Idaho Falls and Bonneville County. She has written four award-winning books based on her research, was a founding member of Bonneville County Heritage Association, and a long-time member and officer of Idaho Writers League.		
Facilitator: Holly Crawley	Phone: 208-552-1639	Email: holly.h.crawley@gmail.com
*4409 Miles Willard Technologies	Instructor: Crystal Schweiger	Fee:
When: 10/8 10:00-11:30 Tue.	Location: Miles Willard Technologies, 655 W. Sunnyside Rd.	
Tour the Miles Willard facility to find out how they help create snack foods. They have over 60 patents for their products. The company does research and development for large snack food companies and does not mass produce any products. We may even get to taste some of their snack creations. Maximum 25		
Credentials: A sensory specialist and purchasing manager will lead this tour.		
Facilitator: Rachel Poor	Phone: 208-206-9409	Email: rpoor64@gmail.com
*4396 Christmas Newsletter Computer class	Instructor: Joanne Johnson	Fee:
When: 10/11, 18, 25 1:00-2:30 Fri.	Location: CHE 204	
You will be using an open-source desktop publishing program called Scribus. It is a free program that can be downloaded onto your computer and is similar to Publisher and InDesign. You will learn to add text, photographs and clip art to blank pages to create an attractive Christmas Newsletter. This is NOT a class for beginners. You will need to have an understanding of functions such as cut, copy and paste. You will be expected to attend all three classes of this three-session class. Maximum 18		
Credentials: Joanne has been using desktop publishing programs for many years.		
Facilitator: Maxine Smolowitz	Phone: 208-523-0373	Email: msmolowitz@yahoo.com
*4424 Creating Greeting Cards Using Word	Instructor: Maxine Smolowitz	Fee:
When: 10/11, 10/18 10:00-11:30 Fri.	Location: CHE 204	
We will create greeting cards using features of Word (text boxes, columns, shapes, pictures). You will need a basic understanding of how to use Word (cut copy, paste). This is NOT a class for beginners. You will be using Microsoft Word 2016 on computers in the computer lab. It is not required that you have Word 2016 at home. Most features are the same as in previous versions of Word. Maximum 18		
Credentials: Maxine has been using word processing programs for many years.		
Facilitator: Joanne Johnson	Phone: 208-821-5798	Email: jojohnson33@gmail.com
4408 Life & Work in the former Soviet Union	Instructor: Gene Hicks	Fee:
When: 10/11 1:00-3:00 Fri.	Location: TAB 200	
Gene will discuss life, events, customs and interfaces with local populations and militarizations during the 10 years he lived and worked on the removal and demolition of missiles and launching mechanisms in Russia, Ukraine, Kazakhstan, Belarus and Georgia.		
Credentials: Gene lived and worked in the former Soviet Union for more than 10 years.		
Facilitator: Ed Johnson	Phone: 208-524-3622	Email: ejohnson4570@gmail.com

***4415 Rock Steady Boxing** Instructor: Sandi Gordon Fee:
 When: 10/14 4:00-5:00 Mon. Location: Apple Athletic Club, 1710 E. 16th St, Idaho Falls, ID
 Learn about the benefits of non-contact boxing for Parkinson's patients. Maximum 50
 Credentials: Ms. Gordon is certified by the American Counsel of Personal Exercise Training and is a Rock Steady Boxing Certified Coach.
 Facilitator: Kathy Kelly Phone: 301-641-2375 Email: karkcamd@gmail.com

4413 Postcrossing, Connecting to the World Instructor: Suzanne Pickering Fee:
 When: 10/14 10:30-11:30 Mon. Location: CHE 211
 Tired of little in the mail but bills and ads? Fill your mailbox with beautiful and interesting postcards from all over the globe. Postcrossing isn't so much about collecting as it is about connecting, because it provides a way to communicate with people from different countries and cultures. It will help you brush up on your world geography, and it may even improve your penmanship. Learn how to get started in this inexpensive hobby.
 Credentials: Ms. Pickering has been postcrossing for a few years and is excited to share how to get started.
 Facilitator: Phyllis Arrington Phone: 208-403-9365 Email: terphyl@gmail.com

4393 Beavers in Idaho Instructor: James Brower Fee:
 When: 10/16 10:00-11:30 Wed. Location: TAB 200
 This presentation will be about beavers in Idaho. Beavers play an important role in maintaining healthy wetlands. Yet, they can cause problems in some areas and are considered a nuisance. An emphasis will be on beaver capture, relocation and restoration efforts.
 Credentials: James is the Regional Communications Manager for Idaho Fish and Game. He is a member of the IDFG Beaver capture and relocation team. James has a BS degree in Resource Management from Utah State University.
 Facilitator: Robert Anderl Phone: 208-521-2689 Email: raanderl@gmail.com

4398 Darwin and Dinosaurs Tour Instructor: Rod Hansen Fee:
 When: 10/16 2:00-3:00 Wed. Location: Museum of Idaho, 200 N. Eastern Ave, Idaho Falls
 Join us for the Museum of Idaho's exhibit - Darwin & Dinosaurs. It combines the wonder and awe of dinosaurs with the intrigue of evolutionary theory. It is designed to teach the basics of Darwin's life and the theory of natural selection through captivating artifacts, deep interactive experiences, and the game "Hungry Birds". The exhibit features full-size dinosaur skeletons, scientific instruments, original letters and first editions of Darwin's main works (including "On the Origin of Species," 1859).
 Credentials: Rod Hansen, Director of Exhibits for Museum of Idaho received his master's degree from University of West Virginia. He has been with the Museum of Idaho for many years.
 Facilitator: Adele George Phone: 208-716-1239 Email: gottatap4me@live.com

***4395 Creating Calendars With Word** Instructor: Maxine Smolowitz Fee:
 When: 10/18 10:00-11:30 Fri. Location: CHE 204
 We will create calendars using features of Word (text boxes, columns, shapes, pictures). You will need a basic understanding of how to use Word (cut copy, paste). This is NOT a class for beginners. You will be using Microsoft Word 2016 on computers in the computer lab. It is not required that you have Word 2016 at home. Most features are the same as in previous versions of Word. Maximum 18
 Credentials: Maxine has been using word processing programs for many years.
 Facilitator: Joanne Johnson Phone: 208-821-5798 Email: jjohnson33@gmail.com

4423 What's So Funny About Opera Instructor: Rob Farnam Fee:
 When: 10/18 1:00-3:00 Fri. Location: TAB 200
 A musical review of humorous highlights in opera by the singers of the Idaho Falls Opera Theatre ensures a delightful afternoon.
 Credentials: Mr. Farnam has been involved with the music world in Idaho Falls for many years, singing in performances as well as promoting the classics.
 Facilitator: Sydney Hoopes Phone: 208-524-1280 Email: fshoop@cablone.net

4397 Controlling Your Health

Instructor: Leslee Blanch

Fee:

When: 10/21 1:00-3:00 Mon.

Location: TAB 200

Learn to navigate a gluten-free diet. Recipes are included. Incorporate mindfulness into your everyday life and also receive practical tips on improving the quality and quantity of sleep. A brief exploration of sleep disorders is included.

Credentials: Leslee Blanch is a registered and licensed dietitian, She is an associate editor with the University of Idaho Extensions area.

Facilitator: Kathy Kelly

Phone: 301-641-2375

Email: karkcamd@gmail.com

4400 Do's & Don'ts for You & Your Posture

Instructor: Sherrie Hebert

Fee:

When: 10/22 1:00-2:30 Tue.

Location: CHE 213

Change is difficult, especially when it comes to our posture and movement. If you slouch when you sit or stand, stand with your weight on one leg, or play golf with an irregular back swing, the incorrect often becomes the norm. This class will help you correct the norm and get back to the basics of excellent posture by demonstrating how to unlearn bad habits and begin new ones so you sit, stand and walk tall.

Credentials: Sherrie Hebert teaches and trains at Gold's Gym and owns Performance Pilates.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

4420 Udderly Delicious, Reed's Dairy

Instructor: Alan Reed

Fee:

When: 10/24 10:00-11:30 Thu.

Location: TAB 200

Many people stop by Reed's Dairy to pick up ice cream, cheese curds or milk, Eating an ice cream cone under the shade of a pine tree or visiting the petting area is a real treat. But seldom, if ever, do we witness the behind-the-scenes workings of the dairy farm. Now is your chance. In this class you will learn about Reed's Dairy, its operations, history. and future plans. Those who attend the lecture will have the opportunity to sign up for a tour of the dairy farm.

Credentials: Alan is the owner of Reed's Dairy.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

***4405 Illustrating Your Documents with Word**

Instructor: Maxine Smolowitz

Fee:

When: 10/25 10:00-11:30 Fri.

Location: CHE 204

Learn to illustrate documents with pictures and shapes, position, rotate and size pictures, wrap text around graphics and use a table to organize text and graphics in Word. Time permitting we will apply special effects to graphics. You will need a basic understanding of how to use Word (cut, copy, paste). This is NOT a class for beginners. You will be using Microsoft Word 2016 on computers in the computer lab. It is not required that you have Word 2016 at home. Maximum 18

Credentials: Maxine has been using word processing programs for many years.

Facilitator: Joanne Johnson

Phone: 208-821-5798

Email: jojohnson33@gmail.com

4391 Aviation History: Amazing Staggerwing

Instructor: Thomas Hof

Fee:

When: 10/28 1:00-2:30 Mon.

Location: TAB 200

Few aircraft have made as big an impact on the world as the Beach Model 17. Though relatively obscure to the non-flying public, the "Staggerwing", first flown in 1934, was a masterpiece of technical innovation, merging Art Deco aesthetics with a racing aircraft pedigree. Explore how this unique airplane played important roles not only in aviation, but in world events, and whose pilots were among the greatest of the Golden Age of Aviation.

Credentials: Thomas Hoff is the editor of the Staggerwing Club News, a publication for owners and enthusiasts of the Beech Model 17. He is an aviation writer and photographer, and a volunteer historian for the Beechcraft Heritage Museum of Tullahoma, TN.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

4401 Downtown Memories

Instructor: Linden Bateman

Fee:

When: 10/28 10:30-12:00 Mon.

Location: TAB 200

Take a nostalgic trip with Linden Bateman as he tells us what Idaho Falls was like in the 1940s and 50s.

Credentials: Mr. Bateman is a retired educator and former Idaho State representative.

Facilitator: Colleen Sargent

Phone: 208-522-3134

Email: sarg1942@gmail.com

***4323 Everyone Can Draw**

Instructor: Nancy Peterson

Fee: \$5.00

When: 10/28 - 11/11 10:00 - 12:00 Mon.

Location: CHE 306

An engaging drawing course for beginners designed to introduce multiple techniques and media to the want-to-be artist. Colored pencils, watercolors, and ink are a few items you will need to complete your small pieces of art in each class. Nancy will supply paper. Maximum 12

Credentials: Nancy studied art at Boise State University, currently has illustrated 14 published children's books and teaches art classes to children. Find Nancy Garnett Peterson on Jacketflap.com for samples of her work.

Facilitator: Kathy Hendrix

Phone: 208-523-8859

Email: chatiek06@yahoo.com

4410 Morocco, Cobras & Flutes

Instructor: Aaron Lindsau

Fee:

When: 10/29 10:00-12:00 Tue.

Location: TAB 200
TAB 200

Aaron Lindsau will take the audience on an introspective tour into the heart of Morocco, the most accessible of the North African countries, He will share his experience of traveling solo through this engaging country. He'll share what it's like to ride a camel into the Sahara and how to stay safe from cobra tamers in Marrakech.

Credentials: Aaron has a master's in computational science and is a professional photographer. His passion is solo adventure travel.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

4370 Iceland: Land of Fire and Ice

Instructor: Dr. Margaret Fisher

Fee:

When: 10/30 10:00-12:00 Wed.

Location: TAB 200

Through the eyes of a geologist, learn how Iceland was made and is being shaped into a stunning island country. You will hear about its Viking history, its culture, myths and the sea-faring people who call this island "home". You'll be taken on a travelogue around the peninsulas, fjords, beaches and highlands of this waterfall-rich, geothermally-powered country.

Credentials: Dr. Margaret Fisher earned her PhD from the Univ. of Idaho and a Professional Geologist certification from the State of Idaho. She is a member of FFL and has done several classes and field trips on the geology of Eastern Idaho. She spent three weeks in Iceland in 2018.

Facilitator: Nancy Carpenedo

Phone: 208 529-4714

Email: nancycarpe@msn.com

4406 INL New & Old

Instructor: R. Weeks/S. Norman

Fee:

When: 11/1 10:00-11:30 Fri.

Location: TAB 200

Idaho National Laboratory tour guides will give you an overview of the mission and a quick history of INL (if you can talk about the past 15 million years quickly). They will share what is new at the lab and what projects are on the horizon.

Credentials: Ryan interned at INL, then worked in the commercial tourism industry leading train tours in Alaska and Colorado before returning to INL five years ago. Shelly is a journalist at heart and has been leading tours at the lab almost three years.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

***4111 Russian Cultural Cuisine**

Instructor: FFL Cuisine Committee

Fee:

When: 11/4 6:00-8:00 Mon.

Location: Lutheran Church, 455 Sunnyside, Idaho Falls

Come and experience a taste of Russia during our Cultural Cuisine dinner. FFL members attending the dinner will be asked to prepare and bring an authentic Russian dish that will be assigned to them by the food committee or pay the \$20 fee. Nonmember spouses and friends will be charged \$20. Members must register by Oct. 4 to attend this event. Be sure and attend the class "Life & Work in the Former Soviet Union" to learn more about Russia.

Credentials: The Cultural Cuisine Committee has been hosting a variety of dinners for many years.

Facilitator: Maxine Smolowitz

Phone: 208-523-0373

Email: msmolowitz@yahoo.com

4416 Small Modular Reactor (SMR) Proposal

Instructor: Steve Piet

Fee:

When: 11/5 1:00-2:30 Tue.

Location: CHE 213

What should citizens and rate payers and tax payers think of the proposal to build a Small Modular Reactor (SMR) outside Idaho Falls? We will examine the proposal from several perspectives. We'll consider possible ways to reduce the risks if the project moves forward. Let's use our collective knowledge to improve the prospects.

Credentials: Steve is an engineer with a doctorate in nuclear engineering. He has 57 peer-reviewed technical publications and three book chapters in nuclear and environmental engineering. He's given several FFL presentations.

Facilitator: Steve Piet

Phone: 208-521-0627

Email: pietsteven@hotmail.com

4312 IF Symphony: Holst's "The Planets"

Instructor: Thomas Heuser

Fee:

When: 11/6 5:30-6:30 Wed.

Location: Civic Center for Performing Arts, 501 S. Holmes, Idaho Falls, ID

The "music of the spheres" has fascinated musicians and composers for generations. In 1914 English composer, Gustav Holst, wrote "The Planets" for symphony orchestra, and it has endured as one of the greatest examples of programmatic music. Explore the music and its meaning with Dr. Heuser. You may then attend the Symphony's dress rehearsal that evening.

Credentials: Maestro Heuser is Music Director of the Idaho Falls Symphony and the San Juan Symphony in Colorado.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

4411 Norway: Land of the Midnight Sun

Instructor: Eileen and Allen Perkins Fee:

When: 11/11 10:30-12:00 Mon.

Location: TAB 200

Beyond the majestic mountains and endless fjords of Norway is a country unlike any other in the world. On a journey in search of Allen's ancestral home far above the Arctic Circle, he and Eileen discovered there is much more to Norway than Bergen and Oslo. Come with them as they share what they learned about the history, legends and culture of this fascinating land.

Credentials: Allen and Eileen traveled by plane, ferry, train and car around Norway. Their experience was far more than they expected.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

4417 South Fork of the Snake River Fishery

Instructor: Bryce Oldemeyer

Fee:

When: 11/12 10:00-11:30 Tue.

Location: CHE 213

The South Fork of the Snake River is a world renowned fishery. The Henry's Fork Foundation is broadening its conservation efforts to include the South Fork. This presentation will discuss the South Fork Initiative conservation projects including macroinvertebrate sampling, water quality and quantity monitoring and stream restoration. The presentation will also address population trends of the native Yellowstone Cutthroat trout population and the impact of nonnative Rainbow trout on this fishery.

Credentials: Bryce has a B.S. in environmental science, academic certificate of statistics, and M.S. in fisheries science from the University of Idaho. He has extensive experience in the field of salmonid research in the State of Idaho and collecting and analyzing water quality data.

Facilitator: Leslie Soderquist

Phone: 208-351-8378

Email: sodele13@gmail.com

4418 Star Spangled Banner in Words and Song

Instructor: Sean Coletti

Fee:

When: 11/13 1:00-3:00 Wed.

Location: TAB 200

Currently Mayor of Ammon, Sean has extensively researched the history and background of the origins of the song "The Star Spangled Banner". It took a long time and some controversy before it became our national anthem and several other songs were in competition for that title. Sean will present an oral history interspersed with his singing of the different stanzas.

Credentials:

Facilitator: Chris White

Phone: 217-979-0343

Email: whitec42@gmail.com

***4188 Reader's Roundtable**

Instructor: Sidney Hoopes

Fee:

When: 11/14 1:00-3:00 Thu.

Location: CHE 216

Participants in this class are encouraged to share favorite books and authors you have read and enjoyed. Bring books to class to share and trade. Maximum 25

Credentials: Carol Mobley taught English and English as a Second Language for many years. She is an avid reader and enjoys sharing good books.

Facilitator: Carol Mobley

Phone: 208-523-9935

Email: mobleyc@aol.com

***4265 Iris Folding**

Instructor: Karin Armstrong

Fee: \$3.00

When: 11/18 10:00-12:00 Mon.

Location: CHE 218

Iris Folding is a craft that allows you to make beautiful cards and wall hangings by placing colorful folded paper around a center spot. It is like the iris of a camera. Kits will be provided for the \$3 charge. Maximum 30

Credentials: Karin is a very "crafty" person and learned the art of iris folding at another FFL class several years ago.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email: karinidaho@yahoo.com

4394 Brooks Range Artist in Residence

Instructor: Kelly Sheridan

Fee:

When: 12/3 1:00-3:00 Tue.

Location: CHE 213

Kelly spent 10 days in the Brooks Range in northern Alaska as the artist in residence with the Bureau of Land Management. This provided her with the isolation and space to work as an artist in residence on location, painting acrylics of landscapes and wildflowers. Kelly will share photos of the area and some of the paintings she completed of that landscape.

Credentials: Kelly is an art teacher here in Idaho Falls. She was accepted in a juried competition to be the artist in residence.

Facilitator: Chris White

Phone: 217-979-0343

Email: whitec42@gmail.com

4155 History of HIV & AIDS Quilts

Instructor: Ron Folsom

Fee:

When: 12/4 1:00-2:00 Wed.

Location: Elk's Club, 640 E. Elva, Idaho Falls, ID

Learn about the history of HIV and AIDS from Jennifer Walton, a nurse at the Eastern Idaho Health Department. Afterwards, you will have the opportunity to view the traveling AIDS Quilt exhibit.

Credentials: Ron Folsom is the tour coordinator for Breaking Boundaries. Jennifer Walton is a nurse at the Eastern Idaho Public Health Department.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

4404 Gangs and Gang Activity in Idaho Falls

Instructor: Gang Task Force

Fee:

When: 12/6 1:00-3:00 Fri.

Location: TAB 200

Recently, Idaho Falls reactivated its gang task force based on an upswing in gang-related activity. This will be a presentation by a member of the task force on the presence of gangs and gang activity in Idaho Falls.

Credentials: A member of the Idaho Falls Task Force will present.

Facilitator: Chris White

Phone: 217-979-0343

Email: whitec42@gmail.com

***4171 Holiday Luncheon**

Instructor: Karin Armstrong

Fee: \$25 Non-refundable

When: 12/10 11:30-1:30 Tue.

Location: Idaho Falls Country Club, 11611 S. Country Club Road, Idaho Falls, ID

Celebrate the holidays with your FFL friends. Enjoy the fourth annual holiday buffet luncheon, entertainment and door prizes. Guests are welcome. Your non-refundable \$25 checks must be made out to Karin Armstrong and mailed to her at 2155 E. Olympic Ave., Idaho Falls, ID 83404 by Dec. 3, 2019. Maximum 130

Credentials: The Idaho Falls Country Club is a wonderful spot for our Holiday Luncheon. It has great decorations, good parking, food and service. Everyone is asked to bring a nicely wrapped gift for our door prize exchange.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email: karinidaho@yahoo.com

***4270 Manwaring Cheese Factory Tour**

Instructor: Blake Manwaring

Fee:

When: 12/11 10:00-11:30 Wed.

Location: Manwaring Cheese Factory, 458 N. E., Rigby, Idaho

Tour Manwaring Cheese Factory, see and learn all the steps to making a variety of cheeses. If you have already gone on this tour, please don't sign up again so others have a chance to go. Maximum 50

Credentials: Blake Manwaring is the owner of Manwaring Cheese.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

4422 Whither the Weather; My 40+ years

Instructor: Steve Cannon

Fee:

When: 12/13 10:00-12:00 Fri.

Location: TAB 200

Steve Cannon recently retired after many years as a meteorologist, including years with a local TV station. He will share his observations on the changes in the way we forecast weather, the significant weather experiences in this area, and the experiences he had during his years in forecasting weather.

Credentials: Steve has been a well-known meteorologist for many years.

Facilitator: Chris White

Phone: 217-979-0343

Email: whitec42@gmail.com

Friends For Learning Registration Form – Fall 2019

Please keep a copy of this form for your future reference

Office Use Only
Parking <input style="width: 20px; height: 15px;" type="checkbox"/>
Pass <input style="width: 20px; height: 15px;" type="checkbox"/>

How to Register:

- Complete the Registration Form. Refer to the Course Catalog for details about each class.
- **Membership fee** -- \$20 check made out to ISU-FFL
(Course-specific fees may be assessed as needed by the instructor.)
- **Online registration:** Opens Wednesday, August 14th, 2019 at friendsforlearning.com/
- **In-person registration:** Bring Registration Form, and membership fee to Registration: 9:00a.m.-12:00 Wednesday, August 14th, 2019 ISU Idaho Falls Campus, Computer lab, CHE 202. People will be there to help.
- **Mail-in Registration:** Mail your Registration Class List and fee to:
 Continuing Education-FFL
 921 S. 8th Ave Stop 8380
 Pocatello, ID 83209

Parking passes Everyone will need a parking pass this semester. It will be valid until August 31, 2020. It can only be used for FFL purposes. If you register by mail or online, the parking pass will be mailed to you. Display it in your car window any time you attend classes on campus.
You will be ticketed if you fail to display the parking pass.

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	4125 Parking Pass	. n/a		n/a
<input type="checkbox"/>	4242 Volunteers	. n/a		n/a
<input type="checkbox"/>	4121 Hiking, Walking & Exploring	. n/a		n/a
<input type="checkbox"/>	*4145 Spanish II (Intermediate)	Mon. 9/9 - 11/25	1:30-3:00	CHE 207
<input type="checkbox"/>	*4387 Zumba® Gold (Seated/Chair)	Mon, Fri. 9/9 - 12/23	Mon 5:30-6:30, Fri 2-3	570 2nd St #118
<input type="checkbox"/>	*4136 Origami and Paper Crafts	Mon. 9/9 - 10/21	12:30-2:30	CHE 306
<input type="checkbox"/>	*4348 Spanish III (Advanced)	Mon. 9/9 - 11/25	10:00-11:30	Senior Center, 535 W. 21st
<input type="checkbox"/>	*4241 Zumba	Mon, Thu. 9/9 - 12/23	Mon 9-10, Thu 1-2	Senior Center, 535 W. 21st
<input type="checkbox"/>	4137 Pinochle, Double Deck	Mon. 9/9 - 12/23	12:00-3:00	Leo's Place, 155 S. Holmes, Idaho Falls, Idaho
<input type="checkbox"/>	4392 Bears: Education and Safety	Tue. 9/10	1:00-3:00	TAB 200
<input type="checkbox"/>	*4147 Tai Chi - Beginning	Tue. 9/10 - 12/17	3:30-4:30	Senior Center, 535 W. 21st, Idaho Falls, ID

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	*4316 Yoga II	Tue, Thu. 9/10 - 11/21	8:30-10:00	Good Sam, 840 Elva, Idaho Falls, Idaho
<input type="checkbox"/>	*4154 Yoga for Beginners/Chair	Wed. 9/11 - 12/18	11:00-12:00	Good Sam, 840 Elva, Idaho Falls, Idaho
<input type="checkbox"/>	4228 Science Wednesday	Wed. 9/11, 25, 10/9, 23, 11/6, 20, 12/4, 18	3:00-4:00	Idaho Brewing Co, 775 S. Capital
<input type="checkbox"/>	*4231 Singing For Fun	Wed. 9/11 - 12/18	1:00-2:00	4051 Cambria Dr., Idaho Falls, Idaho
<input type="checkbox"/>	*4214 Garden Art: Pavers P.M.	Thu. 9/12, 9/19, 9/26	1:30-4:30	3860 Tuscany Drive, Idaho Falls, ID
<input type="checkbox"/>	4368 Hand and Foot Card Game	Thu. 9/12 - 12/19	12:00-3:00	Papa Tom's, 1830 S. Woodruff Ave, Idaho Falls, ID
<input type="checkbox"/>	*4314 Garden Art: Pavers A.M.	Thu. 9/12, 9/19, 9/26	9:00-12:00	3860 Tuscany Dr, Idaho Falls, ID
<input type="checkbox"/>	4425 Tai Chi - Advanced	Thu. 9/12 - 12/12	2:30-3:30	Senior Center, 535 W. 21st, Idaho Falls, Idaho
<input type="checkbox"/>	4218 Line Dancing	Fri. 9/13 - 12/20	9:00-10:00	Senior Center, 535 W. 21st
<input type="checkbox"/>	4426 Body Language	Fri. 9/13	2:00-4:00	TAB 200
<input type="checkbox"/>	4419 Tokai Mura, Japan - Our Sister City	Tue. 9/17	10:30-12:00	TAB 200
<input type="checkbox"/>	4421 Understanding Brexit	Tue. 9/17	2:30-4:00	TAB 200
<input type="checkbox"/>	*4399 Therapy Dogs	Wed. 9/18	2:30-4:00	CHE 308
<input type="checkbox"/>	4403 Future of National Parks	Fri. 9/20	10:00-12:00	TAB 200
<input type="checkbox"/>	4414 Real Thinking in a World of Fake News	Mon. 9/23	1:00-2:30	TAB 200
<input type="checkbox"/>	*4317 KLIM, Outdoor Apparel Facility Tour	Wed. 9/25	9:30-11:00	KLIM, 3753 E. County Line Rd, Rigby
<input type="checkbox"/>	4412 Opening Libraries Across the World	Fri. 9/27	1:00-2:30	TAB 200
<input type="checkbox"/>	4224 Wills and Estate Planning	Mon. 9/30	11:00-12:30	CHE 211
<input type="checkbox"/>	4390 A Day in the Life of a CIA Analyst	Tue. 10/1	1:00-2:30	TAB 200
<input type="checkbox"/>	4402 Introduction to Electric Vehicles	Wed. 10/2	1:00-3:00	TAB 200
<input type="checkbox"/>	*4151 Creative Writing Workshop	Thu. 10/3 - 11/7		CHE 308
<input type="checkbox"/>	4180 Medicare Workshop	Fri. 10/4	10:00-12:00	CHE 211

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	4181 Medicare Prescription Drug Plans	Fri. 10/4	1:00-3:00	CHE 211
<input type="checkbox"/>	4407 Jewels of Idaho Falls: 5 Historic Parks	Mon. 10/7	10:00-11:30	CHE 211
<input type="checkbox"/>	*4409 Miles Willard Technologies	Tue. 10/8	10:00-11:30	Miles Willard Technologies, 655 W. Sunnyside Rd.
<input type="checkbox"/>	*4396 Christmas Newsletter Computer class	Fri. 10/11, 18, 25	1:00-2:30	CHE 204
<input type="checkbox"/>	*4424 Creating Greeting Cards Using Word	Fri. 10/11, 10/18	10:00-11:30	CHE 204
<input type="checkbox"/>	4408 Life & Work in the former Soviet Union	Fri. 10/11	1:00-3:00	TAB 200
<input type="checkbox"/>	*4415 Rock Steady Boxing	Mon. 10/14	4:00-5:00	Apple Athletic Club, 1710 E. 16th St, Idaho Falls, ID
<input type="checkbox"/>	4413 Postcrossing, Connecting to the World	Mon. 10/14	10:30-11:30	CHE 211
<input type="checkbox"/>	4393 Beavers in Idaho	Wed. 10/16	10:00-11:30	TAB 200
<input type="checkbox"/>	4398 Darwin and Dinosaurs Tour	Wed. 10/16	2:00-3:00	Museum of Idaho, 200 N. Eastern Ave, Idaho Falls
<input type="checkbox"/>	*4395 Creating Calendars With Word	Fri. 10/18	10:00-11:30	CHE 204
<input type="checkbox"/>	4423 What's So Funny About Opera	Fri. 10/18	1:00-3:00	TAB 200
<input type="checkbox"/>	4397 Controlling Your Health	Mon. 10/21	1:00-3:00	TAB 200
<input type="checkbox"/>	4400 Do's & Don'ts for You & Your Posture	Tue. 10/22	1:00-2:30	CHE 213
<input type="checkbox"/>	4420 Udderly Delicious, Reed's Dairy	Thu. 10/24	10:00-11:30	TAB 200
<input type="checkbox"/>	*4405 Illustrating Your Documents with Word	Fri. 10/25	10:00-11:30	CHE 204
<input type="checkbox"/>	4391 Aviation History: Amazing Staggerwing	Mon. 10/28	1:00-2:30	TAB 200
<input type="checkbox"/>	4401 Downtown Memories	Mon. 10/28	10:30-12:00	TAB 200
<input type="checkbox"/>	*4323 Everyone Can Draw	Mon. 10/28 -	10:00 - 12:00	CHE 306
<input type="checkbox"/>	4410 Morocco, Cobras & Flutes	Tue. 10/29	10:00-12:00	TAB 200 TAB 200
<input type="checkbox"/>	4370 Iceland: Land of Fire and Ice	Wed. 10/30	10:00-12:00	TAB 200
<input type="checkbox"/>	4406 INL New & Old	Fri. 11/1	10:00-11:30	TAB 200
<input type="checkbox"/>	*4111 Russian Cultural Cuisine	Mon. 11/4	6:00-8:00	Lutheran Church, 455 Sunnyside, Idaho Falls
<input type="checkbox"/>	4416 Small Modular Reactor (SMR) Proposal	Tue. 11/5	1:00-2:30	CHE 213

CHE = Center for Higher Education TAB 200 = Auditorium at University Place, Idaho Falls

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	4312 IF Symphony: Holst's "The Planets"	Wed. 11/6	5:30-6:30	Civic Center for Performing Arts, 501 S. Holmes, Idaho Falls, ID
<input type="checkbox"/>	4411 Norway: Land of the Midnight Sun	Mon. 11/11	10:30-12:00	TAB 200
<input type="checkbox"/>	4417 South Fork of the Snake River Fishery	Tue. 11/12	10:00-11:30	CHE 213
<input type="checkbox"/>	4418 Star Spangled Banner in Words and Song	Wed. 11/13	1:00-3:00	TAB 200
<input type="checkbox"/>	*4188 Reader's Roundtable	Thu. 11/14	1:00-3:00	CHE 216
<input type="checkbox"/>	*4265 Iris Folding	Mon. 11/18	10:00-12:00	CHE 218
<input type="checkbox"/>	4394 Brooks Range Artist in Residence	Tue. 12/3	1:00-3:00	CHE 213
<input type="checkbox"/>	4155 History of HIV & AIDS Quilts	Wed. 12/4	1:00-2:00	Elk's Club, 640 E. Elva, Idaho Falls, ID
<input type="checkbox"/>	4404 Gangs and Gang Activity in Idaho Falls	Fri. 12/6	1:00-3:00	TAB 200
<input type="checkbox"/>	*4171 Holiday Luncheon	Tue. 12/10	11:30-1:30	Idaho Falls Country Club, 11611 S. Country Club Road, Idaho Falls, ID
<input type="checkbox"/>	*4270 Manwaring Cheese Factory Tour	Wed. 12/11	10:00-11:30	Manwaring Cheese Factory, 458 N. E., Rigby, Idaho
<input type="checkbox"/>	4422 Whither the Weather; My 40+ years	Fri. 12/13	10:00-12:00	TAB 200