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- » Exciting new courses exclusively for ages 50+.
 - » Only \$35 for the entire fall semester.
 - » Unlimited sign-ups!*
- *while spaces last...*

NEW KNOWLEDGE ADVENTURES
TREASURE VALLEY

AARP Real Possibilities in
Idaho

AARP Idaho
3080 E. Gentry Way, Suite 100
Meridian, ID 83642

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Las Vegas, NV

Get wise.

See the class list & register now! »

AARP Real Possibilities in
Idaho

Idaho State
UNIVERSITY



AARP Real Possibilities in

Idaho

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



NEW KNOWLEDGE ADVENTURES
TREASURE VALLEY

FALL 2015 COURSE CATALOG

Idaho State
UNIVERSITY



Cross off your bucket list.

Take on the world right outside your front door. Join fun and illuminating courses designed by peers. Meet up with friends (and meet more). Get in on something entirely new to you. This is the official launch of the Treasure Valley edition of **New Knowledge Adventures**—a nearly two-decade-old, member-led organization originating at Idaho State University in Pocatello—now coming to Boise, Meridian, and beyond in fall 2015 thanks in large part to AARP Idaho, ISU, and Treasure Valley YMCA. **Find a new interest»**

NEW KNOWLEDGE ADVENTURES TREASURE VALLEY



“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

– Sophia Loren



Mind over Matter

Everyone is talking about it. You read it in quotes from the great ones. You see it in the science on aging and the brain. To keep a mind sharp, think again about when to learn new skills, ideas, even tricks. That time is now. According to Denise Park, lead researcher for the Center for Vital Longevity at the University of Dallas: “It is important to get out and do something that’s unfamiliar and mentally challenging, and that provides broad stimulation mentally and socially. What if challenging mental activity slows the rate at which the brain ages?”

Brain Trust

The story behind New Knowledge Adventures starts and ends with the intellectually curious. Coming together from a wide range of backgrounds and areas of expertise, volunteer members originally formed this educational organization—now a Road Scholar affiliate—at Idaho State University in Pocatello exclusively for Idahoans age 50 or older who want to stay active, stimulate their minds, and expand their horizons. We’re now able to make headway in the Treasure Valley too—thanks to our great partners AARP Idaho, ISU, and Treasure Valley YMCA.

Wise Words

Powered by passion, purpose and peer-to-peer connection, the courses offered by New Knowledge Adventures are unlike anything else out there. Learn to fly fish. See wine being made. Enjoy an evening out in a botanical garden. The dynamic classes on slate for our fall 2015 launch are designed to make memories and brainwaves. Our all-volunteer instructors turn a lifetime of experience, education, and enthusiasm into brilliant courses that engage you on every level.

Smart Set

Exclusively designed and offered to those 50+ in the Treasure Valley, New Knowledge Adventures is taking off for only \$35 for the entire fall semester. No homework. No tests. No grades. Just fun. Sign up for unlimited courses, but please note this: class sizes are limited. They’ll fill up quickly. So join in early.



**CLASSES START SOON:
Find registration info at
the end of this catalog.
Sign up now! »**

Class Notes

Go to the head of the class. If you're 50+, you've earned it. For only \$35, join in on the unlimited possibilities of New Knowledge Adventures in the Treasure Valley.

Registration

Find a registration form at the back of this catalog. Check off the classes you want to take on the back. Registration is ongoing, and open all semester long.

Wait Lists

Class sizes are typically based on room capacity or other factors, so sign up early to secure a spot. If you don't make it on the official register in time, we'll add your name to the wait list.

Skipping School

You're an adult, so it's cool, but if you're not absolutely sure you can make it to a class, please don't sign up. Give the spot to someone who can't wait to save the date. If you find you need to drop out for any reason, please let us know as soon as possible.

Locations

You'll find that three locations come up a lot: AARP Idaho, Idaho State University Meridian Health Science Center (ISU-Meridian) and Silverstone Amenity Center. Find these maps in the back. For other special locations, see the address listed.

Parking

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

Fees & Freebies

Stay on the lookout for extra fees for materials—usually payable in advance when you sign up for the class—or bonus items like free lunches.

Big Thanks

NKA instructors give up their time and wisdom to stay the course with you. So give kudos to them. NKA is a member-directed organization. Thanks to our instructors, facilitators, dedicated board and committee members for making this all possible.



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Get in Touch

Contact us with any questions.

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

Scenic & Wildlife Photography

Friday, September 25, 1 pm to 2 pm
Thursday, October 15, 6 pm to 7 pm

Even in urban surroundings, expert photographer Dennis Fetzer shows you the perfect view of nature. His passion for photography combined with a keen sense of place open up the inside lens on the best places to take nature shots in the Treasure Valley and beyond. See a slideshow of scenic and wildlife photos taken in our own expanded backyard. Then learn the difference between a cell phone, digital and film camera, plus what to look for when buying a digital camera. Point. Click. Capture the nature around you.

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

Silk Painting

Wednesday, September 30,
2 pm to 4 pm

Brush up against the most exquisite canvas known to man or nature. Introducing the art of silk painting: a strikingly beautiful centuries-old tradition from Asia that's now big in Europe and the US too. This hands-on class for beginners focuses on the different methods of creating designs on silk—including free-form watercolors, tie-dye, Batik and sunlight. Paint on two different silk hoops so that, by the end of class, you'll create a wall or window decoration worthy of material display.

Class limit: 30
Location: AARP Idaho
Instructor: Toni Root

Sculptor Studio & Gallery Tour

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

Nationally-acclaimed artist and professor of practice, Benjamin Victor is the only living sculptor with two bronzes in the National Statuary Hall collection in Washington D.C. His numerous metal and marble statues now stand at sites around the country, honoring historical figures, war heroes, firefighters, and more. From small-scale models to larger-than-life

statues, see his work up close with a personal studio and gallery tour that also brings you in the extraordinary art and technique of sculpture.

Class limit: 20
**Location: Boise State University,
Pioneer Hall, 1490 University Drive,
Building 56**
Instructor: Benjamin Victor

Kite Making & Flying

Sunday, October 10, 10 am to 1 pm

Let's go fly a kite, after you make one first. We'll show you how to create a Dan Kurahasi original design, the Malay kite. Bring your grandchild, age 10+, so you can team up to cut out parts, add a design to the sail, build it out, then fly it high. Come to class with a simple, easy-to-draw design in mind—think a heart or a peace symbol—that would look bold from several yards up. You'll learn about kiting throughout cultures, and be able to share the craft of kite-making with others.

Class limit: 28
Location: AARP Idaho
Instructor: Micki Kawakami
Bonus: Light refreshments



AARP Driver Safety

Tuesday, November 17, 9 am to 4 pm

Talk about street smarts. Stay road-worthy at any age. This course could keep you more alert, aware and safe—plus potentially qualify you to obtain auto insurance reductions in Idaho. Learn the strategies for behind the wheel safety, and what to do when driving is no longer an option. A certificate will be awarded at the end of class. There'll also be a one-hour lunch break on your own.

Class limit: 20
Location: Silverstone Amenity Center
**Instructors: Bill Robison &
Steve Moreno**
**Class fee: \$15 for AARP members,
\$20 for non-AARP members**

AARP Home Fit

Thursday, December 3, 10 am to
11:30 am

This is a home retrofit to last a lifetime. We all want to "age in place," meaning we hope to comfortably stay in our home as long as possible. This class unveils all the great ways a home can be designed and updated to support your needs and lifestyle at any age. Find out what's important to consider in your household so you can continue to do everything you want. Sketch out home improvements needed and what specialist, if any, is best to assist with the project.

Class limit: 45
Location: Silverstone Amenity Center
**Instructors: Cathy McDougall &
Fred Turner**

Basic Computer Troubleshooting

Wednesday, October 7, 7 pm
to 8:30 pm

Now this is networking. Turn on your laptop, and fire up a whole new understanding behind the ways to make the most of your computing power. Kevin Mueller, a computer expert and network engineer at Keynetics, breaks down common problems that crop up with computers of all makes and models. Remember to bring your laptop to class, as basic troubleshooting techniques will be put on real time display. Be a button pusher, in the best way possible.

Class limit: 10
Location: AARP Idaho
Instructor: Kevin Mueller

Art

It is utterly false and cruelly arbitrary to put all the play and learning into childhood, all the work into middle age, and all the regrets into old age.

—Margaret Mead



General Interest

Classes Start Soon

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

Get in the News

Thursday, September 24, 2 pm to 3:30 pm

Read all about it. Gain real media attention for you, your business, or your cause. AARP's Director of Communications, Angela Cortez, shows you how to get noticed by reporters or speak your mind to newspapers in a way that's ready to print. Find out how to get your work or your views in the news, reaching hundreds, thousands, if not millions of potential readers. We'll cover how to craft press releases, write a print-worthy column or letter-to-the-editor, even create a news story that sparks media attention.

Class limit: 40
Location: AARP Idaho
Instructor: Angela Cortez



Great Garden Party

Thursday, September 17, 5:30 pm to 8:30 pm

Enjoy a summer evening out at the Idaho Botanical Garden, relishing the last Great Garden Escape concert of the season. Meet up at the ticket gate, then the fun starts with a guided 30-minute garden tour. Afterward, kick back and relax in a reserved picnic area near the concert main stage, savoring a boxed dinner prepared by Willowcreek Grill as the Blues Brothers Rock 'N' Soul Revue performs. Picnic tables will be reserved, but feel free to bring your own low back chairs or blanket. On-site local vendors will also offer beer and wine for cash-only purchase.

Class limit: 25
Class fee: \$10 (pay onsite with cash or check)
Location: Idaho Botanical Garden
2355 Old Penitentiary Rd.
Boise, 83712
Instructor: Garden ambassador

Great Grape Crush

Wednesday, October 7, 10 am to 12 pm

The Idaho wine region is becoming legendary for producing some of the best regional and national wines in the country. Learn how magic in a bottle is made. Join an original Idaho vintner for an up-close tour of the fall crush.

Owner of Koenig wines, Greg Koenig, will show you what really goes down when the grapes arrive in the back of a truck. Right up until they reach their eventual destination in a barrel room. It's a behind-the-scenes opportunity you won't want to miss.

Class limit: 30
Location: Koenig Winery (processing facility),
21452 Hoskins Road, Caldwell, ID 83607
Instructor: Greg Koenig

Introduction to Social Media

Tuesday, November 10, 11 am to 12:30 pm

Social hour is now online, so don't miss out on the action. Knowing how to use social media is an essential 21st century skill. Whether you want to stay in touch with friends and family, promote your cause, or keep up with trending topics and news, this is the place for you. Bring your own tablet, laptop or even smartphone in a small-scale pinch, then learn how to create, use, and maintain all the social platforms that make sense in your world, including the ins and outs of Facebook, Instagram, and Twitter. By the end of the session, you'll be a social media standout.

Class limit: 30
Location: Silverstone Amenity Center
Instructor: Carly McCullough

Bucket List #2: Camino De Santiago

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

Part of a larger series on planning out and executing your bucket list, Dr. Galen Louis showcases the second item to check off: the Camino De Santiago De Compostela—a trek across Spain on the ancient pilgrimage route of Saint James. A UNESCO World Heritage Site and one of the most important Christian pilgrimages during the Middle Ages, the legendary and sacred route attracts people to this day for good reason. Take the thrilling trek yourself, remotely.

Class limit: 42
Location: AARP Idaho
Instructor: Dr. Galen Louis

Keep On Talking: Conversation Skills

Saturday, November 14, 10:30 am to 11:30 am

Say what? Conversation is more than a way to get to know other people. It's food for thought. By listening, hearing, conversing, and really connecting through communication, studies show long-term benefits for our health and quality of life. Learn specific ways to protect hearing, speech, and language abilities. Then gain insight on the fascinating role those elements play in promoting brain health, preventing dementia, contributing to strong

human connections, and more. Talk it out, and reap the rewards.

Class limit: 30
Location: ISU-Meridian, classroom #681
Instructors: Alicia Martin-Cowger & Stacy Flatt

Retire Right

Friday, October 14, 6 pm to 7 pm
Thursday, November 5, 2 pm to 3 pm

A former VP of a Fortune 50 company, now retired for 14 years, Dennis Fetzer speaks from experience on how to navigate the new frontier of retirement and prepare for the journey. He outlines the things you need to know to help avoid common pitfalls and make the most of your now abundant free time. You've worked hard to finally relax and enjoy the extra leisure time that retirement brings. So define what the pursuit of happiness realistically means now that you're ready to go for it, and make this an enjoyable, interesting retirement.

Class limit: 30
Location: Oct. 14 - AARP Idaho & Nov. 5 - Silverstone Amenity Center
Instructor: Dennis Fetzer



Sumptuous Italian Supper

Tuesday, November 3, 6 pm to 8:30 pm

Get a mouth-watering taste of Italy that you cook up from scratch. Led by an experienced chef instructor at Sur La Table's professional teaching kitchen, create delicious Italian-inspired cuisine while enjoying a generous taste of each dish. So tie on an apron, channel your favorite cooking show host, and heat things up in the kitchen while working side by side with other budding cooks. Come away with a rich learning experience to savor, then put into practice at home.

Class limit: 13
Location: Sur La Table
The Village at Meridian, Ste. 160
(between Eagle Road & Fairview Ave)
Meridian, ID 83646
Instructor: Daisy Lewis
Class fee: \$25 (pay on site with cash or check)

General Interest

*Age is an issue of mind over matter.
If you don't mind, it doesn't matter.*

—Mark Twain



Get wise.
Register now!

Aging Smart

Saturday, October 17, 10:30 am to 11:30 am

You can feel it in your spirit. You can read it in scientific journals. Learning motivates, shapes the mind, and benefits the older adult in ways no one previously believed possible before advanced brain mapping and large scale studies. The research on longevity and learning is out there, and we'll bring it front and center in this compelling class that examines the meaning of mind over matter. See the findings behind the joys of engaging in educational experiences at any age, especially your older era.

Class limit: 30
Location: ISU-Meridian, Classroom #681
Instructor: Dr. Joan Weddington, RN, PhD, FACHE

Exercise for Arthritis

Friday, October 9, 12:15 pm to 1:15 pm

It seems like a catch-22. Exercise is essential for health and happiness, especially if you have arthritis. However, arthritis is one of the most common reasons people give for limiting physical activity and recreational pursuits. Don't let it stop you. Learn how to move with arthritis in mind to address specific joints or body parts affected. The long-term benefits will surprise you. What you learn in this class can make a world of difference for the way you feel and the things you can ultimately do. Remember to wear comfortable workout clothes and sneakers.

Class limit: 50
Location: West Valley YMCA
Instructor: Ruby Hill



Medicare Know-How

Friday, October 16, 2 pm to 3:30 pm
Tuesday, October 27, 6 pm to 7:30pm

Be the go-to guru on all things Medicare for your friends or family, and importantly, yourself. Offered by the Idaho Department of Insurance-SHIBA Program, this class is specially designed to offer free, unbiased Medicare information to Idahoans and answer your questions on how this complex healthcare program works. With this insight, you'll better know the ins and outs of various enrollment periods, how to save money, when to use insurance wisely, and other important factors that add up to your health and happiness over the long run.

Class limit: 40
Location: Oct. 16 - AARP Idaho
Oct. 27 - Silverstone Amenity Center
Instructor: Rachael Bunt

Power of Positive Thinking

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

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

Class limit: 30
Location: ISU-Meridian, classroom #681
Instructor: Dr. Howard Gauthier



Strength Training 101

Wednesday, October 14, 10 am to 11:30 am

Wednesday, October 21, 5:30 pm to 7 pm

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

Class limit: 10
Location: Meridian Homecourt YMCA, 936 Taylor Avenue, Meridian, ID 83642
Instructor: YMCA Certified Personal Trainer

Health



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

—Henry Ford



Classes Start Soon
Find registration info at the end of this catalog. Sign up now!

Celebration Park Tour

Wednesday, October 28, 10 am to 12 pm

Dating back several thousand years, Celebration Park is teeming with cultural history. Tap into the past and present in two separate 45-minute interpretive programs offered by park specialists. The first program, Lifeways, housed in the new on-site Crossroads Museum, provides an overview of who lived here when—from Paleo cultures of the Ice Ages to Western Shoshone and Northern Paiute of the present day—replete with artifacts, tools and replicas on display. The second program is a tour of the park's petroglyphs, consisting of millennia-old images carved on the basalt melon gravel boulders deposited by the Bonneville Flood.

Class limit: 60
Location: Celebration Park, 6530 Hot Spot Lane, Melba, ID 83641
Instructor: Celebration Park Interpretive Specialists

Fly Fishing Clinic

Wednesday, September 23, 6 pm to 8 pm

Head fishing guide and certified fly casting instructor at Idaho Angler, Chris Geroni, brings fly fishing to life for beginners and beyond. He offers up the basics, plus opens up a real brush with nature to test your budding

techniques. Learn about different types of flies, and how to tie the fly onto the line. Then head outdoors to spend the next hour learning hands-on proper fly casting skills. Instruction and use of equipment is included in the \$20 class fee.

Class limit: 10
Class fee: \$20
Location: Idaho Angler, 1682 South Vista Ave, Boise, ID 83705
Instructor: Chris Geroni

Fun with Line Dancing

Wednesday, September 23 (intro) & September 30 (practice), 1 pm to 2:30 pm
Wednesday, October 21 (intro) & October 28 (practice), 1 pm to 2:30 pm

It's a two-step process, then you'll fall right in line. Line dancing is a fabulous experience, with roots in Americana and country western lore, still found on dance floors around the nation. Start with the introduction, where you learn the basic steps in line dancing and get a feel for the music. Then move on to the practice session, when you take your skills out for a spin, and try out the steps you learned at the start.

Class limit: 10
Location: King of Glory Lutheran Church, 3430 N Maple Grove, Boise, ID 83704
Instructor: Sue Hebison

Hand & Foot Card Game

Thursday, October 1, 10 am to 12 pm
Thursday, October 8, 10 am to 12 pm

Play your hand at a card game designed for maximum fun. Related to Canasta, Hand & Foot is a North American game where each player is dealt two sets of cards using one as the "hand" and one as the "foot." Participants play the first the hand then the foot with a partner until all cards are down. For this class, game on. Play with seven other players until the game ends. Then see who has the highest point totals. Prizes go to winning teams.

Class limit: 24
Location: AARP Idaho
Instructor: Jan McDougall & Fred Turner
Bonus: Prizes for winning teams

Introduction to Pickleball

Tuesday, September 15, 1 pm to 2 pm

Make a racquet. Pickleball came about as a backyard pastime in the 1960s when a group of friends improvised a game with a Wiffle ball, a lowered badminton net, and plywood paddles. This fun-filled sport still plays on creativity and cleverness. Learn how to make all the right moves along with the basic rules for game play. It's all in your court now. Just remember to wear comfortable workout clothes and sneakers.

Class limit: 16
Location: Meridian Homecourt YMCA, 936 Taylor Avenue, Meridian, ID 83642
Instructors: Tammy & Nick

Creative Local Family History Texts

Monday, October 5, 6:30 pm to 8:30 pm

An archivist and local/family history specialist at the Idaho State Archives, Steve Barrett also brings a three-decade history of teaching creative writing to the classroom. Combining two of his lifelong passions, this course shows you how to access little-known historical records to write must-read, fact-based local or family history texts. Whether you're just beginning the search for past information—or think you've already exhausted the far archives of the internet—we'll find something great for you to go on. Plus give you the tools to tell a creative and compelling story to show for it.

Class limit: 42
Location: AARP Idaho
Instructor: Steve Barrett PhD

Mining In Idaho: Past & Present

Wednesday, November 11, 6:30 to 8 pm

In terms of geologic resources, Idaho really is a gem state. Mine this rich ground for study. Join Virginia Gillerman from the Idaho Geological Survey to trace the history of mining in Idaho from the pioneering days to the current activity in the Gem State. Jeff Root from exploration company Midas

Gold will also discuss the history and environmental legacy of the Stibnite-Yellow Pine Mining District in Valley County where the opportunity exists to redevelop a major gold-antimony project.

Class limit: 40
Location: CW Moore Plaza 250 S. 5th St., Boise 83702
Instructors: Dr. Virginia Gillerman & Jeff Root

The Mountain Man in Idaho

Friday, October 16, 10 am to 11:30 am

Rugged and adventurous, thriving on the bounty of wilderness, the Mountain Man era in Idaho spanned the 1820s and 1830s. Though driven here by a fur trade that began flourishing in 1638 and lasted for 200 years, the Mountain Man era covers a relatively short historical time span, but their romantic edge lingers on. Ranging the entire Rockies and meeting up in epic rendezvous of trappers, traders, and Native Americans, learn how everyone got along in the wild west. Mountain Man apparel and equipment will be shared and demonstrated.

Class limit: 42
Location: AARP Idaho
Instructor: Margaret Reimer

Weiser Historical Walking Tour

Tuesday, October 6, 10 am to 3 pm (carpools leave at AARP Idaho at 8:30 am)

Weiser's charm lies around every corner. Dating back to the late 1800s, stand in awe of the architecture of beautiful historic homes. Observe the stained glass of the Catholic and Episcopal churches. Imagine the trains lining up at the landmark depot. See the beauty of the art deco at the remarkable movie theater. Then learn the secrets and mystery surrounding the Stone Pythian Castle with the flying buttress. Participants must be able to climb stairs for portions of the tour and will receive a detailed itinerary.

Class limit: 15
Location: Weiser, Idaho. Drive on your own or carpool. See full itinerary for more info
Instructor: Peggy Munson
Bonus: Free box lunch

Activities



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

—Stanislaw Jerzy Lec



**Think Fast:
Now enrolling!**

History

SEPTEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 1 pm to 2 pm Intro to Pickleball	16	17 5:30 pm to 8:30 pm Great Garden Party	18	19
20	21	22	23 1 pm to 2:30 pm Fun with Line Dancing (Introduction) 6 pm to 8 pm Fly Fishing Clinic	24 2 pm to 3:30 pm Get in the News	25 1 pm to 2 pm Scenic & Wildlife Photography	26
27	28	29	30 1 pm to 2:30 pm Fun with Line Dancing (practice) 2 pm to 4 pm Silk Painting			

OCTOBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10 am to 12 pm Hand & Foot Card Game	2	3
4	5 6:30 pm to 8:30 pm Creative Local/Family History Texts	6 10 am to 3 pm Weiser Historical Walking Tour	7 10 am to 12 pm Great Grape Crush 7 pm to 8:30 pm Basic Computer Troubleshooting	8 10 am to 12 pm Hand & Foot Card Game	9 12:15 pm to 1:15 pm Exercise for Arthritis	10 10 am to 11:30 am Sculptor Studio & Gallery Tour
11 10 am to 1 pm Kite Making & Flying	12	13 10 am to 11:30 am Bucket List #2: Camino De Santiago	14 10 am to 11:30 Strength Training 101 for 50+ 6 pm to 7 pm Retire Right	15 6 pm to 7 pm Scenic & Wildlife Photography	16 10 am to 11:30 am The Mountain Man in Idaho 2 pm to 3:30 pm Medicare Know How	17 10:30 am to 11:30 am Aging Smart
18	19	20	21 1 pm to 2:30 pm Fun with Line Dancing (Intro) 5:30 pm to 7 pm Strength Training 101 for 50+	22	23	24 10:30 am to 11:30 am Power of Positive Thinking
25 30	26 31	27 6 pm to 7:30 pm Medicare Know-How	28 10 am to 12 pm Celebration Park Tour 1 pm to 2:30 pm Fun with Line Dancing (practice)	29	30	31

NOVEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 6 pm to 8:30 pm Sumptuous Italian Supper	4	5 2 pm to 3 pm Retire Right	6	7
8	9	10 11 am to 12:30 pm Introduction to Social Media	11 6:30 pm to 8 pm Mining In Idaho: Past & Present	12	13	14 10:30 am to 11:30 am Keep On Talking: Conversation Skills
15	16	17 9 am to 4 pm AARP Driver Safety	18	19	20	21
22	23	24	25	26	27	28
29	30					

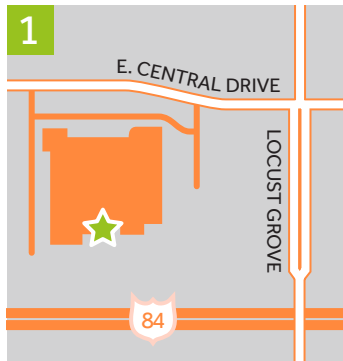
DECEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 10 am to 11:30 am AARP Home Fit	4	5

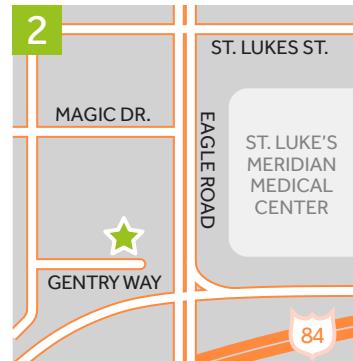
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CLASSES

FOR \$35

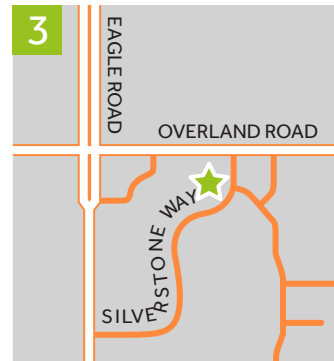
Class Locations



1
ISU-MERIDIAN
1311 E CENTRAL DR
MERIDIAN, ID 83642



2
AARP IDAHO
3080 E. GENTRY WAY,
SUITE 100
MERIDIAN, ID 83642



3
SILVERSTONE
PLAZA
3405 E. OVERLAND ROAD
MERIDIAN, ID 83642

3 Ways to Sign Up!

Registration Ongoing

1 Mail this form

ISU-Meridian
ATTN: NKA
1311 E. Central Dr.
Meridian, ID 83642

2 Register online

www.newknowledgeadventures.org

3 Call us

(208) 373-1809

Fees due at registration:

\$35 per person for the entire fall semester: \$ _____

Extra class fee? (see descriptions) \$ _____

TOTAL DUE: \$ _____

Checks payable to Idaho State University, no cash accepted.

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

E-MAIL _____

SIGNATURE (SEE TERMS & CONDITIONS) _____

Agreement and Release of Liability

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

Please check off any courses you plan on taking on back of this form.

Get in Touch

Contact us with any questions.

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

Registration Form continued

Class List

Check off any courses you plan on taking

ART

- Kite Making & Flying
- Silk Painting
- Scenic and Wildlife Photography
- Sculptor Studio & Gallery Tour

GENERAL INTEREST

- AARP Driver Safety
- AARP Home Fit
- Basic Computer Troubleshooting
- Bucket List Item # 2: Camino De Santiago
- Get in the News
- Great Garden Party
- Great Grape Crush
- Introduction to Social Media
- Keep on Talking: Conversation Skills
- Retire Right
- Sumptuous Italian Supper

HEALTH

- Aging Smart
- Exercise for Arthritis
- Medicare Know-How
- Power of Positive Thinking
- Strength Training 101

ACTIVITIES

- Celebration Park Tour
- Fly Fishing Clinic
- Fun with Line Dancing
- Hand & Foot Card Game
- Introduction to Pickleball

HISTORY

- Creative Local Family History Texts
- Mining in Idaho: Past & Present
- The Mountain Man in Idaho
- Weiser Historical Walking Tour

Join the New Knowledge Adventures curriculum committee.

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



A meeting of minds

Here's what curriculum committee members do.

» Actively participate in committee work by attending scheduled meetings, completing tasks regarding proposed classes, and participating in committee decision making.

» Attend a majority of scheduled meetings and be open to other communication by email and telephone.

» Participate in the development of new classes, review surveys and suggestions, and appraise the success of past classes.

» Identify and contact potential volunteer instructors for the classes to gauge interest levels, make arrangements and complete paperwork.

» Review proposed classes and make determinations for each semester's offerings.

» Serve as a volunteer class facilitator, or help train, orient, and support others.

» Have fun!

Sound like a plan? Join the curriculum committee, or learn more details, by emailing Cathy at cmcdougall@aarp.org.