

# Friends For Learning Registration Form - Fall 2017

Please keep a copy of this form for your future reference

Office Use Only
Parking <input type="checkbox"/>
Pass <input type="checkbox"/>

Name \_\_\_\_\_ Please Print Clearly

- **FFL members:** List changes to address, email, or phone here \_\_\_\_\_
- **For new members only:** Please complete the following information:  
 Address \_\_\_\_\_ Zip \_\_\_\_\_
- Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

**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.)*
- **Register Online at:** [cetrain.isu.edu/ffl](http://cetrain.isu.edu/ffl)
- **In-person registration:** Bring Registration Form and membership fee to Registration: August 30<sup>th</sup>, Wednesday. ISU Idaho Falls Campus, Computer lab, CHE 202, from 9:00 a.m. until 1:00 p.m. There will be members to help register.
- **Mail-in Registration:** Mail your Registration Class selection list to:  
 Continuing Education-FFL  
 921 W. 8th Ave. Stop 8062  
 Pocatello, ID 83209
- **Parking passes** will be for the 2017 – 2018 school year and can only be used for FFL purposes. DO NOT discard after this semester. The pass will be sent and must be displayed in your car window any time you are on campus.
- **Mail-in registration will not be dealt with until Aug. 31<sup>st</sup>.**

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	4242 A Volunteer Opportunity	9/1. varies		n/a
<input type="checkbox"/>	*4144 Spanish I	9/11-11/13. Mon	1:30-3:00	CHE 305
<input type="checkbox"/>	*4259 Fit for Life	9/11-12/13. Mon/Wed	10:00-11:15	Good Samaritan 840 E. Elva
<input type="checkbox"/>	4121 Hiking, Walking, and Exploring	9/11. Mon	varies	varies
<input type="checkbox"/>	*4145 Spanish II	9/11-12/ 11. Mon	10:00-11:30	Senior Citizen Center 535 W. 21st St.
<input type="checkbox"/>	4248 101 Influential People Who Never Lived	9/12. Tue	1:00-3:00	TAB 200
<input type="checkbox"/>	*4136 Origami and Paper Craft	9/12-12/5. Tue	11:00-12:00	Senior Citizen Center 535 W 21s
<input type="checkbox"/>	*4147 Tai Chi	9/12-12/12. Tues	3:30-4:30	Senior Center 535 W 21st
<input type="checkbox"/>	4250 Breast Cancer	9/13. Wed	3:30-5:00	TAB 200
<input type="checkbox"/>	4231 Singing Seniors	9/13-12/6. Wed	1:00-2:00	Eileen's home 2935 E. Pinnacle
<input type="checkbox"/>	*4271 Organized Doodling	9/13. Wed	10:00-12:00	CHE 213
<input type="checkbox"/>	4252 Colonial Theater Tour	9/14. Thur	1:00-2:30	Colonial Theater, 450 A St.
<input type="checkbox"/>	*4269 Learning Mah Jongg	9/14-12/14. Thur	12:00-3:00	Leo's Pizza 155 S. Holmes
<input type="checkbox"/>	4181 Selecting a Prescription Drug Plan	9/15. Fri	1:00-2:30	CHE 213
<input type="checkbox"/>	4218 Line Dancing	9/15-12/8. Fri	9:00-10:00	Sr. Center 535 W. 21st
<input type="checkbox"/>	*4180 Navigating the Medicare Maze	9/15. Fri	10:00-12:00	CHE 213

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

<input checked="" type="checkbox"/>	<b>Course Name</b>	<b>Dates</b>	<b>Time</b>	<b>Location</b>
<input type="checkbox"/>	4137 Pinochle-Double Deck	9/18-12/11. Mon	12:00-3:00	Leo's Place 155 S. Holmes
<input type="checkbox"/>	4249 Bad Back	9/19. Tue	10:00-11:00	TAB 200
<input type="checkbox"/>	4140 Recreational Music for Seniors	9/20-10-25. Wed	3:00-4:00	Piano Gallery 2995 E. 17th Street
<input type="checkbox"/>	4267 Journey to the Source of the Ganges	9/20. Wed	1:00-2:30	TAB 200
<input type="checkbox"/>	*4273 Palisades Dam and Power Plant Tour	9/21. Thur	10:00-4:00	Palisades Dam
<input type="checkbox"/>	4272 Pakistan, the Global Hotspot	9/22. Fri	10:00-11:30	TAB 200
<input type="checkbox"/>	4247 5 Great World Religions: Islam	9/26. Tue	2:00-4:00	TAB 200
<input type="checkbox"/>	4257 Far-Right Fantasy and Communications	9/26. Tue	10:00-11:30	TAB 200
<input type="checkbox"/>	4285 Zoo Exotics and Idaho Natives	9/27. Wed	1:30-3:30	Idaho Falls Zoo Tautphaus Park
<input type="checkbox"/>	*4258 Find the Artist in You	9/28. Thur	1:00-3:30	The Grape Van Gogh Paint 383 A Street
<input type="checkbox"/>	4281 Well-Behaved Women Who Made History	9/28. Thur	10:00-11:30	TAB 200
<input type="checkbox"/>	*4253 Computer: Shutterfly Photo Books	9/29, 10/6, 13. Fri	10:00-11:30	CHE 204
<input type="checkbox"/>	4246 5 Great World Religions: Hinduism	10/03. Tue	2:00-4:00	TAB 200
<input type="checkbox"/>	4275 Solo Trek Across the Greenland Tundra	10/3. Tue	10:00-12:00	TAB 200
<input type="checkbox"/>	4277 SPACE: A Journey to Our Future	10/4. Wed	2:00-3:30	Museum of Idaho 200 N. Eastern Ave.
<input type="checkbox"/>	*4236 Western Art at the Art Museum	10/5. Thur	1:00-2:00	Art Museum 300 S. Capital
<input type="checkbox"/>	*4151 Writing Workshhop	10/5, 12, 19, 26, 11/2. Thur	1:00-3:00	CHE 306
<input type="checkbox"/>	*4203 Ballroom Dancing	10/6, 13, 20, 27. Fri	10:30-11:30	Senior Citizen Center 535-W 21st
<input type="checkbox"/>	4234 Visit With the Artist	10/6. Fri	1:00-3:00	Richard's home 4285 Nathan Drive
<input type="checkbox"/>	*4188 Readers Roundtable	10/10. Tue	1:00-3:00	CHE 306
<input type="checkbox"/>	4268 Lose Weight and Keep It Off	10/10. Tue	10:00-11:30	TAB 200
<input type="checkbox"/>	*4251 Bus Travel: Aquarium & Gardner Village	10/12. Thur	all day	Draper, Utah
<input type="checkbox"/>	*4264 Hydropower Plant Tour	10/12. Thur	10:00-11:30	Idaho Falls Power 140 S. Capital
<input type="checkbox"/>	4243 5 Great World Religions: Judaism	10/17. Tue	9:30-11:30	TAB 200
<input type="checkbox"/>	*4265 Iris Folding	10/18. Wed	10:00-12:00	CHE 305
<input type="checkbox"/>	*4254 Computer-Windows 10, Beginning	10/20, 27, 11/3. Fri	10:00-11:30	CHE 204
<input type="checkbox"/>	4283 "Women of Abstract Expressionism"	10/24. Tue	10:00-12:00	TAB 200
<input type="checkbox"/>	4244 5 Great World Religions: Christianity-1	10/24. Tue	2:00-4:00	TAB 200
<input type="checkbox"/>	4228 Science Wednesday	10/25,11/8,11/22,1 2/6. Wed	3:00-4:30	Idaho Brewing Company 775 S. Capital Ave.
<input type="checkbox"/>	4266 Journey Through Myanmar	10/25. Wed	1:00-2:30	TAB 200

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

<input checked="" type="checkbox"/>	<b>Course Name</b>	<b>Dates</b>	<b>Time</b>	<b>Location</b>
<input type="checkbox"/>	4274 Presidential Power and the Constitution	10/26. Thur	10:00-12:000	TAB 200
<input type="checkbox"/>	4282 What Is History? Textbook or Facebook?	10/27. Fri	1:00-3:00	Tab 200
<input type="checkbox"/>	4245 5 Great World Religions:Christianity-2	10/31. Tue	2:00-4:00	TAB 200
<input type="checkbox"/>	*4261 Growing and Caring for Poinsettias	11/1. Wed	1:00-2:00	Town & Country Gardens 5800 S. Yellowstone Hwy.
<input type="checkbox"/>	*4255 Eagle Farms Packaging Plant Tour A	11/2. Thur	9:00-10:30	4050 East Lincoln Rd, Iona
<input type="checkbox"/>	*4111 Cultural Cuisine - New England	11/6. Mon	6:00-8:00	Lutheran Church 455 Sunnyside
<input type="checkbox"/>	*4241 Zumba - Move Like You Mean It!	11/6-12/21. Mon/Thur	M 9-10:00/ Th 1-2:00	Senior Center 535 W. 21st
<input type="checkbox"/>	*4154 Yoga for the Better Half of Life	11/7-12/21. Tues/Thur	8:30-10:00	Good Samaratin Chapel, 840 E. Elva
<input type="checkbox"/>	4276 South Africa Adventure	11/7. Tues	1:00-2:30	TAB 200
<input type="checkbox"/>	4270 Manwaring Cheese FactoryTour	11/9. Thur	10:00-11:00	458 N 4000 E Rigby, ID
<input type="checkbox"/>	4260 Free2Succeed Program	11/10. Fri	1:00-3:00	TAB 200
<input type="checkbox"/>	4263 Homelessness in Idaho Falls	11/14. Tue	1:00-2:30	TAB 200
<input type="checkbox"/>	4256 Eagle Farms Packaging Plant Tour B	11/15. Wed	9:00-10:30	4050 E. Lincoln Rd. Iona
<input type="checkbox"/>	*4279 Tick Tock, Learn About Your Clock	11/15. Wed	1:00-2:30	CHE 213
<input type="checkbox"/>	4262 Henry's Fork Foundation	11/17. Fri	1:00-2:30	TAB 200
<input type="checkbox"/>	4155 History of HIV and AIDS Quilts	11/29. Wed	3:00-4:30	Elks 640 East Elva
<input type="checkbox"/>	*4284 Woodworking	12/1, 12/8. Fri	10:00-12:00	Woodwork Shop 2673 E. Iona Rd.
<input type="checkbox"/>	4280 Un-Driving of the Golden Spike	12/5. Tues	10:30-12:00	Tab 200
<input type="checkbox"/>	*4171 Holiday Luncheon	12/18. Mon	11:30	Idaho Falls Country Club

**FRIENDS FOR LEARNING  
COURSE CATALOG  
Fall 2017**

Registration for Fall 2017 classes begin at 9:00 a.m. August 30 and continue throughout the semester.

**Registration On Line:** Go to the Friends For Learning website ([www.friendsforlearning.com](http://www.friendsforlearning.com)) and click on "Registration." Follow the prompts. You will need an email address. (Please do not use an email address shared with someone else.) You will first be asked to pay the \$20.00 membership fee using a debit or credit card. Then you may enroll in classes.

**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 1:00 p.m. August 30, 2017. Members of the FFL Board of Directors and ISU Continuing Education staff will be there to assist you. Please bring your email address, email password, and a smart phone if you have them.

**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 Aug. 31th. Complete the form and attach your check **MADE OUT TO ISU** for the \$20.00 membership fee and mail to the following address:

Continuing Education – FFL  
921 W. 8<sup>th</sup> Avenue, Stop 8062  
Pocatello, ID 83209

**Parking Passes / Name Badges**—All FFL Members for Fall 2017 semester will receive a new parking pass.

These are valid through August 31, 2018. New FFL members will receive a parking pass and name badge 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 at the above address. **All students should wear name badges to all classes.**

**QUESTIONS?** If you have questions, please call ISU Continuing Education; 208-282-3155; FFL President Kathie Hendrix; 208-523-8859, or Secretary Denise Morton; 208-524-0389.

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.

### FFL Course Catalog Fall 2017

**4242 A Volunteer Opportunity**

Instructor: n/a

Fee:

When: varies. 9/1

Location: n/a

The Friends For Learning organization operates totally by volunteers. As this organization has grown, the need for more volunteers has increased. We need volunteers in the following areas: curriculum; cultural cuisine; leadership positions; hiking, , walking, exploring; or shadowing the leadership. By registering for this class, you will be sent an email with the volunteer form to fill out as to which area you would prefer to volunteer. Thanks for your interest.

Credentials: Friends for Learning is a completely volunteer organization. Without people willing to give of their time and energy, this organization would not exist.

Facilitator: Margie Prestwich

Phone: 208-523-0261

Email: [margieprestwich59@yahoo.com](mailto:margieprestwich59@yahoo.com)

**\*4144 Spanish I**

Instructor: Joy Hubbell

Fee:

When: Mon. 9/11-11/13 1:30-3:00

Location: CHE 305

You are invited to participate with us in a "new" way to learn to speak Spanish. We use modified Blaine Ray TPR Storytelling and materials to guide and direct us in our journey to begin to speak and comprehend the beautiful Spanish language. Simple stories provide context and background from which we explore vocabulary, grammar, and speaking fluency. Maximum: 28

Credentials: Jackie and Joy are students of Spanish and are committed to guiding you as you begin to learn to pronounce and comprehend the Spanish language. They welcome you to join them no matter how little or how much familiarity you have with this skill.

Facilitator: Jackie Christiansen

Phone: 208-522-8705

Email: [ajc1983@q.com](mailto:ajc1983@q.com)

**\*4259 Fit for Life**

Instructor: Lin Carlson

Fee:

When: Mon/Wed. 9/11-12/13 10:00-11:15

Location: Good Samaritan  
840 E. Elva

This is a bi-weekly physical fitness class which includes stretches, balance exercises, weights, and floor exercise. Students will need a yoga mat, small towel, light dumbbells, and ankle weights. From 10 am to 11:15 am Mondays and Wednesdays. Maximum: 8

Credentials: Lin has taught fitness for many years.

Facilitator: Lin Carlson

Phone: 208-522-5697

Email: victorialynnvs@hotmail.com

**4121 Hiking, Walking, and Exploring**

Instructor: HWE Committee

Fee:

When: Mon. 9/11 varies

Location: varies

Hiking (H) activities can range from easy to difficult and might last two hours or all day. Most Walking (W) activities are limited to easy trips and are usually in the vicinity of Idaho Falls. Walking activities, when combined with Exploring (E) may be some distance from Idaho Falls. Activities range from skiing, snowshoeing, camping, biking, canoeing, horseback riding, or whatever you might like to do indoors or outdoors.

Credentials:

Facilitator: Jim Schaffer

Phone: 208-589-6005

Email: milodoctor@gmail.com

**\*4145 Spanish II**

Instructor: Pablo Conde

Fee: Cost of supplies

When: Mon. 9/11-12/ 11 10:00-11:30

Location: Senior Citizen Center  
535 W. 21st St.

This weekly class meets throughout the semester. Those who have taken the class previously have first preference. We use the book: Spanish Verb Tenses 2nd edition by Dorothy Richmond. Both oral and written activities are included. Maximum: 20

Credentials: Pablo Conde is originally from Colombia. He is bilingual using both Spanish and English. He has been enrolled at EITC in a class to learn syntax and grammar in English and Spanish.

Facilitator: Linda Tycz

Phone: 208-360-0990

Email: gblet@msn.com

**4248 101 Influential People Who Never Lived**

Instructor: Dan Karlan

Fee:

When: Tue. 9/12 1:00-3:00

Location: TAB 200

Who are the fictional characters who have affected us. How have they changed society? Dan Karlan is one of the authors of "The 101 Most Influential People Who Never Lived." Characters from various categories of literature and media will be explored.

Credentials: Dan Karlan is one of the authors of the book.

Facilitator: Garney Hardy

Phone: 208-522-6128

Email: gah@ida.net

**\*4136 Origami and Paper Craft**

Instructor: Earline Reid

Fee:

When: Tue. 9/12-12/5 11:00-12:00

Location: Senior Citizen Center  
535 W 21s

The Origami part of the class will require origami paper in various sizes, a pencil, scissors, and a ruler. The paper craft part of the class will require construction paper in various colors and sizes, a pencil, scissors and a ruler. Students will be told the previous week what will be needed. Maximum: 12

Credentials: Earline has done origami as a hobby for years. Students add a lot of wonderful ideas and can teach a project, if they would like, to the attendees.

Facilitator: Linda Buttles

Phone: 208-520-5430

Email: lckorner@xmission.com

<p><b>*4147 Tai Chi</b>                      When: Tues. 9/12-12/12 3:30-4:30</p>	<p>Instructor: Nolan Bowen                      Location: Senior Center                      535 W 21st</p>	<p>Fee:</p>
<p>Tai Chi is a low impact exercise class from Chinese Martial Arts. Tai Chi can improve arthritis, balance, the immune system, high blood pressure, osteoporosis, headaches, stress and more! The movements are designed to build up the body's inner energy, which will improve your circulation and your overall health. In this class we will learn section 1 of T.Y. Pang's Yang style of Tai Chi. Videos will be available, and practice at home is important. Maximum: 100</p> <p>Credentials: Nolan has been practicing Tai Chi since the 1970's, and he has taught FFL Tai Chi classes for many years.</p> <p>Facilitator: Jill Tate Phone: 208-221-2621 Email: skitaters@hotmail.com</p>		
<p><b>4250 Breast Cancer</b>                      When: Wed. 9/13 3:30-5:00</p>	<p>Instructor: Dr. Christian Shull                      Location: TAB 200</p>	<p>Fee:</p>
<p>Learn about breast cancer diagnosis, treatment, and prognosis. Dr. Shull has had many family members who have had breast cancer, and he carries a gene inherited from family members.</p> <p>Credentials: Dr. Shull has been an oncologist for 15 years. He currently works for Snake River Cancer Alliance.</p> <p>Facilitator: Clarissa Olson Phone: 208-821-0670 Email: cj.olson1@q.com</p>		
<p><b>4231 Singing Seniors</b>                      When: Wed. 9/13-12/6 1:00-2:00</p>	<p>Instructor: Donna Park                      Location: Eileen's home                      2935 E. Pinnacle</p>	<p>Fee:</p>
<p>You don't need to have a fabulous voice or even prior experience to spend an hour once a week to sing old and new favorites with old and new friends. Bring your ideas for songs, some music you want to sing if you have it and, of course, your enthusiasm. We could possibly share our talents with others at assisted living centers or at an FFL function.</p> <p>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."</p> <p>Facilitator: Gail Fielding Phone: 208-970-7130 Email: gailsplc76@gmail.com</p>		
<p><b>*4271 Organized Doodling</b>                      When: Wed. 9/13 10:00-12:00</p>	<p>Instructor: Denise Morton                      Location: CHE 213</p>	<p>Fee:</p>
<p>Doodling can help reduce stress and improve focus. Relax and turn any sheet of paper into artistic design. Become innovative and more creative. This class will also focus on patten steps. Maximum: 100</p> <p>Credentials: Denise taught elementary school for 27 years. She has been a lifelong dabbler of art in many forms including Doodling.</p> <p>Facilitator: Marilyn Quast Phone: 208- 523-4987 Email: quastmd@srv.net</p>		
<p><b>4252 Colonial Theater Tour</b>                      When: Thur. 9/14 1:00-2:30</p>	<p>Instructor: Brandi Newton                      Location: Colonial Theater, 450 A St.</p>	<p>Fee:</p>
<p>Come fuel your urge to take to the stage! Tour the historic Colonial Theater in downtown Idaho Falls and catch a preview of this season's live performances. You are always welcome to purchase tickets and/or become a member of the Arts Council as well.</p> <p>Credentials: Brandi Newton is the executive director for the Idaho Falls Arts Council.</p> <p>Facilitator: Joel Hubbell Phone: 208-524-2333 Email: joelmhubbell@gmail.com</p>		
<p><b>*4269 Learning Mah Jongg</b>                      When: Thur. 9/14-12/14 12:00-3:00</p>	<p>Instructor: Clarissa J. Olson                      Location: Leo's Pizza                      155 S. Holmes</p>	<p>Fee: purchase cards</p>
<p>This class will provide the players with the basics of Mah Jongg. (Not the version you see on the internet). This is a table game with tiles and playing cards. Players should plan to purchase lunch at Leo's. Maximum: 16</p> <p>Credentials: Clarissa has been playing Mah Jongg with a group once a week for two years.</p> <p>Facilitator: Clarissa J. Olson Phone: 208-524-0374 Email: cj.olson1@q.com</p>		

**4181 Selecting a Prescription Drug Plan**

Instructor: Carrie Crom

Fee:

When: Fri. 9/15 1:00-2:30

Location: CHE 213

The class shows Medicare beneficiaries how to use the Medicare website ([www.medicare.gov](http://www.medicare.gov)) to select their own prescription drug plan. Medicare beneficiaries are shown, on a step-by-step basis, how to navigate this website and enter their medications, select a pharmacy, refine their results, and with the end results being the three most cost-effective drug plans that cover their medications. The classroom holds only 100 people.

Credentials: For more than 10 years Carrie has assisted individuals in selecting their Medicare Prescription drug plan. She provides this service as a volunteer for SHIBA (Senior Health Insurance Benefits Advisors) with the Department of Insurance. She volunteers for Freemed and the Department of Health and Welfare and provides this service at their agencies.

Facilitator: Marla Case

Phone: 208-757-2950

Email: [marlacase52@yahoo.com](mailto:marlacase52@yahoo.com)

**4218 Line Dancing**

Instructor: Varies

Fee:

When: Fri. 9/15-12/8 9:00-10:00

Location: Sr. Center  
535 W. 21st

Come and learn how to line dance from four experienced teachers -- Adele George, Lianne Buxton, Lesley Cable 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! Join us for an hour each week as we learn basic and intermediate dance routines. You'll be amazed how good you feel and the many benefits you will gain from this class.

Credentials: Adele, Lesley, and Lianne have danced all their lives in all areas of dance and have owned their own dance studios. You will have three experienced dance teachers that are still dancing for the sheer joy of it. Molly will also be teaching with her line dancing knowledge.

Facilitator: Molly Brinkerhoff

Phone: 208-528-6936

Email: [molly@brinkerhoff.net](mailto:molly@brinkerhoff.net)

**\*4180 Navigating the Medicare Maze**

Instructor: Helen Mayberry

Fee:

When: Fri. 9/15 10:00-12:00

Location: CHE 213

In this class you will learn about traditional Medicare, how it works and its benefits. Included in the discussion will be insurance coverages available to supplement Medicare or replace traditional Medicare including emphasis on the pros and cons of different choices available to Medicare beneficiaries. Maximum: 100

Credentials: Helen has worked for the Department of Insurance SHIBA Program for several years.

Facilitator: Carrie Crom

Phone: 208-525-8550

Email: [cromc@ida.net](mailto:cromc@ida.net)

**4137 Pinochle-Double Deck**

Instructor: Vicky Van Sickle

Fee:

When: Mon. 9/18-12/11 12:00-3:00

Location: Leo's Place  
155 S. Holmes

You must have knowledge of how to play the game of Pinochle to sign up for this class. There will be no formal instruction. Each participant is expected to mix with the 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 every Monday.

Credentials: Vicky and Senia have been coordinating Pinochle for several years.

Facilitator: Senia Weinrich

Phone: 208-521-8526

Email: [tatergal@cablone.net](mailto:tatergal@cablone.net)

**4249 Bad Back**

Instructor: Mike Parsons

Fee:

When: Tue. 9/19 10:00-11:00

Location: TAB 200

Back Pain is a problem for a lot of us. Learn what things you can do to reduce the pain.

Credentials: Mike Parsons is a certified nurse practitioner working at the Spine Center at EIRMC.

Facilitator: Marion Hudnall

Phone: 208-522-1135

Email: [mudnall@yahoo.com](mailto:mudnall@yahoo.com)

**4140 Recreational Music for Seniors**

Instructor: Lorrie Bridges

Fee:

When: Wed. 9/20-10-25 3:00-4:00

Location: Piano Gallery  
2995 E. 17th Street

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

Credentials: Piano Gallery has been teaching recreational music for the past 15 years.

Facilitator: Margie Prestwich

Phone: 208-523-0261

Email: margieprestwich59@gmail.com

**4267 Journey to the Source of the Ganges**

Instructor: Dr. Debu Majumdar

Fee:

When: Wed. 9/20 1:00-2:30

Location: TAB 200

Denbu Majumdar will give a slide show presentation of north India from the plains to the Himalayas based on his novel, Sacred River: A Himalayan Journey. This novel shares travels in India, hiking to the Himalayas, a gold heist from a temple, legends and folk stories. It gives a wonderfully vivid flavor of India with all its idiosyncrasies and contradictions.

Credentials: Debu has written six books including "From the Ganges to the Snake River" published by ISU.

Facilitator: Charlotte Goddin

Phone: 208-390-3776

Email: alexandria52@gmail.com

**\*4273 Palisades Dam and Power Plant Tour**

Instructor: Ryan Bliss

Fee:

When: Thur. 9/21 10:00-4:00

Location: Palisades Dam

Tour of Palisades Dam and Power Plant with a discussion of water management and power production. Photo ID is required. Additional documentation is required in advance for non-US citizens. Maximum: 20

Credentials: Ryan is the Operations and Maintenance Manager of the Upper Snake River Field Office for the Bureau of Reclamation. He holds a BS in Mechanical Engineering.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**4272 Pakistan, the Global Hotspot**

Instructor: Dr. Robert Wahlquist

Fee:

When: Fri. 9/22 10:00-11:30

Location: TAB 200

Dr. Wahlquist will discuss the culture, people, religion and geography of Pakistan--why it matters to the rest of the world and what makes it so interesting.

Credentials: Dr. Wahlquist teaches classes about Pakistan through the BYU-I Religion Department. He has been teaching since 1999 and has been a full-time faculty member at BYU-I since 2001

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

**4247 5 Great World Religions: Islam**

Instructor: David Peck, PhD

Fee:

When: Tue. 9/26 2:00-4:00

Location: TAB 200

No single religion is in the news today more than Islam, yet no religion is less understood in the context of its growing global significance. This two-hour course will review the basic history of Islam and its founding, its basic tenets, its two main sects (Sunnism, Shi'ism), spiritual movements such as Sufism, and a brief overview of the history of Islamic fundamentalism.

Credentials: Dr. Peck is a faculty instructor in the History, Geography, and Political Science Department at BYU-I. He has extensively traveled in India studying Islam and is considered to be an expert in the field.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

**4257 Far-Right Fantasy and Communications**

Instructor: Dr. James Aho

Fee:

When: Tue. 9/26 10:00-11:30

Location: TAB 200

Dr. Aho will discuss the questions: (1) What are the basic elements of the far right and the far-right fantasy? (2) How does far-right fantasy arise? (3) What is its attraction to believers?

Credentials: James Aho is Professor Emeritus at Idaho State University where he taught for 35 years. He has authored three books on the contemporary American far-right movement. They are based on extensive field research and face-to-face interviews and correspondence with scores of activists living in the greater Idaho area.

Facilitator: Joel Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com



**4285 Zoo Exotics and Idaho Natives**

Instructor: Sunny Katseanes

Fee: \$5

When: Wed. 9/27 1:30-3:30

Location: Idaho Falls Zoo  
Tautphaus Park

In this class, to be held at the zoo, we will investigate the characteristics of animals that live at the Idaho Falls Zoo and compare them with animals native to Idaho. To facilitate logistics planning, please register for the class only if you plan to attend. You will be asked to confirm your attendance by September 18. \$5 or current IF Zoo membership card plus photo ID.

Credentials: Sunny Katseanes earned a BS degree in zoology from Idaho State University and served as the Idaho Falls Zoo's first year-round educator from 1999 to 2005. She was a Communications Specialist with the INL and Education Director at the Museum of Idaho. She rejoined the Zoo in January 2015 as Curator of Education.

Facilitator: Joann Mines

Phone: 208-524-7027

Email: joannmines@alumni.whitman.edu

**\*4258 Find the Artist in You**

Instructor: Amber Birch

Fee: \$25.00

When: Thur. 9/28 1:00-3:30

Location: The Grape Van Gogh Paint  
383 A Street

An artist will lead you step-by-step to complete an acrylic painting on a 16 x 20 canvas. You may choose to follow along or choose to express your creative side. At the end of the class, you will take home your completed unique masterpiece. It is tons of fun painting with other friends. Maximum 34.

Credentials: Amber owns the Grape Van Gogh and has been teaching acrylic painting for many years. She is an excellent teacher who helps you learn to make an amazingly good painting. Her bubbly personality helps everyone to "Paint and Party".

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email: victorialynns@hotmail.com

**4281 Well-Behaved Women Who Made History**

Instructor: Carrie Athay, Chloe  
Doucette

Fee:

When: Thur. 9/28 10:00-11:30

Location: TAB 200

It has been said that well-behaved women seldom make history, but in Idaho Falls it was precisely those well-behaved women who made history Minnie Hitt, Rebbecca Mitchell, Kate Curley and Adelia Scott, in the late 1890s and early 20th Century, were well-behaved women who worked to eradicate prostitution, create parks, become civil servants, and help women gain the right to vote 24 years before the passage of the 19th Amendment. Come and hear their stories.

Credentials: Carrie is curator and Chloe is director of education at the Museum of Idaho.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

**\*4253 Computer: Shutterfly Photo Books**

Instructor: Meg Sorensen

Fee: Supplies

When: Fri. 9/29, 10/6, 13 10:00-11:30

Location: CHE 204

In this three-session class, participants will learn how to use Shutterfly to upload pictures into the program and then place them in a book for publishing. There is a cost if participants wish to publish. Maximum: 18

Credentials: Meg is a retired elementary school teacher with 35 years' experience. She has made more than 35 Shutterfly books for personal use or as gifts for friends and family.

Facilitator: Margaret Kennelly

Phone: 208-524-4930

Email: margaret\_kennelly@yahoo.com

**4246 5 Great World Religions: Hinduism**

Instructor: Tyson Yost, PhD

Fee:

When: Tue. 10/03 2:00-4:00

Location: TAB 200

The network of religious ideas and practices commonly referred to as Hinduism offers an array of gods, scriptures, hymns, doctrines, and practices. When we understand the history and development of Hinduism we get a taste for life in the world's most populous nation and insight into a rich culture that can often be hard for others to grasp. This lecture will offer a brief dip into the teachings and practices of Hinduism and help to increase appreciation for one of the world's most varied and colorful religious traditions.

Credentials: Tyson Yost, Ph.D. teaches in the Department of History, Geography, and Political Science at Brigham Young University – Idaho.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

<b>4275 Solo Trek Across the Greenland Tundra</b>	Instructor: Aaron Linsdau	Fee:
When: Tue. 10/3 10:00-12:00	Location: TAB 200	
<p>Polar explorer Aaron Linsdau will talk about his expedition across the tundra of Greenland and provide an inspired overview of the largest island on Earth. His talk will focus on what it's like to be alone in the Arctic, what the people are like, and the importance of Greenland's icecap.</p>		
<p>Credentials: Aaron is an Eagle Scout, holds a degree in Electrical Engineering, has a Masters Degree in Computational Science, and is a professional photographer. His passion is adventure travel.</p>		
Facilitator: Nancy Carpenedo	Phone: 208-529-4714	Email: nancycarpa@msn.com
<b>4277 SPACE: A Journey to Our Future</b>	Instructor: Rod Hansen	Fee:
When: Wed. 10/4 2:00-3:30	Location: Museum of Idaho 200 N. Eastern Ave.	
<p>SPACE is a highly interactive exhibition at the Museum of Idaho that ignites the desire for space exploration and discovery. Highlights include touching actual rocks from the lunar surface and the red planet, walking through a full-size space habitat and work pod, along with looking far into the future of our exploration of the universe in a 360 degree theatre.</p>		
<p>Credentials: Rod Hansen is the Director of Exhibitions for the Museum of Idaho, a position he has held for many years. He received his Master of Fine Arts from the University of West Virginia.</p>		
Facilitator: Adele George	Phone: 208-716-1239	Email: gottatap4me@live.com
<b>*4236 Western Art at the Art Museum</b>	Instructor: Alexa Stanger	Fee:
When: Thur. 10/5 1:00-2:00	Location: Art Museum 300 S. Capital	
<p>Join us at the Art Museum of Eastern Idaho for a guided tour of our western art exhibit, featuring world-renowned photographer Adam Jahiel. Following the tour of the western art exhibit, watch a hands-on demonstration by a local tack maker in the Studio Gallery. Did you know we have world class saddle makers in Eastern Idaho? Some saddles sell for hundreds of thousands of dollars and are never meant to be used on a horse.</p>		
<p>Credentials: Alexis is the education director at the Art Museum of Eastern Idaho.</p>		
Facilitator: Liz Herrmann	Phone: 208-522-0493	Email: lherrmann@cableone.net
<b>*4151 Writing Workshhop</b>	Instructor: Sidney Hoopes	Fee:
When: Thur. 10/5, 12, 19, 26, 11/2 1:00-3:00	Location: CHE 306	
<p>In this six-session, self-guided class, students write a story or poem each week and share it with the class. Many students use this venue to begin writing their own life stories. Tips are offered to help improve writing styles. Maximum: 15</p>		
<p>Credentials: Sidney has been leading the discussion for this class for several years.</p>		
Facilitator: Sidney Hoopes	Phone: 208-524-1280	Email: fshoopos@cableone.net
<b>*4203 Ballroom Dancing</b>	Instructor: Chelsea Archibald	Fee:
When: Fri. 10/6, 13, 20, 27 10:30-11:30	Location: Senior Citizen Center 535-W 21st	
<p>This is a continuation of the ballroom dance class held during spring semester. Put on your dancing shoes, bring a partner and come learn basic ballroom dancing. Chelsea will help us perfect the dances we learned in the spring and teach us some more fun ballroom dance steps. Everyone is welcome, even if you were not in the spring semester class.</p>		
<p>Credentials: Chelsea is a world and national finalist in ballroom dancing. She has danced for 20 years and has taught various age groups for 17 years. She danced professionally on a cruise ship and presently teaches at the Extreme Ballroom studio in Idaho Falls.</p>		
Facilitator: Eileen Perkins	Phone: 208-520-7483	Email: eileenperkins404@gmail.com

**4234 Visit With the Artist**

Instructor: Richard Large

Fee:

When: Fri. 10/6 1:00-3:00

Location: Richard's home  
4285 Nathan Drive

During this class we will visit Richard's home/studio to enjoy his many paintings of landscapes and animals. He has been painting for 10 years and is a member of Friends For Learning.

Credentials: Richard is a member of the Eastern Idaho Art Museum, the Eagle Rock Art Guild, and the Bonneville Art Association.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email: fshoop@cablone.net

**\*4188 Readers Roundtable**

Instructor: Carol Mobley

Fee:

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

Location: CHE 306

During this class each participant is encouraged to share favorite books/authors they have read and enjoyed. Maximum: 28

Credentials: Carol has 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

**4268 Lose Weight and Keep It Off**

Instructor: Dr. Drew Brazier

Fee:

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

Location: TAB 200

In this class you will learn the three fundamentals of losing weight and sustaining health.

Credentials: Dr. Brazier is a Certified Fitness Nutrition Specialist who has first-hand experience in sustaining weight loss. He teaches his weight-loss model on an international level and also works with collegiate and professional athletes.

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email: victorialynnvs@hotmail.com

**\*4251 Bus Travel: Aquarium & Gardner Village**

Instructor: n/a

Fee: About \$65.00

When: Thur. 10/12 all day

Location: Draper, Utah

On our way to the to the Loveland Living planet Aquarium in Draper, Utah, we will visit Witchfest at Gardner Village to see the whimsical witches flying about. Cost will be around \$65, and the date is Wednesday, Oct. 18th.

Minimum: 40 \*Note this is a change of date. Those registering will be updated as information is available.

Credentials: Time and location to meet TBA

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

**\*4264 Hydropower Plant Tour**

Instructor: Wid Ritchie

Fee:

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

Location: Idaho Falls Power  
140 S. Capital

During this class students will tour the Idaho Falls hydropower plant. Maximum: 30

Credentials: Wid is Energy Product Service Manager for the Idaho Falls Hydropower plant.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**4243 5 Great World Religions: Judaism**

Instructor: Ross David Baron, PhD

Fee:

When: Tue. 10/17 9:30-11:30

Location: TAB 200

Judaism is a religion, an ethnicity, and a culture with rich, deep, and diverse religious traditions, practices, beliefs, and core values. This class will focus on the three main divisions within Judaism: Reform, Conservative, and Orthodox, in order to highlight where they overlap and where they differ. We will also discuss why Jewish people in the U.S. are overrepresented in almost every sphere from business to politics.

Credentials: Dr. Baron is a professor in the Department of Religion and Philosophy and Associate Dean in the College of Education and Human Development at BYU-I.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

**\*4265 Iris Folding** Instructor: Karin Armstrong Fee: Cost of materials  
 When: Wed. 10/18 10:00-12:00 Location: CHE 305

Iris Folding is a craft that allows you to make beautiful cards and wall hangings by placing colorful, folded paper around a center spot so it is like the iris of an eye. Students need to bring scissors, Scotch tape, and a pencil. Karin will provide all other materials which students will pay for during the class. Maximum: 30

Credentials: Karin is a crafty person who learned the Art of Iris Folding at another FFL class several years ago.

Facilitator: Karin Armstrong Phone: 208-522-7005 Email: karinidaho@yahoo.com

**\*4254 Computer-Windows 10, Beginning** Instructor: James E Anderson Fee:  
 When: Fri. 10/20, 27, 11/3 10:00-11:30 Location: CHE 204

This is a beginning introduction to Windows 10 and selected topics requested by students. Maximum: 18

Credentials: Jim is a user of Windows 10.

Facilitator: Maxine Smolowitz Phone: 208-523-0373 Email: msmolowitz@yahoo.com

**4283 "Women of Abstract Expressionism"** Instructor: Jane Winston Fee:  
 When: Tue. 10/24 10:00-12:00 Location: TAB 200

"Women of Abstract Expressionism" celebrates the often unknown female artists of this mid-century art movement. It focuses on the expressive freedom and process at the core of abstract expressionism.

Credentials: Jane is a member of the Eagle Rock Art Guild and a member of the Delta Kappa Gamma Society. She taught art at Skyline High School for many years.

Facilitator: Liz Herrmann Phone: 208-522-0493 Email: lherrmann@cableone.net

**4244 5 Great World Religions: Christianity-1** Instructor: Jerry Hansen Fee:  
 When: Tue. 10/24 2:00-4:00 Location: TAB 200

A chronological examination of the theological and political development of Christianity in Europe from the beginning to 1500, Part 1.

Credentials: Jerry Hansen is on the BYU-I faculty in the department of History, Geography, and Political Science. He has lectured at FFL numerous times over the past years.

Facilitator: Nancy Carpenedo Phone: 208-529-4714 Email: nancycarpe@msn.com

**4228 Science Wednesday** Instructor: Various Fee:  
 When: Wed. 10/25,11/8,11/22,12/6 3:00-4:30 Location: Idaho Brewing Company  
 775 S. Capital Ave.

This class is a group discussion of scientific articles on current topics. Keith Daum and Joel Hubbell will facilitate the discussion. Facilitators will send to participants an initial set of articles (in pdf format) through email.

Participants will meet and join in an open forum discussion of the article for that week. After the initial meeting, participants may be asked to suggest an article for discussion at a later meeting.

Credentials: Keith and Joel are recovering scientists and are both retired from the INL.

Facilitator: Keith Daum, Joel Hubbell Phone: 208-569-2554 Email: kad1280@gmail.com

**4266 Journey Through Myanmar** Instructor: Linda Groom Fee:  
 When: Wed. 10/25 1:00-2:30 Location: TAB 200

Once a closed country, Myanmar is slowly opening its doors. Linda Groom toured Myanmar for three weeks in late 2015 during the Burmese election. She will show pictures of Schwedagon, Yangon, a flight over Bagan, Mandalay and Inle Lake.

Credentials: Instructor toured Myanmar and took the pictures. This talk was presented to New Knowledge Adventures of Pocatello.

Facilitator: Garney Hardy Phone: 208-522-6128 Email: gah@ida.net

**4274 Presidential Power and the Constitution** Instructor: Dr. David Adler Fee:

When: Thur. 10/26 10:00-12:00 Location: TAB 200

Dr. Adler will discuss Presidential Power and the Constitution and the allocation of power to the President in foreign and domestic affairs.

Credentials: Dr. Adler is president of Alturas Institute based in Idaho Falls. He is a lecturer at the University of Idaho School of Law and has written many books concerning the Constitution as it relates to domestic and global issues.

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

**4282 What Is History? Textbook or Facebook?** Instructor: James Francis Fee:

When: Fri. 10/27 1:00-3:00 Location: Tab 200

If history is not a list of facts and if history does not repeat itself, what is it? You will go inside the mind of a teacher and his lesson planning founded on the concept that history is an analytical process rather than a collection of facts. The audience will explore history as a multi-disciplinary endeavor. James will discuss works of art, methodology, literature, and pieces of music as metaphors to make sense of historical eras.

Credentials: National Board Certified Teacher. Teacher of Secondary School History, 1972-2011. Adjunct Instructor, Idaho State University History Department, 2011-2016.

Facilitator: Kathie Hendrix Phone: 208-523-8859 Email: chatiek06@gmail.com

**4245 5 Great World Religions:Christianity-2** Instructor: Jerry Hansen Fee:

When: Tue. 10/31 2:00-4:00 Location: TAB 200

Part 2: A chronological examination of the theological and political development of Christianity in Europe and the United States, 1500-21st Century.

Credentials: Jerry Hansen is on the BYU-I faculty in the dept of History, Geography, and Political Science. He has lectured at FFL numerous times over the past years.

Facilitator: Nancy Carpenedo Phone: 208-529-4714 Email: nancycarpe@msn.com

**\*4261 Growing and Caring for Poinsettias** Instructor: John Crook Fee:

When: Wed. 11/1 1:00-2:00 Location: Town & Country Gardens  
5800 S. Yellowstone Hwy.

Because the poinsettia naturally blooms for the holidays and comes in traditional Christmas colors, it has become synonymous with Christmas. In this class you will come inside the greenhouse to learn how to properly select and care for your poinsettia to keep it healthy and colorful throughout the holidays. You will also learn how to keep it growing after the holidays and get it to bloom for next Christmas. Maximum: 60

Credentials: John Crook studied horticulture at Ricks College and is a Master Gardener and Certified Nursery Professional. He is the owner of Town & Country Gardens and has worked and played in the greenhouse since he was 10 year old.

Facilitator: Cathy Johnson Phone: 719-235-3910 Email: dacjohns@hotmail.com

**\*4255 Eagle Farms Packaging Plant Tour A** Instructor: Cody Richins Fee:

When: Thur. 11/2 9:00-10:30 Location: 4050 East Lincoln Rd, Iona

During this class we will tour the Eagle Farms potato processing and packaging facility in Iona. It produces a wide variety of potatoes throughout the year, including Russet Burbank and Russet Norkotah. It has a warehouse spread over an area of more than 75,000 square feet that undertakes processing, sorting and packing of potatoes. Please sign up for the A or B class, not both. Maximum: 30

Credentials: Cody is a Raw Purchasing Agent at Eagle Farms and holds a B.S. in Ag Business.

Facilitator: Rachel Poor Phone: 208-206-9409 Email: rpoor64@gmail.com

**\*4111 Cultural Cuisine - New England**

Instructor: FFL committee members Fee:

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

Location: Lutheran Church  
455 Sunnyside

Come experience a taste of New England during our Cultural Cuisine dinner. To attend, you need to complete FFL registration by October 6. FFL members attending the dinner are to prepare and bring an authentic dish which will be assigned to them by the food committee. Non-member guests of FFL members will be charged \$20. Students must register by October 6 to attend this event. Maximum: 130

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

Facilitator: Kathie Hendrix

Phone: 208-523-8859

Email: chatiek06@gmail.com

**\*4241 Zumba - Move Like You Mean It!**

Instructor: Bitsy Blakeley

Fee:

When: Mon/Thur. 11/6-12/21 M 9-10:00/ Th 1-2: Location: Senior Center  
535 W. 21st

Ditch the Workout and join the party with ZUMBA. Zumba's easy-to-follow choreography and Latin rhythms take the work out of workout. Super effective? Super fun? Check and check. Zumba combines all elements of fitness – cardio, strength, balance, flexibility, coordination, endurance, energy – a serious dose of awesome each time you leave class. Zumba is for any fitness level, any background, and any age. Exercise in disguise—that's ZUMBA. Maximum: 45

Credentials: Bitsy is a certified Zumba instructor.

Facilitator: Patsy Komoda

Phone: 208-529-0297

Email: pkomoda@gmail.com

**\*4154 Yoga for the Better Half of Life**

Instructor: Dino Lowrey

Fee:

When: Tues/Thur. 11/7-12/21 8:30-10:00

Location: Good Samaritan Chapel,  
840 E. Elva

This bi-weekly class will focus on safe 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 strap are recommended, but optional. There is at least 50% floor work, so you need to be able to get up and down from the floor. Maximum: 16

Credentials: Dino is a retired Archeologist. She has taken Yoga classes for the past 10 years. She taught the FFL class the last three semesters.

Facilitator: Joel/Joy Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com

**4276 South Africa Adventure**

Instructor: Susan McKinley

Fee:

When: Tues. 11/7 1:00-2:30

Location: TAB 200

Susan recently returned from a trip to South Africa. She will discuss the geography, politics and history of the country plus share her experiences and pictures taken in several wild animal game preserves.

Credentials: Susan is a former teacher who loves photographing animals. To prepare for her South African adventure, she studied background information on the country and while there took lots of pictures.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

**4270 Manwaring Cheese Factory Tour**

Instructor: Blake Manwaring

Fee:

When: Thur. 11/9 10:00-11:00

Location: 458 N 4000 E  
Rigby, ID

Tour Manwaring Cheese Factory. Maximum: 50

Credentials: Owner of cheese factory

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**4260 Free2Succeed Program**

Instructor: Jeff Kirkman

Fee:

When: Fri. 11/10 1:00-3:00

Location: TAB 200

Free2Succeed is the Idaho Department of Correction's (IDOC) community mentorship initiative to assist offenders in getting a new start on life. Mentoring others through critical and often difficult times will not only provide necessary guidance and support for offenders but also, quite possibly, for their loved ones. Jeff will provide an overview of this program, its benefits to the public and how citizens can become involved.

Credentials: Jeff, who is the program manager with Idaho Department of Correction, developed the Free2Succeed program. He is a former warden at the Pocatello Women's Correctional facility.

Facilitator: Robert Anderl

Phone: 208-521-2689

Email: raanderl@gmail.com

**4263 Homelessness in Idaho Falls**

Instructor: Bill Campbell

Fee:

When: Tue. 11/14 1:00-2:30

Location: TAB 200

Students will gain an understanding of the extent of the homeless problem in the Idaho Falls area as well as specific resources that are in place to assist homeless individuals and families. The class will include a panel presentation, featuring agency leaders who are providing services to the homeless population, and from individuals who were formerly homeless.

Credentials: Bill Campbell is the Executive Director of CLUB, Inc. He holds a B.A in Social Work, and M.A. in Communication; and has worked in the human service field for 30 years.

Facilitator: Mary Jane Fritzen

Phone: 208-522-3185

Email: mfritzen@ida.net

**4256 Eagle Farms Packaging Plant Tour B**

Instructor: Cody Richins

Fee:

When: Wed. 11/15 9:00-10:30

Location: 4050 E. Lincoln Rd.  
Iona

During this class we will tour the Eagle Farms potato processing and packaging facility in Iona. It produces a wide variety of potatoes throughout the year, including Russet Burbank and Russet Norkotah. It has a warehouse spread over an area of more than 75,000 square feet that undertakes processing, sorting and packing of potatoes. Please sign up for the A or B tour, not both. Maximum: 30

Credentials: Cody is a Raw Purchasing Agent at Eagle Farms and holds a B.S. in Ag Business.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**\*4279 Tick Tock, Learn About Your Clock**

Instructor: Martel Grover

Fee:

When: Wed. 11/15 1:00-2:30

Location: CHE 213

Clocks and watches seem to run our busy lives. Mr. Grover will explore some time-keeping history and how he got started in this fascinating business. Due to the classroom size, the limit will be 100 students.

Credentials: Swiss Trained Master Watchmaker, F. Martell Grover owns Grover Service Center in Rexburg. He has been repairing clocks and watches since he was 13 years old.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email: karinidaho@yahoo.com

**4262 Henry's Fork Foundation**

Instructor: Brady Taylor

Fee:

When: Fri. 11/17 1:00-2:30

Location: TAB 200

The Henry's Fork Foundation, located in Ashton, Idaho has a goal to improve and maintain the quality of the river and the fishery. In this class you will learn about the foundation and how they are accomplishing their goal.

Credentials: Brady Taylor is the Conservation Fund Director for the Henry's Fork Foundation.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email: karinidaho@yahoo.com

**4155 History of HIV and AIDS Quilts**

Instructor: Teresa Stucki

Fee:

When: Wed. 11/29 3:00-4:30

Location: Elks  
640 East Elva

In this class you will learn the history of HIV, AIDS and the AIDS quilts history. Afterwards you will have the opportunity to view the traveling AIDS quilt exhibit.

Credentials: Teresa is a Registered Nurse in the Health Department

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**\*4284 Woodworking**

Instructor: Gary Seedall

Fee: Cost of supplies

When: Fri. 12/1, 12/8 10:00-12:00

Location: Woodwork Shop  
2673 E. Iona Rd.

In this class, which will be held in Gary's full-working wood shop, each student will make a fancy, wooden jewelry/keepsake box or cutting board. The project will be completed during the four-week class. Gary will furnish all supplies which will be paid for during the first session. Maximum: 10

Credentials: Gary taught shop at West Jefferson High School for 20 years. He has taught classes in his own shop to individuals and groups for many years.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

**4280 Un-Driving of the Golden Spike**

Instructor: Thornton Waite

Fee:

When: Tues. 12/5 10:30-12:00

Location: Tab 200

Thornton will present the history of the removal of the railroad line at Promontory Summit, Utah, site of the completion of the transcontinental railroad on May 10, 1869. Background of the railroad line will be given as well as a discussion of what can be seen today. This class is a precursor to FFL's bus travel trip in Spring 2018.

Credentials: Thornton has written a book on this topic, along with other books on railroad history.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

**\*4171 Holiday Luncheon**

Instructor: Karin Armstrong

Fee: \$20.00

When: Mon. 12/18 11:30

Location: Idaho Falls Country Club

This is a great way to celebrate the Season and our friendship! We will have a lovely buffet lunch, fabulous door prizes and stunning entertainment! Please join us for our 2nd Annual Holiday Lunch. Maximum: 170

Credentials: We require a \$20 non-refundable payment from all attendees by Nov. 17. All checks to be made out to Karin Armstrong and mailed to 2155 E. Olympic Ave. IF 83404.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email: karinidaho@yahoo.com