

**FRIENDS FOR LEARNING  
COURSE CATALOG  
Fall 2018**

Registration for Fall 2018 classes begins at 9:00 a.m., August 15th and continues 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 12:30 p.m., August 15, 2018. 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 August 17<sup>th</sup>. 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 S. 8<sup>th</sup> Avenue, Stop 8380  
Pocatello, ID 83209

**Parking Passes**—Everyone registering this semester should request a parking pass. The parking pass you receive will be valid through August 31, 2019. The first item in the course catalog deals with the parking passes. This is the area to mark to indicate you need a pass. Members will receive a parking pass by mail shortly after registration. 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. Kiosks in the parking area provide for purchase of hourly permits.

**All students should wear name badges to all classes.** If you wish a name tag, contact Denise Morton, 208-524-0389. 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: 208-524-0389.

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. Unless otherwise stated, all classes will be located in Idaho Falls.

## FFL Course Catalog Fall 2018

### 4215 Parking Pass

Instructor: n/a

Fee:

When: . n/a

Location: n/a

Everyone needs a new parking pass this semester if you are taking any classes at University Place. Be sure to mark the box on the registration form so the pass will be mailed to you. If you lose your pass, you will need a replacement. The cost of replacement is \$5.00. Contact Kathie Hendrix at 208-523-8859, or Continuing Education: 208-282-3155.

Credentials:

Facilitator: n/a

Phone: n/a

Email: n/a

### 4242 A Volunteer Opportunity

Instructor: n/a

Fee:

When: . n/a

Location: n/a

Select if you wish to volunteer. 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, hiking, walking, and exploring, or 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. Thanks for your interest.

Credentials: The 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)

**4121 Hiking, Walking and 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 and in the vicinity of Idaho Falls. Exploring (E) often takes us some distance from Idaho Falls, even other states. We offer many activities ranging from hiking, biking, canoing, horseback riding, and skiing to snowshoeing. We are guided by member ideas and leaders, so we may try anything. Join the group and help make the decisions.

Credentials: HWE Committee members have been involved with outdoor activities for many years. Committee members include Jim Schaffer (208-589-6005), chairman; Allen Perkins (208-604-0820); Marilyn Quast (208-523-4987); Eileen Perkins (208-520-7483); Richard Scheerer (208-881-6331); and Garney Hardy (208-680-1370).

Facilitator: Jim Schaffer

Phone: 208-589-6005

Email: milodoctor@gmail.com

**\*4145 Spanish II (Intermediate)**

Instructor: Jackie Christiansen

Fee: Book Required

When: Thu. 9/6-11/15 10:00-11:30

Location: CHE 306

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 modified Blaine Ray TPR 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. Limit: 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

**\*4136 Origami and Paper Crafts**

Instructor: Linda Buttles

Fee: \$5.00

When: Mon. 9/10-10/29 1:00-2:30

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

Information will be given on the history of Origami and its continued use in science today. Folding techniques will be taught and we will make seasonal creations in class that can be reproduced at home. Participants are welcome to share and teach designs. Supplies will be provided. Come learn some basics about this ancient and enduring art. Limit: 12

Credentials: Linda Buttles enjoys working with her hands and creating. She has done a lot of origami while taking expert Earleen's Origami classes.

Facilitator: Jamie Dazey

Phone: 208-522-0147

Email: spinsterjr@AOL.com

**4137 Pinochle, Double Deck**

Instructor: Vicky Van Sickle

Fee: purchase lunch

When: Mon

Location: Leo's Place  
155 S. Holmes

You must have knowledge of 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 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 on every Monday. Vicky will help organize this class.

Credentials: We all help each other. There is no formal instruction.

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email: victorialynnvns@hotmail.com

**\*4144 Spanish I (Beginning)**

Instructor: Jackie Christiansen

Fee:

When: Mon. 9/10-11/19 1:30-3:00

Location: CHE 207

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. Limit: 30

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

Facilitator: Jackie Christiansen

Phone: (208)522-8705

Email: ajc1983@q.com

\* This class enrollment is limited.

**\*4348 Spanish III (Advanced)**

Instructor: Linda Tycz

Fee:

When: Mon. 9/10 - 12/17 10:00-11:30

Location: Senior Center  
535 W. 21st St.

This class meets weekly and those who have taken it previously will have preference. Class format and study material will be determined at the first class. Limit: 20

Credentials: Linda has been studying Spanish with FFL for about 8 years.

Facilitator: Linda Tycz

Phone: 208-360-0990

Email: gblet@msn.com

**\*4241 Zumba**

Instructor: Bitsy Blakely

Fee:

When: Mon, Thu. 9/10 - 12/20 M: 9-10, T: 1-2

Location: Senior Center  
535 W. 21st St.

Ditch the workout, join the party with Zumba. Super fun. Zumba combines all elements of fitness-cardio, strength, balance, flexibility, coordination, endurance, energy, and 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.

Credentials: Bitsy is a certified Zumba instructor.

Facilitator: Patsy Komoda

Phone: 208-529-0297

Email: Pkomoda@gmail.com

**\*4315 Fun Family Photo History**

Instructor: Gail Fielding

Fee: supplies

When: Tue. 9/11,18, 25, 10/2 1:00-3:00

Location: CHE 305

Gather your stored, forgotten family photos, organize them by event, date, family member and BRING IT ALL to this class. You can also bring a photo album or large, unused book to create your family heirloom. The instructor will share the necessary supplies during the first class and she will list supplies needed for the rest of the classes. Learn ENDLESS ways of creating artistic and informative albums that family members will tug-of-war over when we are done. Limit: 20

Credentials: Having lived long and taken many photos, Gail has created 20+ photo books for kids, events and memories, using new shapes for photos, variety of color in labels, pens, etc. without taking too much time or expense, this makes photo albums much more fun and interesting to peruse.

Facilitator: Cathy Johnson

Phone: 719-235-3910

Email: dacjohns@hotmail.com

**4147 Tai Chi**

Instructor: Nolan Bowen

Fee:

When: Tue. 9/11-11/27 3:30-4:30

Location: Senior Center  
535 E. 21st St.

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 one of TY Pang's style of Tai Chi.

Credentials: Nolan has been practicing Tai Chi since the 1970's and has taught FFL Tai Chi classes for many years.

Facilitator: Jill Tate

Phone: 208-221-2621

Email: skitaters@hotmail.com

**\*4316 Yoga II**

Instructor: Dino Lowrey

Fee:

When: Tue, Thu. 9/11-12/4 8:30-10:00

Location: Good Samaritan Chapel  
840 E. Elva

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. Limit: 16

Credentials: Dino is a retired archeologist. She has taken Yoga classes for the past 7 years and has taught this class for several years.

Facilitator: Joel/Joy Hubbell

Phone: 208-524-2333

Email: Joelmhubbell@gmail.com

**4327 Dr. Seuss Goes to War**

Instructor: Dr. Trent Stephens

Fee:

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

Location: TAB 200

Theodore Seuss Geisel (Dr. Seuss) wrote over 80 books during his career, most of which were children's books. Between 1940 and 1947 Dr. Seuss took a hiatus from book writing and became a war propagandist. The opinions expressed in his political cartoons, from his extreme dislike of Charles Lindberg and the Isolationists, to his absolute hatred of Hitler and Mussolini, are unambiguous. The artwork in his political cartoons is also unambiguously Dr. Seuss. Come see his political drawings of this time.

Credentials: Dr. Stephens grew up in southern Idaho, becoming a professor at ISU teaching Anatomy and Developmental Biology. He retired in 2011 after teaching for 30 years. He has been building toy and model castles for 35 years and has spoken to FFL about history and castles.

Facilitator: Kathleen Stephens/Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

**\*4157 Bead-weaving Introduction**

Instructor: David Johnson

Fee: \$6.00

When: Wed. 9/12-10/17 2:00-4:00

Location: CHE 207

Students will learn a basic American Indian hand (off loom) bead-weaving technique using very small beads. The project will be bookmark sized (about 1 1/2 inches by 5 inches) and may include fringes. Another possible project is an eyeglasses lanyard. Since the beads and needle are small a magnifying glass or reading glasses may be useful. Beads, thread, patterns and needles will be provided. Additional information will be given to enrolled students.

Limit: 12

Credentials: Dave learned a style of handweaving from Sydney Hoopes who learned it from the Shoshone. He is self-taught in other stitches and in loom work. He has taught bead-weaving to FFL in the past.

Facilitator: David Johnson

Phone: 719-235-3910

Email: davjohns\_01@hotmail.com

**\*4269 Mah Jongg**

Instructor: Marion Hudnail

Fee: must buy lunch

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

Location: Leo's Place  
155 S. Holmes

This will teach the players the basics of Mah Johgg. This is a table game with tiles and playing cards. We will be playing every Wednesday. Limit: 24

Credentials: Marion has played the game for a number of years.

Facilitator: Vicky Van Sickle

Phone: 208-589-6055

Email: victorialynnvns@hotmail.com

**4140 Recreational Music for Seniors**

Instructor: Lorrie Bridges

Fee: \$20.00

When: Wed. 9/12-11/14 3:00-4:00

Location: Piano Gallery  
2995 E. 17th St.

Learn to play your favorite song on a 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. The fee includes instruction and a book.

Credentials: Lorrie Bridges teaches at Piano Gallery.

Facilitator: Margie Prestwich

Phone: 208-523-0261

Email: margieprestwich59@gmail.com

**4228 Science Wednesday**

Instructor: Various

Fee:

When: Wed. 9/12-12/19 3:00-4:00

Location: Idaho Brewing Company  
775 S. Capital Ave.

Facilitators will provide initial sets of articles to the group for discussion. Participants will meet and join in an open forum discussion of the article for that week. After the initial meetings, participants will be asked to suggest an article for discussion at later meetings. Participants should be able to receive pdfs by email. Classes will be held every other Wednesday starting September 12.

The team of facilitators: Joel Hubbell, Michael McIlwain, Keith Daum

Credentials: Facilitators are retired scientists from the INL.

Facilitator: Joel Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com

**\*4154 Yoga I**

Instructor: Brenda Stewart

Fee:

When: Wed. 9/12 - 12/26 1:00-2:00

Location: Good Sam  
840 Elva

This yoga class will be a great way to move and be active while improving strength and flexibility. Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation/relaxation. It will be taught one day a week and uses the techniques of B.K.S. Iyengar. Students will need a yoga mat. Blocks and strap are recommended, but optional. Limit: 16

Credentials: Brenda has a 200 hour yoga teacher training certificate from Nancy Ruby in Bozeman, MT. She taught yoga for the YMCA for 12 years and is currently teaching morning yoga for the City of Idaho Falls, Recreation Department.

Facilitator: Joel Hubbell

Phone: 208-569-6041

Email: joelmhubbell@gmail.com

**4231 Singing for Fun**

Instructor: Donna Park

Fee:

When: Wed. 9/12-12/19 1:00-2:00

Location: 4051 Cambria Dr.

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 occasionally will sing at assisted living centers or at FFL functions.

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

**4328 Fall Gardening**

Instructor: Sue Holt

Fee:

When: Thu. 9/13 10:30-12:00

Location: CHE 213

Sue will discuss fall gardening practices, including clean-up, prevention of weeds and disease. What you do now will pay-off in the spring.

Credentials: Sue Holt is an experienced local gardener and an I.F. Community Garden Board Member.

Facilitator: Cathy Johnson

Phone: 719-235-3910

Email: dacjohns@hotmail.com

**4289 Hand & Foot Card Game**

Instructor: Sibyl Priest

Fee: Purchase lunch

When: Thu. 9/13-12/20 12:00

Location: Papa Tom's Pizza  
1830 S. Woodruff Ave.

Hand & 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.

Students must buy lunch at each session.

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

Facilitator: Sibyl Priest

Phone: 208-522-8351

Email: sibylpriest@icloud.com

**4218 Line Dancing**

Instructor: Varies

Fee:

When: Fri. 9/14 - 12/21 9:00-10:00

Location: Senior Center  
535 W. 21st St.

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 how good you feel and the many benefits you will gain from this.

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: Molly Brinkerhoff

Phone: 208-528-6936

Email: Molly@brinkerhoff.net



**4330 Trucking Over 80 Years Tour**

Instructor: Jason Andrus

Fee:

When: Fri. 9/14 1:00-2:30

Location: TAB 200

Big trucks! They travel the continent and provide the basis for our entire economy. Doug Andrus Distributing has been in business in Idaho Falls for 81 years. Learn about trucking from a real experienced speaker. As a bonus, we'll get to tour the "truck yard" and the dispatch center, where the fleet of trucks can be monitored nationwide minute by minute. Dates and time for tour(s) will be arranged after the class.

Credentials: Jason Andrus grew up in the business of Doug Andrus Distributing filling the candy machine and mowing lawns as boy. He spent time in the maintenance shop and began driving at age 18. He has been in the office for the last 21 years currently serving as the company's Chief Financial Officer.

Facilitator: Allen Perkins

Phone: 208-604-0820

Email: adp1942@gmail.com

**4329 2018 Tax Strategies**

Instructor: Jennifer Landon

Fee:

When: Fri. 9/14 10:30-12:00

Location: TAB 200

In three decades the legislature has changed income tax brackets, deductions, and individual and corporate rates, in hopes of invigorating the U.S. marketplace. You will learn new tax tips and get regular reminders on upcoming items that may help reduce your liabilities in pursuit of your financial goals.

Credentials: Jennifer is a financial planner for Journey Financial Services.

Facilitator: Marla Case

Phone: 208-522-3692

Email: marlacase52@yahoo.com

**\*4317 KLIM Outdoor Apparel Facility Tour**

Instructor: Scott Tomlinson

Fee:

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

Location: 3753 E. County Line Rd.  
Rigby

Tour the KLIM facility, located in Rigby, ID. KLIM is a manufacturer and global leader in technical riding gear for motorcycle and snowmobile and has been in business for 19 years. We will learn about the innovative fabric used to create warmer, lighter-weight clothing, as well as the ability to customize each piece for the customer. Limit: 30

Credentials: Scott Tomlinson is the Creative Director at KLIM.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**\*4303 Wind Turbine Tour**

Instructor: Mike McCabe

Fee:

When: Thu. 9/20 11:00-12:00

Location: Invenergy Operations  
789 Bone Road

During this tour, you will have the opportunity to see some of the wind turbines up close and learn from the experts the ins and outs of how they work. Carpools will be arranged for those who attend. Please do not sign up for this class if you went on the Wind Turbine tour in May. Limit: 30

Credentials: Mike is the Facility Manager at the Idaho Falls Invenergy site.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

**4331 Strength, Balance and Flexibility**

Instructor: Jolene Cunningham

Fee:

When: Fri. 9/21 1:00-2:30

Location: CHE 210

This class will cover the importance of balance, strength, and flexibility for people over 50. What type of exercises are beneficial and how? What can I do at home? How can I strength train with everyday household objects? There will be demonstrations and Q & A.

Credentials: Jolene has worked as an ACE and NASM certified trainer and group fitness instructor since 2006. Much of her continuing education is working with people over 50. She currently works at Anytime Fitness.

Facilitator: Lynn Howell

Phone: 208-709-3601

Email: btb.nsfa@outlook.com

**\*4318 Museum of Clean & The Food Bank Tour** Instructor: Brad Kisling, Jona Boote Fee: \$4.00

When: Tue. 9/25 10:00-4:00

Location: 711 S 2nd Ave., Pocatello  
555 S 1st Ave., Pocatello

The people on this tour will car pool to Pocatello. Half the group will go to the Museum of Clean to see the historical exhibits that are dedicated to all things clean. We will get the museum's group rate of \$4 per person. The other half will tour the food bank, that serves 18 counties in Idaho, as well as helping pack boxes of food. We will take an hour break for lunch and then switch to the other tour. Limit: 50

Credentials: Mr. Kisling is the Museum Director. Ms. Boote is the Nutrition Education Specialist and holds a BS in Dietetics.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**4332 Water Conservation**

Instructor: Gerald Sehlke, PhD

Fee:

When: Fri. 9/28 1:00-2:30

Location: TAB 200

Everyone is competing for our limited water resources, and the common approach is to extract more water from already over-stressed surface water and aquifers. This class will provide an overview of some of the water issues facing us in the west, and explore some new and innovative approaches to water conservation being implemented.

Credentials: Dr. Jerry Sehlke has 32 years experience in energy and water-related science and policy/management. He is past president of the American Water Resources Assn. He earned his PhD in Water Law, Management and Policy from U of I.

Facilitator: Ken Olson

Phone: 208-360-9062

Email: mooseinidaho@gmail.com

**\*4319 What's New at the Library**

Instructor: Beth Swenson

Fee:

When: Tue. 10/2 10:30-12:00

Location: Idaho Falls Public Library  
457 W. Broadway

Libraries are not as we knew growing up or even just a few years ago. We will learn about library services and programs, as well as online, including Overdrive, Linda, and Rosetta Stone. New services since the last presentation will be covered. We will also learn about upcoming new books, book trends and potential book club choices. Bring your phone/devices for some 1:1 help with Overdrive, if needed, after the presentation. Limit: 75

Credentials: Beth has a Master's degree in Library Information Science from the University of North Texas. She has been the outreach librarian for the Idaho Falls Public Library for three years giving school and community presentations.

Facilitator: Lynn Howell

Phone: 208-709-3601

Email: btb.nsfa@outlook.com

**4220 Minidoka**

Instructor: Hanako Wakatsuki

Fee:

When: Thu. 10/4 12:00-1:30

Location: TAB 200

View a Powerpoint presentation with images focusing on the history of the Minidoka War Relocation Center in Jerome, Idaho, during WWII. We will talk about the historic nature of how the incarceration of Japanese Americans occurred, what kind of policies were enacted that led to the creation of Minidoka, the daily life of incarcerated, and the constitutional violations of American citizens.

Credentials: The instructor is Chief of Interpretation and Education at the Minidoka National Historic site. She has a BA in history, BS in political science, and an MA in Museum Studies.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

**4180 Navigating the Medicare Maze**

Instructor: Helen Mayberry

Fee:

When: Fri. 10/05 10:30-12:30

Location: CHE 213

Learn about traditional Medicare, how it works and its benefits. The different insurance coverages available to supplement or replace traditional Medicare will be explained. The instructor will explain the coverage and benefits with emphasis on the pros and cons of different choices available to Medicare beneficiaries.

Credentials: Helen has worked for the Dept of Insurance SHIBA (Senior Health Insurance Benefits Advisors) program for several years.

Facilitator: Susan McKinley

Phone: 208-520-3784

Email: ksmckinley@msn.com

**4181 Selecting a Prescription Drug Plan**

Instructor: Carrie Crom

Fee:

When: Fri. 10/5 1:30-3:00

Location: CHE 213

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

Credentials: For more that 10 years Carrie has assisted individuals in selecting Medicare Prescription Plans as a volunteer for Senior Health Insurance Benefits Advisors with the Dept. of Insurance. She also volunteers for Freemed that the Dept. of Health & Welfare provides.

Facilitator: Susan McKinley

Phone: 208-520-3784

Email: [kismckinley@msn.com](mailto:kismckinley@msn.com)**\*4320 Calligraphy for Beginners**

Instructor: Nancy Peterson

Fee:

When: Tue. 10/9, 10/16 10:30-12:00

Location: CHE 306

Learn the art of beautiful writing. A hands on guided practice of Italic and Gothic will be taught with a peek at other interesting styles. Calligraphy is popular with quotes and envelopes, but plan on discovering the artistic side of calligraphy while creating your own beautiful pieces with this new found skill. Limit: 10

Credentials: Nancy taught calligraphy at Kingwood Community College for over 9 years in Texas. She was employed for weddings, quinceaneras, community events, personal gifts and recognition memorials in Houston Texas.

Facilitator: Dorothy Kennedy

Phone: 208-521-8224

Email: [dorothy.Kennedy69@gmail.com](mailto:dorothy.Kennedy69@gmail.com)**4333 Document Your Life in a Meaningful Way**

Instructor: Chris Balmer

Fee:

When: Tue. 10/9 10:30-12:00

Location: TAB 200

Chris will teach how to take better pictures using a regular camera or your cell phone. He has lead many tours where students are placed in situations which require fast reactions and steady nerves. He will identify ways to get meaningful photos to help you and your friends enjoy your vacations.

Credentials: Chris owns Perfect Light and has taken many tours with students who are there to learn how to document their adventures.

Facilitator: Margaret Kennelly

Phone: 208-524-4930

Email: [Margaret\\_kennelly@yahoo.com](mailto:Margaret_kennelly@yahoo.com)**4334 Disasters: Are We Prepared?**

Instructor: Tom Lenderink

Fee:

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

Location: TAB 200

If a major disaster occurred in our area, how would it be handled? In this class you will learn about plans that are in place to address a catastrophic emergency in Bonneville County and/or it's municipalities.

Credentials: Tom has served as the Director of the Bonneville County Office of Emergency Management for the past 9 years and retired from law enforcement in Colorado after 27 years of service.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: [eileenperkins404@gmail.com](mailto:eileenperkins404@gmail.com)**4335 China Culture & Travel**

Instructor: Cheryl Siedelmann

Fee:

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

Location: TAB 200

Cheryl traveled to China in the Fall of 2017. She will share her photographs, experiences traveling on the Yangtze River, and the culture of China. Come learn about China in preparation for our Fall Chinese Cuisine being held November 5, 2018.

Credentials: Cheryl is a world traveler. She spent a month in China and has many pictures to share.

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email: [victorialynnvs@hotmail.com](mailto:victorialynnvs@hotmail.com)**4336 Opera Theatre off Broadway**

Instructor: Rob Farnum

Fee:

When: Fri. 10/12 1:00-3:00

Location: TAB 200

A musical presentation by the singers of the Idaho Falls Opera Theatre ensures an afternoon of musical delight.

Credentials: Rob Farnum has been involved with the music world in Idaho Falls for many years, performing in and directing performances, as well as promoting the classics.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

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



**4337 Climbing Mt. Kilimanjaro**

Instructor: Aaron Linsdau

Fee:

When: Tue. 10/16 10:00-12:00

Location: TAB 200

Is it possible to climb one of the famed seven summits and not be an Olympic athlete? You bet! That doesn't mean you want to show up round and out of shape. Aaron Linsdau will share what it's like, what it takes, and how you can climb Mt. Kilimanjaro.

Credentials: Aaron has a degree in PE; a masters 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

**4349 Discover Steampunk Tour**

Instructor: Rod Hansen

Fee: Senior Group Fee

When: Wed. 10/17 2:00-3:30

Location: Museum of Idaho  
200 N. Eastern Ave.

Discover Steampunk is a visual masterpiece, reminding us that through the pursuit of truth, beauty and vision, visitors can look to the future by remembering the past. In the words of Steven Spielberg - "There is no such thing as science fiction, there is only science eventuality."

Credentials: Rod has been with us for many years, giving us his personal touch on the many fun and interesting exhibits. He is very educated on each and every exhibit that we are privileged to be a part of. We are lucky to have him help explain our questions that pertain to the exhibit.

Facilitator: Adele George

Phone: 208-716-1239

Email: gottatap4me@live.com

**\*4273 Palisade Dam & Power Plant Tour**

Instructor: Donald Scheirer

Fee:

When: Thu. 10/18 10:00-4:00

Location: Palisades Dam

We will tour Palisades Dam and Power Plant. The managers at the dam will lead a discussion about water management and power production. Plan to carpool from Idaho Falls, leaving about 10:00, and bring a sack lunch. We will return by 4:00. Participants will be required to climb a significant number of stairs. Please do not sign up for this class if you have attended in the past. Limit: 20.

Credentials: Mr. Scheirer is the facility manager for the Upper Snake River Field Office for the Bureau of Reclamation

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**\*4151 Creative Writing Workshop**

Instructor: Sidney Hoopes

Fee:

When: Thu. 10/18 - 11/15 1:00-3:00

Location: CHE 305

This is a five 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 semester. The last class will be held at 456 Hickory Circle. Limit: 12

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

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email: fshoopess@cablone.net

**\*4321 How to Use the Internet**

Instructor: Joanne Johnson

Fee:

When: Fri. 10/19 1:00-2:30

Location: CHE 204

In this one-session class, we will learn how to search the internet, add bookmarks, browse internet history, save images and more. This class is for members who mainly use the internet for email but want to learn how to use it in other ways. Maxine Smolowitz will also be teaching. Limit: 18

Credentials: Joanne and Maxine have used the internet for many years and taught the class a few years ago to FFL members.

Facilitator: Joanne Johnson

Phone: 208-821-5798

Email: jojohnson33@gmail.com

**\*4322 Microsoft Word for Beginners**

Instructor: Joanne Johnson

Fee:

When: Fri. 10/19, 26, 11/2 10:00-11:30

Location: CHE 204

This three-session class is for beginners who have minimal proficiency in using Microsoft Word. It will be most useful for those who have Microsoft Word beginning with version 2007 and up to the present version. We will learn basics such as opening, saving, and closing documents. We will cover cutting, copying, and pasting from one document to another and inserting text and pictures from the internet. If you sign up for this class, you will be expected to attend all three sessions. Maxine Smolowitz will also instruct. Limit: 18

Credentials: Both Joanne and Maxine have used Microsoft Word for several years and have taught this course a few times in the past to FFL members.

Facilitator: Joanne Johnson

Phone: 208-821-5798

Email: jojohnson33@gmail.com

**\*4323 Everyone Can Draw**

Instructor: Nancy Peterson

Fee: \$10.00

When: Tue. 10/23,30,11/6,13 10:00-12:00

Location: CHE 306

An engaging drawing course for beginners. A fun class designed to introduce multiple techniques and media to the want-to-be artist. Color pencil, pastels, watercolors and ink are a few media used to complete your small pieces of art each class. Who knows, you may just create next year's Christmas Card. Gain confidence and express yourself through art. Limit: 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: Dorothy Kennedy

Phone: 208-521-8224

Email: dorothea.Kennedy69@gmail.com

**4338 Service Station for the Sky**

Instructor: Thomas Hoff

Fee:

When: Tue. 10/23 1:00-2:30

Location: TAB 200

Few people are aware of the amazing variety of aircraft that visit the Idaho Falls Regional Airport, and the vital role it plays in our community. Private, business, commercial, military, vintage and experimental aircraft from all over the world land at IDA and use its wide variety of services, including its local Fixed Base Operator (a sort of aviation service station). Students will get a good look at aircraft that range from some of the oldest flying examples to the most advanced fighter jets.

Credentials: Thomas Hoff is the Vice President of Aero Mark, Inc., I.F. Regional Airport's Fixed Base Operator, and manages the daily operations of the business. He is the co-founder and Director of the Idaho Aviation Expo, an aviation photographer, and editor of an aviation publication.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

**\*4205 Bead Weaving II**

Instructor: David Johnson

Fee: \$6.00

When: Wed. 10/24-11/28 2:00-4:00

Location: CHE 210

This is the next class after Bead-weaving I. Students will learn the flat peyote stitch. Students must take Bead-weaving I or have experience in off loom weaving. It will take 24 or more hours of actual work. You will need to work at home to finish the project. Beads, thread, patterns, and needles will be provided at a slight cost. Good eyesight and some manual dexterity are necessary. Limit: 12

Credentials: Dave learned a style of handweaving from Sydney Hoopes who learned it from the Shoshone. He is self-taught in other stitches and in loom work. He has taught bead-weaving to FFL in the past.

Facilitator: David Johnson

Phone: 719-235-3910

Email: davjohns\_01@hotmail.com

**\*4324 School Bags Humanitarian Workshop**

Instructor: Betty E. Anderson

Fee:

When: Thu. 10/25 9:30-11:30

Location: Trinity United Methodist Church  
237 N. Water Ave.

Many disasters continue to happen in the U.S. and the world. Many disaster centers in the U.S. provide kits of necessary supplies to people affected by disaster. Volunteers help keep these centers filled with kits and supplies. A school bag containing basic supplies is one kit that we can help provide. Join us to cut fabric for the workshop or donate sturdy fabric and other sewing supplies. Volunteer to sew the bags, provide school supplies/or money for supplies. Limit: 30

Credentials: Betty has served in disaster centers in several locations and served in foreign countries where disasters have affected the lives of many people. She knows the needs are great. She has led this class many times for FFL.

Facilitator: Betty E. Anderson

Phone: 208-521-3039

Email: bettyellenba@gmail.com

**4339 Trans America Bike Race**

Instructor: Ken Simpson

Fee:

When: Fri. 10/26 1:00-2:30

Location: TAB 200

Ken previously told us about his bike rides to Alaska and Florida. But the Trans America Bike Race was a totally different experience for this veteran biker. Racing 4,300 miles from Yorktown, Virginia to Astoria, Oregon in 36 days created challenges he had not expected. In this class you will learn about the obstacles he faced and his determination to finish the race.

Credentials: Ken has been biking for 10 years. He has biked across the U.S. twice, to the Alaska Arctic Ocean, across Europe, across Iceland and has participated in the LOTOJA (Logan to Jackson) bike race twice.

Facilitator: Carolyn Davis

Phone: 208-528-7369

Email: carlissa449@q.com

**4340 Overcoming Anxiety and Depression**

Instructor: Matt Larsen, MD

Fee:

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

Location: CHE 211

In this class you will learn about the symptoms and causes of anxiety and depression. Dr. Larsen also will discuss steps that can be taken to overcome these problems and how to help family and friends who may suffer from anxiety and/or depression.

Credentials: Dr. Larsen is a psychiatrist at the Behavioral Health Center. His specialty is general psychiatry and child and adolescent psychology. He is Chairman of the local Suicide Prevention Action Network (SPAN) and is a sought-after speaker on the the subject of Depression and Anxiety.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

**\*4111 China Cultural Cuisine**

Instructor: FFL Committee

Fee: \$20 or cooked dish

When: Mon. 11/5 6:00-8:00

Location: 1st Evangelical Lutheran Church  
455 Sunnyside Rd.

Come and experience a taste of China during our Cultural Cuisine dinner. FFL members attending the dinner will be asked to prepare and bring an authentic Chinese dish, which will be assigned to them by the food committee. If you have a favorite recipe of an authentic Chinese dish, please e-mail it to Vicky Van Sickle. Non-member spouses and friends will be charged \$20. Members must register by October 25th to attend the event. Be sure to attend the China Culture and Travel class on October 12th at ISU to learn more about China. Limit 170

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

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email: victorialynnvns@hotmail.com

**\*4188 Readers' Roundtable**

Instructor: Carol Mobley

Fee:

When: Tue. 11/6 1:30-3:30

Location: CHE 306

During this class participants are encouraged to share favorite books/authors we've read and enjoyed. Limit: 30

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

**4341 Starter Businesses of Eagle Rock**

Instructor: Mary Jane Fritzen

Fee:

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

Location: CHE 211

Robert Anderson, a founder of Eagle Rock, invited his brother Jack to come West and join him in 1871. They formed Anderson Brothers Bank & Mercantile. Connie Otteson will assist to tell about Jack's adventures. In 1889 G. G. Wright came from Utah to manage the Cooperative Wagon and Machine Company. Both these early business leaders assisted others to start firms and farms as Eagle Rock grew to become Idaho Falls.

Credentials: Mary Jane Fritzen, a native of Idaho Falls, has researched the Founders of Eagle Rock and the History of Bonneville County, both of which are among her publications.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

**4342 Cancer Immunotherapy**

Instructor: Michael E. McIlwain

Fee:

When: Tue. 11/13 1:30-3:00

Location: TAB 200

This tutorial will cover the recent developments in using the human immune system to treat various types of cancer. The presentation will attempt to relate the very complex nature of various types of treatments in terms that people not versed in biology and medicine will understand. The information presented is intended to help the audience better understand what new treatment options are available relative to classical chemotherapy.

Credentials: Michael McIlwain has a Doctorate in Chemistry and a research background in Biotechnology.

Facilitator: Joel Hubbell

Phone: 208 524 2333

Email: joelmhubbell@gmail.com

**4343 Slavery and Race Relations**

Instructor: Steve Piet

Fee:

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

Location: TAB 200

What is the history of slavery "from the arrival of conquistadors to the election of Barack Obama" in the words of Prof. Henry Louis Gates in "Life Upon These Shores"? Dr. Gates, as the black professor in Obama's beer summit, was questioned by police for trying to get into his own house. Steve will discuss slavery and subsequent race relations, bringing history to life.

Credentials: Steve grew up in the South and was in two different high schools the years they desegregated. At that time they were about 50/50 white to black. He recently read a book on African-American history and decided to report on it for this class, emphasizing some things he had not previously known.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

**\*4325 iPad Ins and Outs**

Instructor: Molly Brinkerhoff

Fee:

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

Location: CHE 305

For iPad owners only, you will be shown the ins and outs of how to best use your iPad, how to access iTunes and how to find apps. Please bring your iPad to class. Limit: 20

Credentials: Molly Brinkerhoff worked for School District 91 for 14 years, the last four as a Technology Integration Specialist.

Facilitator: Joel Hubbell

Phone: 208-569-6041

Email: joelhubbell@gmail.com

**4344 Machu Picchu by Foot**

Instructor: Terry Ryan

Fee:

When: Fri. 11/16 10:30-12:00

Location: TAB 200

Take a trip up and down the hills on the trail to Machu Picchu. Backpacking into the ruins high in the Andes was an adventure Terry would like to share. Learn how to prepare, what to take and what to expect along the way.

Credentials: Terry successfully made this hike with four young women half her age.

Facilitator: Margaret Kennelly

Phone: 208-524-4930

Email: margaret\_kennelly@yahoo.com

**4258 Find the Artist in You**

Instructor: Amber Birch

Fee: \$25.00 for materials

When: Thu. 11/29 1:00-3:30

Location: Grape Van Gogh  
383 A Street

Amber will lead you step by step in completing an acrylic painting on a 16 x 20 canvas. You may choose to follow along or express your own creative side. At the end of the afternoon you will take home your completed unique masterpiece. You will find this a fun and creative way to "Paint and Party" with friends. The fee will cover needed supplies and the use of an apron.

Credentials: As the owner of the Grape Van Gogh studio, Amber has a unique way of helping her students have fun as they create beautiful paintings in a short time.

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email: victorialynnvs@hotmail.com

**4345 Abuse of Prescription Drugs**Instructor: Police Department  
(Police Dept./ Holly  
Cook)

Fee:

When: Tue. 12/4 1:00-2:30

Location: TAB 200

How easy is it to be addicted to prescription drugs? Do you take prescription drugs that could get you addicted? What do you do so others don't take drugs from your medication cabinet for their own use? Get the answers in this class.

Credentials: A police officer from the city with knowledge in this area will be assigned to this presentation.

Facilitator: Marla Case

Phone: 208-757-2950

Email: marlacase52@yahoo.com

**4346 Humor - Want to be Funnier?**

Instructor: Steve Piet

Fee:

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

Location: TAB 200

Would you like to be funnier or understand humor? Humor can be learned. As an engineer, Steve has entertained a number of groups with Powerpoint-laden techno-talks. Yet, thanks to watching other presenters and reading countless unfunny comedy books, he has learned to incorporate humor into his presentations. He has even won a humorous speech contest and has proven he can make people laugh. Hopefully you can too.

Credentials: Steve is a recovering PhD engineer who now loves to talk. He has twice won the Distinguished Toastmaster award from Toastmasters International and recently served as the top official for the 1500 Toastmasters in Utah, most of Idaho, plus parts of Nevada, Wyoming and Oregon.

Facilitator: Carolyn Davis

Phone: 208-528-7369

Email: carlissa440@q.com

**\*4326 Nutrition for Healthy Aging**

Instructor: Leslee Blanch

Fee:

When: Thu. 12/06 1:00-2:30

Location: TAB 200

As we age what food do we need to stay healthy and maintain a sound body and happy disposition?

Credentials: Leslee is an instructor in consumer economics for the U of I Extension Agency.

Facilitator: Clarissa Olson

Phone: 208-821-0670

Email: cj.olson@q.com

**4347 Dome Buildings**

Instructor: Bryan Butikofer

Fee:

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

Location: TAB 200

Learn the benefits of a dome building, the interesting process of construction and the beauty of the final product.

Credentials: Bryan is Vice President of Construction for Dome Technology.

Facilitator: Marla Case

Phone: 208-757-2950

Email: marlacase52@yahoo.com



**\*4171 Holiday Lunch**

Instructor: Karin Armstrong

Fee: \$25.00

When: Mon. 12/17 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 and stunning entertainment! Please join us for our 3rd Annual Holiday Lunch. In order to ensure everyone gets a door prize, everyone is asked to bring a wrapped gift, new or used, but nice. Limit: 170

Credentials: Friend for Learning requires a \$25 non-refundable payment from all attendees by Dec. 12. All checks should 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

### Bus trip to the Playmill Theater in West Yellowstone

Wednesday, August 29<sup>th</sup>, 2018.

Cost: \$65.00

What is included: Bus, driver's tip, entrance to Grizzly and Wolf Discovery Center, and reserved center seating at the Playmill Theater for the Broadway production of the musical, Newsies.

The Plan: We will leave IF at about 9:00 a.m. stopping first at the Discovery Center in time for the naturalist program at 11:45. After spending as much time there as you want, you will have free time to wander or window shop until we meet again at 4 p.m. for dinner at the Slippery Otter. Show time is 6p.m. with doors opening at 5:30. We should be back in IF around 10:00 p.m.

The Slippery Otter will give us four menu choices and we must pre order. That information will come later with final details.

Deadline Aug. 19<sup>th</sup>. We must have money in hand by that date. Please send a non-refundable check to:

Cathy Johnson

2350 Oakmont Drive

Idaho Falls, ID 83404

Phone: 715-235-3910

Or you can pay Cathy or Nancy at the summer picnic on August 8<sup>th</sup>.

Please include your phone number and email address as there will be more information to pass to you.

We need a firm count by the 19<sup>th</sup>. Our final day to cancel will be Aug. 20. If we don't have 40 people, we will have to cancel.

Due to liability issues, participants must be able to board bus and accomplish physically all that is required without asking for assistance.

#### Bus Trip Committee:

Nancy Carpenedo (208) 529-4714 – nancycarpe@msn.com

Cathy Johnson (719) 235-3910 – dacjohns@hotmail.com

Linda Tycz (208) 360-0990 – gblet@msn.com

# Friends For Learning Registration Form – Fall 2018

Please keep a copy of this form for your future reference

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

9:00a.m.-12:30 Wednesday, August 15<sup>th</sup>, 2018 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. 8<sup>th</sup> Ave Stop 8380  
Pocatello, ID 83209

• **Parking passes** All registering members will be offered a parking pass. Please mark the registration form. It can only be used for FFL purposes. Parking passes will be mailed to members this semester. 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"/>	4215 Parking Pass	n/a.		n/a
<input type="checkbox"/>	4242 A Volunteer Opportunity	n/a.		n/a
<input type="checkbox"/>	4121 Hiking, Walking and Exploring	n/a.		n/a
<input type="checkbox"/>	*4145 Spanish II (Intermediate)	9/6-11/15. Thu	10:00-11:30	CHE 306
<input type="checkbox"/>	*4136 Origami and Paper Crafts	9/10-10/29. Mon	1:00-2:30	IF Senior Center 535 W. 21st St.
<input type="checkbox"/>	4137 Pinochle, Double Deck	9/10 - 12/24. Mon Mon	12:00-3:00	Leo's Place 155 S. Holmes
<input type="checkbox"/>	*4144 Spanish I (Beginning)	9/10-11/19. Mon	1:30-3:00	CHE 207
<input type="checkbox"/>	*4348 Spanish III (Advanced)	9/10 - 12/17. Mon	10:00-11:30	Senior Center 535 W. 21st St.
<input type="checkbox"/>	*4241 Zumba	9/10 - 12/20. Mon, M: 9-10, T: 1-2 Thu		Senior Center 535 W. 21st St.
<input type="checkbox"/>	*4315 Fun Family Photo History	9/11,18, 25, 10/2. Tue	1:00-3:00	CHE 305
<input type="checkbox"/>	4147 Tai Chi	9/11-11/27. Tue	3:30-4:30	Senior Center 535 E. 21st St.
<input type="checkbox"/>	*4316 Yoga II	9/11-12/4. Tue, Thu	8:30-10:00	Good Samaritan Chapel 840 E. Elva

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

\* This class enrollment is limited.

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	4327 Dr. Seuss Goes to War	9/11. Tue	10:30-12:00	TAB 200
<input type="checkbox"/>	*4157 Bead-weaving Introduction	9/12-10/17. Wed	2:00-4:00	CHE 207
<input type="checkbox"/>	*4269 Mah Jongg	9/12-12/19. Wed	12:00-3:00	Leo's Place 155 S. Holmes
<input type="checkbox"/>	4140 Recreational Music for Seniors	9/12-11/14. Wed	3:00-4:00	Piano Gallery 2995 E. 17th St.
<input type="checkbox"/>	4228 Science Wednesday	9/12-12/19. Wed	3:00-4:00	Idaho Brewing Company 775 S. Capital Ave.
<input type="checkbox"/>	*4154 Yoga I	9/12 - 12/26. Wed	1:00-2:00	Good Sam 840 Elva
<input type="checkbox"/>	4231 Singing for Fun	9/12-12/19. Wed	1:00-2:00	4051Cambria Dr.
<input type="checkbox"/>	4328 Fall Gardening	9/13. Thu	10:30-12:00	CHE 213
<input type="checkbox"/>	4289 Hand & Foot Card Game	9/13-12/20. Thu	12:00	Papa Tom's Pizza 1830 S. Woodruff Ave.
<input type="checkbox"/>	4218 Line Dancing	9/14 - 12/21. Fri	9:00-10:00	Senior Center 535 W. 21st St.
<input type="checkbox"/>	4330 Trucking Over 80 Years Tour	9/14. Fri	1:00-2:30	TAB 200
<input type="checkbox"/>	4329 2018 Tax Strategies	9/14. Fri	10:30-12:00	TAB 200
<input type="checkbox"/>	*4317 KLIM Outdoor Apparel Facility Tour	9/18. Tue	11:00-12:00	3753 E. County Line Rd. Rigby
<input type="checkbox"/>	*4303 Wind Turbine Tour	9/20. Thu	11:00-12:00	Invenergy Operations 789 Bone Road
<input type="checkbox"/>	4331 Strength, Balance and Flexibility	9/21. Fri	1:00-2:30	CHE 210
<input type="checkbox"/>	*4318 Museum of Clean & The Food Bank Tour	9/25. Tue	10:00-4:00	711 S 2nd Ave., Pocatello 555 S 1st Ave., Pocatello
<input type="checkbox"/>	4332 Water Conservation	9/28. Fri	1:00-2:30	TAB 200
<input type="checkbox"/>	*4319 What's New at the Library	10/2. Tue	10:30-12:00	Idaho Falls Public Library 457 W. Broadway
<input type="checkbox"/>	4220 Minidoka	10/4. Thu	12:00-1:30	TAB 200
<input type="checkbox"/>	4180 Navigating the Medicare Maze	10/05. Fri	10:30-12:30	CHE 213
<input type="checkbox"/>	4181 Selecting a Prescription Drug Plan	10/5. Fri	1:30-3:00	CHE 213
<input type="checkbox"/>	*4320 Calligraphy for Beginners	10/9, 10/16. Tue	10:30-12:00	CHE 306
<input type="checkbox"/>	4333 Document Your Life in a Meaningful Way	10/9. Tue	10:30-12:00	TAB 200
<input type="checkbox"/>	4334 Disasters: Are We Prepared?	10/11. Thu	10:30-12:00	TAB 200
<input type="checkbox"/>	4335 China Culture & Travel	10/12. Fri	10:00-12:00	TAB 200
<input type="checkbox"/>	4336 Opera Theatre off Broadway	10/12. Fri	1:00-3:00	TAB 200
<input type="checkbox"/>	4337 Climbing Mt. Kilimanjaro	10/16. Tue	10:00-12:00	TAB 200
<input type="checkbox"/>	4349 Discover Steampunk Tour	10/17. Wed	2:00-3:30	Museum of Idaho 200 N. Eastern Ave.
<input type="checkbox"/>	*4273 Palisade Dam & Power Plant Tour	10/18. Thu	10:00-4:00	Palisades Dam
<input type="checkbox"/>	*4151 Creative Writing Workshop	10/18 - 11/15. Thu	1:00-3:00	CHE 305
<input type="checkbox"/>	*4321 How to Use the Internet	10/19. Fri	1:00-2:30	CHE 204

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

\* This class enrollment is limited.

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	*4322 Microsoft Word for Beginners	10/19, 26, 11/2. Fri	10:00-11:30	CHE 204
<input type="checkbox"/>	*4323 Everyone Can Draw	10/23,30,11/6,13. Tue	10:00-12:00	CHE 306
<input type="checkbox"/>	4338 Service Station for the Sky	10/23. Tue	1:00-2:30	TAB 200
<input type="checkbox"/>	*4205 Bead Weaving II	10/24-11/28. Wed	2:00-4:00	CHE 210
<input type="checkbox"/>	*4324 School Bags Humanitarian Workshop	10/25. Thu	9:30-11:30	Trinity United Methodist Church 237 N. Water Ave.
<input type="checkbox"/>	4339 Trans America Bike Race	10/26. Fri	1:00-2:30	TAB 200
<input type="checkbox"/>	4340 Overcoming Anxiety and Depression	11/2. Fri	1:00-2:30	CHE 211
<input type="checkbox"/>	*4111 China Cultural Cuisine	11/5. Mon	6:00-8:00	1st Evangelical Lutheran Church 455 Sunnyside Rd.
<input type="checkbox"/>	*4188 Readers' Roundtable	11/6. Tue	1:30-3:30	CHE 306
<input type="checkbox"/>	4341 Starter Businesses of Eagle Rock	11/9. Fri	10:30-12:00	CHE 211
<input type="checkbox"/>	4342 Cancer Immunotherapy	11/13. Tue	1:30-3:00	TAB 200
<input type="checkbox"/>	4343 Slavery and Race Relations	11/15. Thu	1:00-2:30	TAB 200
<input type="checkbox"/>	*4325 iPad Ins and Outs	11/15. Thu	1:00-2:30	CHE 305
<input type="checkbox"/>	4344 Machu Picchu by Foot	11/16. Fri	10:30-12:00	TAB 200
<input type="checkbox"/>	4258 Find the Artist in You	11/29. Thu	1:00-3:30	Grape Van Gogh 383 A Street
<input type="checkbox"/>	4345 Abuse of Prescription Drugs	12/4. Tue	1:00-2:30	TAB 200
<input type="checkbox"/>	4346 Humor - Want to be Funnier?	12/5. Wed	10:30-12:00	TAB 200
<input type="checkbox"/>	*4326 Nutrition for Healthy Aging	12/06. Thu	1:00-2:30	TAB 200
<input type="checkbox"/>	4347 Dome Buildings	12/11. Tue	10:30-12:00	TAB 200
<input type="checkbox"/>	*4171 Holiday Lunch	12/17. Mon	11:30	Idaho Falls Country Club

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

\* This class enrollment is limited.



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# September 2018

Fall Semester

Mon	Tue	Wed	Thu	Fri
<p>3 Aug. 29 Bus trip to West: Playmill and Discovery Centers. See catalog, last page</p>	<p>4</p>	<p>5</p>	<p>6 Spanish II 10:00-11:30 CHE 306</p>	<p>7</p>
<p>10 Spanish III 10:00-11:30 Senior Center 535 W 21st Origami and Paper Crafts 1:00-2:30 Senior Center 535 W 21st Zumba 9:00-10:00 Sr Center 535 W 21st Fit for Life 10:00-11:00 Good Sam 840 Elva Pinochle 12:00-3:00 Leo's Place 155 S Holmes Spanish I 1:30-3:00 CHE 207</p>	<p>11 Dr Seuss Goes to War 10:30-12:00 TAB 200 Fun Family Photo History 1:00-3:00 CHE 305 Tai Chi 3:30-4:30 Sr. Center 535 W 21st Yoga II 8:30-10:00 Good Sam 's 840 E. Elva</p>	<p>12 Beg Bead Weaving I 2:00-4:00 CHE 207 Recreational Music for Srs 3:00-4:00 Piano Gallery 2995 E 17th St Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1- 2 4051 Cambria Dr IF Yoga I 1:00-2:00 Good Sam 840 Elva Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital IF</p>	<p>13 Fall Gardening 10:30-12:30 CHE 213 Hand &amp; Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Zumba 1:00-2:00 Sr Center 535 W 21st Spanish II 10:00-11:30 CHE 306 Yoga II 8:30-10:00 Good Sam 840 E. Elva</p>	<p>14 2018 Tax Strategies 10:30-12:00 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st Trucking Over 80 Years TAB 200, 1:00-2:30</p>
<p>17 Spanish III 10:00-11:30 Senior Center 535 W 21st Origami and Paper Crafts 1:00-2:30 Sr Center 535 W 21st Zumba 9:00-10:00 Sr Center 535 W 21st Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 207</p>	<p>18 KLIM Outdoor Apparel Facility Tour 11:00-12:00 3753 E County Line Rd, Rigby Fun Family Photo History 1:00-3:00 CHE 305 Tai Chi 3:30-4:30 Sr. Center 535 W 21st Yoga II 8:30-10:00 Good Sam's 840 E. Elva</p>	<p>19 Beg Bead Weaving I 2:00-4:00 CHE 207 Recreational Music for Srs 3:00-4:00 Piano Gallery 2995 E 17th St Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva</p>	<p>20 Wind Turbine Tour 11:00-12:00 Invenergy Operations 789 Bone Rd Hand &amp; Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Zumba 1:00-2:00 Sr Center 535 W 21st Spanish II 10:00-11:30 CHE 306 Yoga II, 8:30-10:00</p>	<p>21 Strength Balance and Flexibility 1:00-2:30 CHE 210 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>24 Spanish III 10:00-11:30 Senior Center 535 W 21st Origami and Paper Crafts 1:00-2:30 Sr Center 535 W 21st Zumba 9:00-10:00 Sr Center 535 W 21st Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 207</p>	<p>25 Museum of Clean and The Food Bank 10:00-4:00 711 So 2nd Ave Pocatello 555 So 1st Ave Pocatello What's New at the Library 10:30-12:00 IF Public Library 457 West Broadway Fun Family Photo History 1:00-3:00 CHE 305 Tai Chi 3:30-4:30 Sr. Center 535 W 21st Yoga II, 8:30-10:00</p>	<p>26 Beg Bead Weaving I 2:00-4:00 CHE 207 Recreational Music for Srs 3:00-4:00 Piano Gallery 2995 E 17th St Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital</p>	<p>27 Hand &amp; Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Zumba 1:00-2:00 Sr Center 535 W 21st Spanish II 10:00-11:30 CHE 306 Yoga II 8:30-10:00 Good Sam 840 E. Elva</p>	<p>28 Water Conservation 1:00-2:30 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>





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# October 2018

Fall Semester

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Spanish III 10:00-11:30 Sr Center Origami and Paper Crafts 1:00-2:30 Sr Ctr Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207</p>	<p>2</p> <p>What's New at the Library 10:30-12:00 IF Public Library 457 W Broadway IF Fun Family Photo History 1:00-3:00 CHE 305 Tai Chi 3:30-4:30 Sr. Center 535 W 21st Yoga II, 8:30-10:00</p>	<p>3</p> <p>Beg Bead Weaving I 2:00-4:00 CHE 207 Recreational Music for Srs 3:00-4:00 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva</p>	<p>4</p> <p>Minidoka 12:00-1:30 TAB 200 Hand &amp; Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Zumba 1:00-2:00 Sr Center 535 W 21St Spanish II 10:00-11:30 CHE 306 Yoga II 8:30-10:00 Good Sam 840 E. Elva</p>	<p>5</p> <p>Navigating the Medicare Maze 10:30-12:30 CHE 213 Selecting a Prescription Drug Plan 1:30-3:00 CHE 213 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>8</p> <p>Spanish III 10:00-11:30 Sr Center Origami and Paper Crafts 1:00-2:30 Sr Ctr Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207</p>	<p>9</p> <p>Documenting Your Life in Meaningful Ways 10:30-12:00 TAB 200 Calligraphy for Beginners 10:30-12:00 CHE 306 Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>10</p> <p>Beg Bead Weaving I 2:00-4:00 CHE 207 Recreational Music for Srs 3:00-4:00 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva Science Wednesday 3:00-4:00</p>	<p>11</p> <p>Disasters: Are We Prepared 10:30-12:00 TAB 200 Hand &amp; Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Zumba 1:00-2:00 Sr Center 535 W 21St Spanish II 10:00-11:30 CHE 306 Yoga II 8:30-10:00 Good Sam's</p>	<p>12</p> <p>China Culture and Travel 10:00- 12:00 TAB 200 Opera Theatre Off Broadway 1:00-3:00 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>15</p> <p>Spanish III 10:00-11:30 Sr Center Origami and Paper Crafts 1:00-2:30 Sr Ctr Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207</p>	<p>16</p> <p>Climbing Mt Kilimanjaro 10:00-12:00 TAB 200 Calligraphy for Beginners 10:30-12:00 CHE 306 Tai Chi 3:30-4:30 Sr. Center 535 W 21st Yoga II, 8:30-10:00</p>	<p>17</p> <p>Beg Bead Weaving I 2:00-4:00 CHE 207 Discover Steampunk Tour 2:00-3:30 Museum of ID 200 N Eastern Ave Recreational Music for Srs 3:00-4:00 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva</p>	<p>18</p> <p>Palisades Dam and Power Plant Tour 10:00-4:00 Palisades Dam Hand &amp; Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Creative Writing Wokshop 1:00-3:00 CHE 305 Yoga II, 8:30-10:00 Zumba 1:00-2:00 Sr Center 535 W 21St Spanish II 10:00-11:30 CHE 306</p>	<p>19</p> <p>Microsoft Word for Beginners 10:00-11:30 CHE 204 How to Use the Internet 1:00-2:30 CHE 204 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>22</p> <p>Spanish III 10:00-11:30 Sr Center Origami and Paper Crafts 1:00-2:30 Sr Ctr Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207</p>	<p>23</p> <p>Everyone Can Draw 10:00-12:00 CHE 306 Service Station for the Sky 1:00-2:30 TAB 200 Tai Chi 3:30-4:30 Sr Cntr 535 W 21st Yoga II 8:30-10:00 Good Sam's</p>	<p>24</p> <p>Beg Bead Weaving II 2:00-4:00 CHE 210 Recreational Music for Srs 3:00-4:00 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva Science Wednesday 3:00-4:00</p>	<p>25</p> <p>Yoga II, 8:30-10 :00 Good Sam's School Bags Humanitarian Workshop 9:30 –11:30 Trinity Methodist Church 237 N Water St IF Hand &amp; Foot Card Game 12:00 Papa Tom's Creative Writing Workshop 1:00-3:00 CHE3 05 Zumba 1:00-2:00 Sr Center 535 W 21St Spanish II 10:00-11:30 CHE 306</p>	<p>26</p> <p>Microsoft Word for Beginners 10:00-11:30 CHE 204 Trans America Bike Race 1:00-2:30 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>29</p> <p>Spanish III 10:00-11:30 Sr Center Origami and Paper Crafts 1:00-2:30 Sr Ctr Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207</p>	<p>30</p> <p>Everyone Can Draw 10:00-12:00 CHE 306 Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>31</p> <p>Beg Bead Weaving II 2:00-4:00 CHE 210 Recreational Music for Srs 3:00-4:00 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva</p>		



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# November 2018

Fall Semester

Mon	Tue	Wed	Thu	Fri
			1 Hand & Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Creative Writing Workshop 1:00-3:00 CHE 305 Zumba 1:00-2:00 Sr Center 535 W 21St Spanish II 10:00-11:30 CHE 306 Yoga II, 8:30-10:00	2 Microsoft Word for Beginners 10:00-11:30 CHE 204 Overcoming Anxiety and Depression 1:00-2:30 CHE 211 Line Dancing 9:00-10:00 Sr. Center 535 W 21st
5 Spanish III 10:00-11:30 Senior Center 535 W 21St Cultural Cuisine China 6:00-8:00 Lutheran Church 455 Sunnyside Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207	6 Everyone Can Draw 10:00-12:00 CHE 306 Readers Roundtable 1:30-3:30 CHE 306 Tai Chi 3:30-4:30 Sr. Center 535 W 21st Yoga II 8:30-10:00 Good Sam 840 E. Elva	7 Beg Bead Weaving II 2:00-4:00 CHE 210 Recreational Music for Srs 3:00-4:00 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital	8 Hand & Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Creative Writing Workshop 1:00-3:00 CHE 305 Zumba 1:00-2:00 Sr Center 535 W 21St Spanish II 10:00-11:30 CHE 306 Yoga II, 8:30-10:00	9 Starter Businesses of Eagle Rock 10:30-12:00 CHE 211 Line Dancing 9:00-10:00 Sr. Center 535 W 21st
12 Spanish III 10:00-11:30 Senior Center 535 W 21St Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207	13 Everyone Can Draw 10:00-12:00 CHE 306 Cancer Immunotherapy 1:30-3:00 TAB 200 Tai Chi 3:30-4:30 Senior Center Yoga II 8:30-10:00 Good Sam 840 E. Elva	14 Beg Bead Weaving II 2:00-4:00 CHE 210 Recreational Music for Srs 3:00-4:00 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva	15 Yoga II, 8:30-10:00 Hand & Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Slavery and Race Relations 1:00-2:30 TAB 200 Creative Writing Workshop 1:00-3:00 456 Hickory Circle, IF iPad Ins and Outs 1:00-2:30 CHE 305 Zumba 1:00-2:00 Sr Center 535 W 21St Spanish II 10:00-11:30 CHE 306	16 Machu Picchu by Foot 10:30-12:00 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st
19 Spanish III 10:00-11:30 Senior Center 535 W 21St Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place Spanish I 1:30-3:00 CHE 207	20 Tai Chi 3:30-4:30 Sr. Center 535 W 21st Yoga II 8:30-10:00 Good Sam 840 E. Elva	21 Beg Bead Weaving II 2:00-4:00 CHE 210 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva Science Wednesday 3:00-4:00	22	23
26 Spanish III 10:00-11:30 Senior Center 535 W 21St Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:00 Good Sam Pinochle 12:00-3:00 Leo's Place	27 Tai Chi 3:30-4:30 Senior Center Yoga II 8:30-10:00 Good Sam 840 E. Elva	28 Beg Bead Weaving II 2:00-4:00 CHE 210 Fit for Life 10:00-11:00 Good Sam Mah Jongg 12:00-3:00 Leo's Place Singing for Fun 1- 2 4051 Cambria Dr Yoga I 1:00-2:00 Good Sam 840 Elva	29 Yoga II, 8:30-10:00 Hand & Foot Card Game 12:00 Papa Tom's Pizza 1830 S Woodruff IF Find the Artist in You 1:00-3:30 Grape Van Gogh 383 A Street IF Zumba 1:00-2:00 Sr Center 535 W 21St	30 Line Dancing 9:00-10:00 Sr. Center 535 W 21st



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# December 2018

Fall Semester

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Spanish III 10:00-11:30 Senior Center 535 W 21St</p> <p>Zumba 9:00-10:00 Sr Center 535 W 21St</p> <p>Fit for Life 10:00-11:00 Good Sam</p> <p>Pinochle 12:00-3:00 Leo's Place</p>	<p>4</p> <p>Abuse of Prescription Drugs 1:00-2:30 TAB 200</p> <p>Yoga II, 8:30-10:00</p> <p>Good Sam's 840 E. Elva</p>	<p>5</p> <p>Humor-Want to be Funnier? 10:30-12:00 TAB 200</p> <p>Fit for Life 10:00-11:00 Good Sam</p> <p>Mah Jongg 12:00-3:00 Leo's Place</p> <p>Singing for Fun 1- 2 4051 Cambria Dr</p> <p>Yoga I 1:00-2:00 Good Sam 840 Elva</p> <p>Science Wednesday 3:00-4:00</p> <p>ID Brewing Co 775 S Capital</p>	<p>6</p> <p>Hand &amp; Foot Card Game 12:00</p> <p>Papa Tom's Pizza 1830 S Woodruff IF</p> <p>Nutrition for Healthy Aging 1:00-2:30 TAB 200</p> <p>Zumba 1:00-2:00 Sr Center 535 W 21St</p>	<p>7</p> <p>How to Use the Internet 1:00-2:30 CHE 204</p> <p>Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>10</p> <p>Spanish III 10:00-11:30 Senior Center 535 W 21St</p> <p>Zumba 9:00-10:00 Sr Center 535 W 21St</p> <p>Fit for Life 10:00-11:00 Good Sam</p> <p>Pinochle 12:00-3:00 Leo's Place</p>	<p>11</p> <p>Dome Buildings 10:30-12:00 TAB 200</p>	<p>12</p> <p>Mah Jongg 12:00-3:00 Leo's Place</p> <p>Singing for Fun 1- 2 4051 Cambria Dr</p> <p>Yoga I 1:00-2:00 Good Sam 840 Elva</p>	<p>13</p> <p>Hand &amp; Foot Card Game 12:00</p> <p>Papa Tom's Pizza 1830 S Woodruff IF</p> <p>Zumba 1:00-2:00 Sr Center 535 W 21St</p>	<p>14</p> <p>Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>17</p> <p>Spanish III 10:00-11:30 Senior Center 535 W 21St</p> <p>Holiday Luncheon 11:30-1:30 IF Country Club 11611 S Country Lane</p> <p>Zumba 9:00-10:00 Sr Center 535 W 21St</p> <p>Pinochle 12:00-3:00 Leo's Place</p>	<p>18</p>	<p>19</p> <p>Mah Jongg 12:00-3:00 Leo's Place</p> <p>Singing for Fun 1- 2 4051 Cambria Dr</p> <p>Yoga I 1:00-2:00 Good Sam 840 Elva</p> <p>Science Wednesday 3:00-4:00</p> <p>ID Brewing Co 775 S Capital</p>	<p>20</p> <p>Hand &amp; Foot Card Game 12:00</p> <p>Papa Tom's Pizza 1830 S Woodruff IF</p> <p>Zumba 1:00-2:00 Sr Center 535 W 21St</p>	<p>21</p> <p>Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>24</p> <p>Pinochle 12:00-3:00 Leo's Place</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>31</p>				