

SPRING 2015

NEW KNOWLEDGE ADVENTURES



NKA IS A
ROAD SCHOLAR
AFFILIATE



A MESSAGE FROM THE NKA PRESIDENT

I have had the privilege of serving as president of NKA for the past year and now into the Spring of 2015. I will have served as your president longer than the one year norm as I stepped in last winter as the former president was dealing with a serious illness.

During my term, I have experienced a real appreciation for the efforts of the NKA members and what makes this organization continue to be so great. This is not a one-person show, and through the efforts of many, good things have happened.

You should be aware that this past fall semester the Pocatello NKA organization served as a model for a similar organization that is being created in the Treasure Valley area of Idaho. This new Life Long Learning organization is being brought about by Idaho AARP and several previous Pocatello NKA members who presently reside in the Treasure Valley area. The Continuing Education Division of Idaho State University is also involved in this startup and constant state operation of the Treasure Valley program.

Another interesting note is the resurgence of class attendance. Having Continuing Education folks send out reminders of classes may be a large factor in the improved attendance. And please remember, notifying the class facilitator that you cannot attend is a tremendous help; wait-listed persons can then be contacted to fill the seats.

Let's all have a safe 2015 and enjoy the classes and activities that NKA will be offering. If you have any ideas for our Fall 2015 classes, please contact the Curriculum Chairperson, Bill Duncan, or any committee member.

—*John R. Carlson*, NKA President

OFFICERS

President: John Carlson	237-0635
President Elect: Audrey Cole	233-6744
Secretary: Marilyn Ames	705-8451
Treasurer: Barbara Harcus	(419) 297-0732
Members-at-Large:	
Jack Ard	237-0771
Marie Robello	237-1163
Jim Liday	237-8014
Past President: Marjean Waford	237-4367

COMMITTEE CHAIRS

Curriculum Chair: Bill Duncan	282-3155
Past Chair: Mary Spinner	241-7258
Publicity: Virginia Kelly	232-7417
Social: JoAn Dilweg	232-2656
Communications:	
blog: newknowledgeadventures.blogspot.com	
<i>blog maintained by Cheryl Lyda</i>	
History: Barbara Nicholls	233-0714
Travel: Jennie McCormick	521-2780
Co-chair: Lynn Hebdon	339-4841

NKA BLOG

NKA members are encouraged to submit pictures and information about NKA activities to be included in the NKA blog. These items can be e-mailed to Cheryl Lyda at lydacher@gmail.com or sent to the blog website:

newknowledgeadventures.blogspot.com

Cover Photographs by Marijana Dolsen, John Carlson, Mary Spinner and Bev Lyon.

NKA Learning Tree logo by Erica Lothspeich

EMAIL: cetrain@isu.edu

WEB: cetrain.isu.edu/nka

NKA is a Road Scholar affiliate

ANNUAL NKA MEETING/ LUNCHEON: Thursday, May 14, 2015 11:00 - 2p.m.

We will elect the new officers and board members for the upcoming year. The proposed budget will be presented, discussed, and voted upon. Any other business items will be discussed. The Annual NKA Meeting/Luncheon Invitations will be sent out to all NKA members.

Welcome to New Knowledge Adventures

New Knowledge Adventures (NKA) at Idaho State University is a member-directed organization for adults 50 years of age or older to explore new ideas in an informal, noncompetitive environment.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the Membership and Registration form (both sides) included at the back of this catalog, sign the “Agreement and Release of Liability” form, choose the classes you wish to attend, and return to the NKA office with all registration fees. The Spring semester begins in January and continues through May. Membership is by semester and fees are due each semester. *Membership allows you to participate in any of the classes listed.*

Membership is open to anyone 50 years of age or older in pursuit of lifelong learning. There is no previous educational requirement. For additional membership information call 282-3372, Monday–Friday between 8:00 a.m. and 5:00 p.m.

NKA MEMBERSHIP CLASS REQUESTS

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

THANKS TO OUR INSTRUCTORS AND FACILITATORS

We are thankful for the time and knowledge our instructors bring to NKA classes for free. Please take a minute to thank the class instructor and the facilitator. Please do your part by attending the classes you sign up for. If you cannot attend a class, please call the facilitator and let him/her know. Some classes have waiting lists, and it is your responsibility to inform the facilitator so someone else can attend the class.

NOTICES

—INSTRUCTORS of individual classes, and coordinators or leaders of field trips or similar

activities, have the discretion and right to deny enrollment or continued participation by any member who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the essential requirements of a particular course, field trip or similar activities without jeopardizing the health or safety of the member, other members or participants, or the instructor.

—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Classes with fees for trips, materials, or food/drink must be paid by members attending the class. Some fees will need to be paid either at the first class or prior to the class.

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

PARKING

Parking is free at the Continuing Education Building but on campus *only* after 4:00 p.m. For daytime classes on campus, you will need a campus parking permit which is good in all the General Lots for the entire year. *The cost of a parking permit through NKA is \$5 and will be mailed with the registration receipt, or you can buy one in person at the Continuing Education Office. Permits issued to NKA participants are not transferable to any other individual. The permit is issued to the participant, not their vehicle, and is to be used for NKA classes only. Any other use of the permit may result in the participant receiving a ticket. Neither Continuing Education nor Workforce Training shall be held liable for any violation of parking regulations.*

We have two bus stops at the NKA office if you are in need of transportation options.

Pocatello Regional Transit: 234-ABUS;
www.pocatellotransit.com

**PARKING IS NO LONGER FREE AT HOLT ARENA;
AN NKA GENERAL PERMIT IS REQUIRED.**

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—*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call 282-3372.*

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

—ISU will be CLOSED January 19 for Martin Luther King Day and February 16 for Presidents day; no classes will be held on campus that day, including our CONED building.

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Adventures for the Spring of Twenty Fifteen

ART, MUSIC AND THEATRE

Readers Theatre (#3134)

Thursday: January 08 – April 30, 12:30 – 2:00 p.m.

Readers Theatre is a peer-led group. Each month, the registered participants select, practice, and perform a different set of readings. No memorization is required. For examples of past Readers Theatre performances, visit the NKA blog at newknowledgeadventures.blogspot.com

You do not need to be registered for the class in order to attend our performances. Please watch for our emailed invitations to each month's performance.

Class Location: CONED 156

Performances: January 29, February 26, March 26, & April 30

Performance Times: 12:30 – 2:00 pm

Performance Location: CONED 125

Class Limit: 25; **Performance:** No Limit

Instructor: Peer-led

Facilitators: Donna Jordahl (232-6496) & Dawn Keller (237-9521) richdawnkeller@q.com

Snake River New Horizons Band (#3132) — Introductory Meeting

Tuesday: January 13, 11:00 a.m. – Noon

Snake River New Horizons Band is part of the New Horizons International Music Association. They have over 200 chapters and 9,000 members internationally. New Horizons Bands are made up of beginning musicians over 50, many of whom, until recently, have never picked up a musical instrument. It was started by Dr. Roy Ernest at the Eastman School of Music in Rochester, New York. The Snake River Band was started in September 2011. There are two practices each week on Tuesday and Wednesday with 25-30 players attending. The directors are band directors from the middle schools or students from the music department at ISU. The band has played several concerts including at the Stephens Performing Arts

Center and in two parades. If you would like to expand or reawaken your hidden musical talents in a fun, social environment, please plan to attend the introductory meeting where you can learn more about the New Horizons Music Program. After the meeting, you are welcome to attend the practice session. "Some people call them practice sessions," reported one band member. "I call them social hour." Remember, in a New Horizons Band, playing your best is good enough!

Location: CONED 162

Instructor: Karen Meiners

Facilitator: Roger Wheeler (760-9507)

Snake River New Horizon Band Practice (#3133)

Tuesday & Wednesday: January 6 – May 27, 5:30 – 6:55 pm

There are usually 15-25 players at each of the two practices each week. The band has played several concerts throughout the year at various venues in the local area. "Some people call them practice sessions, I call them social hour," reported one band member.

If you would like to expand or reawaken your hidden musical talents in a fun social environment, please plan to attend the introductory meeting (see previous listing). Remember, in a New Horizons Band, playing your best is good enough.

Location: CONED 162

Instructor: Casey Emerson, Band Director at Highland HS and Beth Buxton, Band Director at Grace HS

Facilitators: Roy Fowler (237-8341) & TC Jesse

Class fee: \$25/month

Preview to the Symphony (#3322)

Dr. Harville will discuss and describe the compositions to be performed at the forthcoming symphony concerts. He will talk about the composers, their times and their styles and demonstrate what to expect at the concerts. These (*continues...*)

(continued: Preview to the Symphony)

Previews to the Symphony will enhance the enjoyment of going to the concerts. For further information please visit: www.thesymphony.us.

Performance Dates: Feb 14 - Ballet Gala at the Symphony; March 21 - Copland, Bela Fleck; and April 24 - Debussy and Brahms.

SECTION 1 – Ballet Gala at the Symphony

Friday, February 6, 3:00 – 4:00 p.m.

SECTION 2 – Copland, Bela Fleck

Friday, March 13, 3:00 – 4:00 p.m.

SECTION 3 – Debussy and Brahms

Friday, April 17, 3:00 – 4:00 p.m.

Location: CONED 125

Instructor: Dr. Grant Harville

Facilitator: Bill Brydon (233-4278)

Preview to “Gross Indecency: The Three Trials of Oscar Wilde” (#3391)

Friday: February 13, 5:00 – 6:00 p.m.

Oscar Wilde was a brilliant writer and fascinating personality. His lifestyle placed him at odds with Victorian laws. The events of court records, letters and interviews were used to dramatize the play, “Gross Indecency.” Director Norm Schroder will share background information concerning the production of this Theatre ISU play written by Moises Kaufman (author of “The Laramie Project”). We will hear from the cast members about their experience of working on this play and the workshop conducted by two members from the Tectonic Theatre Project founded by Kaufman.

Play dates: February 20, 21, 23, 27 & 28, 2015.

Location: ISU Performing Arts Ctr – Bistline Theatre

Instructor: Norm Schroder

Facilitator: Jane Riley (237-6801)

Miniature Portraits of Women Heroines (#3358)

Wednesday: March 11, 10:30 a.m. - Noon

This Reader’s Theatre presentation by the Falter sisters is about “Miniature Portraits of Women Heroines.” Courageous women in history have

often been overlooked. JoAn and Diane will take you on a journey that will touch upon a few of their favorites. Some are famous and some are obscure – from slave women to women on the Oregon Trail. They all have one thing in common that is the thread that runs through these remarkable women – that is inner strength and persistence. Through the personal struggles of each woman you will notice their persistence as they face whatever comes to them. Persist! Persist!

Location: CONED 125

Instructor: JoAn Dilweg & Diane Bilyeu

Facilitator: Jane Riley (237-6801)

History of American Musical Theatre

(#3356) Monday: March 16, 10:00 – 11:30 a.m.

Learn about the history of our truly American art-form, The American Musical with Vanessa Ballam and Dr. Norm Schroder. They will give us a condensed version of the classes they teach on this subject in the ISU School of Performing Arts.

Location: CONED 125

Instructor: Vanessa Ballam & Dr. Norm Schroder

Facilitator: Jane Riley (237-6801)

Exploring Expressionism (#3388)

Tuesday: March 17 & 24, 1:00 – 2:30 p.m.

In this course, we will explore Expressionism, an art movement that emerged in the early twentieth century, primarily in Germany and France, and had its roots in the nineteenth-century movements of Romanticism and Symbolism. Focusing mainly on painting, we will consider how Expressionist works typically reveal a turning inward and an emphasis on emotion, as well as spirituality (often a vague notion of “the spiritual”). Our exploration will begin with the movement’s origins in pre-World War I Europe, look at the uniquely American post-World War II movement of Abstract Expressionism, and end with the emergence (in both Europe and the United States) of Neo-Expressionism in the 1980s.

Location: CONED 125

Instructor: Dr. Linda Leeuwrik

Facilitator: Jane Riley (237-6801)

Introduction to Painting with Acrylics (#3362)

Saturday: March 21, 10:00 a.m. - Noon

Join us to review lovely works of art by professional artists and then pick one to copy and make your own. Art supplies, including acrylic paint, 9x12 canvas board, and brushes will be provided. Paint will stain clothing so wear something appropriate. There will be limited instruction by two Art Center members.

Location: Pocatello Art Center, 444 N. Main

Instructor: Pat Geiger & Mary Ann Hoffman

Facilitator: Marg Griffin (233-1898)

Class Limit: 12; **Class Fee:** \$15

“Much Ado About Murder” (#3359)

Wednesday: April 1, 1:00 – 4:00 p.m.

All the ingredients of a deliciously frightening murder mystery are here—lightning, thunder, weird sounds, screams in the dark—plus the fun of letting the audience participate in solving the crime! Presented by our own fantastic NKA actors.

Since this is an audience-participation play, the murder is revealed to the audience before the characters of the play. A sinister master of ceremonies named Mr. Hawker tells us, the audience, what has happened. In a series of flashbacks, he lets us see the events surrounding the murder.

To help us further, Mr. Hawker invites us to view the clue-rich scene of the crime during intermission. And finally, near the end of Act II, he gives us the opportunity to question the characters.

Location: CONED 156

Facilitator: JoAn Dilweg (232-2656)

Preview to “The Musical of Musicals: The Musical” (#3363)

Friday: April 10, 5:00 – 6:00 p.m.

In this preview to *The Musical of Musicals: The Musical!*, director Vanessa Ballam will share background information relating to the five different styles used in this satire about musicals.

We will learn about the cast members and what choices were made to create scenery, costumes, lighting and props.

Play dates: April 17, 18, 20, 24, and 25

Location: ISU Stephens Performing Arts Center – Rogers Black Box Theatre

Instructor: Vanessa Ballam

Facilitator: Jane Riley (237-6801)

Louis Armstrong: The Jazz Father

(#3357) *Thursday: April 16, 2:00 – 3:30 p.m.*

If Americans remember Louis Armstrong at all, they recall a doddering vaudevillian who sang “Hello Dolly” on the Ed Sullivan Show. Few know that he was a cutting edge jazz giant who changed everything in the 1920’s. Join us to learn why Pops was Tops.

Location: CONED 125

Instructor: Ted Dyer

Facilitator: Donna Hillard (232-2398)

“Young at Heart” (Movie Discussion)

(#3325)

Monday: April 20, 1:30 – 3:30 p.m.

This is a British documentary. A large group of senior citizens from an assisted living home and the community form to become an effective musical group traveling to share their talent.

Location: CONED 125

Instructor: Virginia Kelly

Facilitator: Virginia Kelly (232-7417)

Elements of Dance (#3273)

Friday: April 24, 3:00 – 4:30 p.m.

Through lecture and demonstration, ISU dance students and professors, Paul Zmolek and Molly Jorgensen, will explore the elements of dance that are utilized to create choreography. We will be treated to some formally choreographed dances, some improvisations and maybe some audience participation. Wear comfortable clothes.

Location: ISU Red Hill Dance Studio, Room 103

Instructors: Paul Zmolek & Molly Jorgensen

Facilitator: Jane Riley (237-6801)

Understanding the Connection between Realism & an Abstraction in Visual Art (#3364)

Monday, Tuesday, Wednesday: April 27, 28 & 29, 4:00 – 7:00 p.m.

This class is open to both those who wish to have hands-on experience painting as well as those who wish to attend to listen to the lectures and discussions. Hands-on students will create one realistic painting and one abstracted version of their realistic piece supported by lecture, demonstration, and discussion. Students will have an opportunity to discuss their paintings and ideas with the instructor and in guided class discussions if they wish.

Location: CONED 156

Instructors: Brooklynne Potter

Facilitator: Chris Stevens (244-4893)

“Murder Under the Big Top” (#3361)

Thursday: May 21, 1:00 – 4:00 p.m.

ENTER A WORLD OF FABULOUS FREAKS, EXOTIC ACTS AND MYSTERIOUS MANAGEMENT. Desperate to bolster his circus from a dog-and-pony show to a spectacle that will rival Ringling Brothers, Clydes Brown's dire attempt to lure audiences and show-stopping attractions have created rivalries that extend beyond the center ring. As pressure builds, a murder is committed that steals the show. . . and you are left to uncover the culprit before the final act. Was it Boomer Jackson, the raging ringmaster in an attempt to clean up the spectacle? Skylar Topolet, the talented tight rope walker whose fall took them out of the limelight? Or possibly a possessive performer whose death defying demeanor went too far or Ruby the clown, Cat Levens the lion tamer, Casey Saber the sword swallower, Nick Dagger the knife thrower, Twisty Kristy the acrobat, DJ Ink the tattooed spectacle or others? Revolting roustabouts with revenge in their veins? Remember that ALL guests have an active role in the game, and each guest has objectives to complete. Before the time is over, all guests will have discovered that they have a motive

for killing the victim and be inclined to protect their innocence as well as seek out the murderer. IN AN INTENSE WORLD OF ILLUSION AND INTRIGUE, YOU MUST RELY ON YOUR WIT AND INTUITION TO FIND THE KILLER BEFORE THE GRAND FINALE!

Location: CONED 125

Instructor: JoAn Dilweg

Facilitator: JoAn Dilweg (232-2656)

CRAFTS & HOBBIES

Woodcarving (#3101)

Woodcarving classes are held Monday, Wednesday, and Friday mornings from 9 a.m. to 12 noon (cleanup 11:30-noon). Beginning carvers are scheduled Wednesday mornings only, with a maximum of six beginning carvers per semester. Returning carvers may select any one session for their scheduled carving day (please indicate 1st, 2nd or 3rd choice for desired carving session when enrolling).

Woodcarvers will use rotary carving tools and/or knives and gouges. Rotary power tools and associated equipment will be provided for beginner/new carvers. Returning carvers will provide their own tools and equipment. Beginning carvers will start with a stylized bird, then carve a shelf cast, and for a final beginning project carve a stylized deer, before going on to more advanced projects. Returning carvers will continue with projects underway. Class fee of \$10 is to be paid to the facilitator at the first class meeting.

SECTION 1 – Beginning Carvers

Wednesdays (only): January 21 – May 20, 9:00 a.m. - Noon

SECTION 2 – Returning Carvers

Mondays: January 5 – May 18, 9:00 a.m. - Noon

SECTION 3 – Returning Carvers

Wednesdays: January 7 – May 13, 9:00 a.m. - Noon

SECTION 4 – Returning Carvers

Fridays: January 9 – May 15, 9:00 a.m. - Noon

Location: CE 108A

Instructor: Shorty Miller

Facilitator: Diane Porter 238-0762

Class Limit: 13/day

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

Crazy Quilts for Beginners (#3291)

Thursday: January 15 – March 5, 1:00 – 4:00 p.m.

In this class you will learn how to coordinate fabrics and attach foundation pieces. You will learn several embroidery stitches and how to embellish with beads, sequins, trims, and buttons. BJ has been a crazy quilter since 1997 and has taken several classes from Judith Baker Montano and has taught numerous classes herself. There is a class fee to cover a baggie of foundation pieces, threads, etc. No sewing machine is necessary. Supplies needed to bring to class: sewing scissors, white thread, and various needles, including chenille and tapestry needles.

Location: CONED 159

Instructor: BJ Sandusky

Facilitator: Janet Faith (477-6428)

Class Limit: 10; **Class Fee:** \$20

Hand-built Pottery (#3165)

*Mondays: January 26 & February 9,
1:30 – 3:30 pm*

This popular, fun class has returned for those who missed the dabbling adventure in clay. Come explore hand-built pottery techniques with Mary Miller, a local potter with years of experience. Mary will demonstrate and explain techniques including coil, pinch pot, and slab. You will create your own hand-built pottery using a combination of techniques in the first class. A few weeks later after the initial firing, the second class will be dedicated to glazing your piece, plus Mary will share what the ISU Craft Shop has to offer to the public. The ISU Craft Shop is “Where all your creativity and craft projects will unfold.” All materials are included in the class fee. This class has two sessions.

Location: ISU Craft Shop – located on the lower level of the Pond Student Union Building

Instructor: Mary Miller, Director of ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

Class Fee: \$10 to be paid at first class (materials and glazing) All materials are included in the fee.

Class Limit: 15

Note: Parking permit required to park on campus. *Permit is obtained at the NKA office, or mark the registration form.*

Knitting and Crocheting Projects

(#3196) *Thursday: January 22 – May 7,
11:30 a.m. – 12:30 p.m.*

These sessions will continue every Thursday from 11:30-12:30 to knit or crochet squares for lap robes, scarfs, chemo hats and other items for PMC. If you like to knit or crochet, join us for an hour of fun. It is not necessary to be there every week. Instructions and yarn for PMC projects are provided. Donations of acrylic yarn gladly accepted. Class members may make their own projects, but will need to provide their own yarn for personal projects.

Location: CONED 159

Instructor: Gayle Pool

Facilitator: Rita Anderson (232-2166)

Knitting (#3102)

Thursday: February 5 – 26, 10:00 – 11:00 a.m.

Each person brings her or his own project, or chooses one from the store. The instructor will help as needed.

Location: Mustard Seed Dreams, 362 N. Main Street

Instructor: Meg Downey

Facilitator: Ann Munoz (237-6593)

Class limit: 12

Tie Dying (#3368)

Tuesday: February 17, 1:30 – 4:00 p.m.

Participants can learn to tie dye by making either a tie dyed T-shirt or environmentally friendly shopping bag. They can also bring cotton items from home to dye. Wear appropriate clothing.

Location: ISU Craft Shop – located on the lower level of the Pond Student Union Building

Instructor: Mary Miller

Facilitator: Marg Griffin (233-1898)

(continues...)

(continued: Tie Dying)

Class Limit: 20

Class Fee: \$12 to be paid at class

Note: Parking permit is required to park on campus. Permit is obtained at the NKA office, or mark the registration form.

Silk Painting (#3213)

Monday: February 23, 1:30 – 3:30 p.m.

This class has returned for those who want to learn the art of painting silk. You will paint on a pre-stretched piece of silk mounted on a 10 inch metal hoop ring. Your finished project could be hung in a window or incorporated in a fabric creation. Bring a simple design of your own or use one of ours. You will learn techniques of silk painting, including the use of wax resist and salt for some amazing effects. Mary Miller, the ISU Craft Shop director, will also share what the ISU Craft Shop has to offer to the public. The ISU Craft Shop is “Where all your creativity and craft projects will unfold.” All materials are included in the class fee. This is a one session class.

Location: ISU Craft Shop – located on the lower level of the Pond Student Union Building

Instructor: Mary Miller

Facilitator: Jane Thornley (237-1659)

Class Limit: 18

Class Fee: \$10 to be paid at class

Note: Parking permit is required to park on campus. Permit is obtained at the NKA office, or mark the registration form.

Organic Gardening the Easy Way

(#3251)

Tuesday: February 24, 1:00 – 2:30 p.m.

Paul will cover three topics for gardening:

- 1) Vertical gardening, keeping the fruits of your garden off the ground to prevent rotting, insect control and best of all LITTLE or NO BENDING;
- 2) Weedless gardening: To keep the weeds at a minimal (unless you like to weed or have grandchildren who need something to keep them out of Mom’s hair); and
- 3) Heirloom tomatoes: Tomatoes do not always need to be red OR large to be good.

Location: CONED 125

Instructor: Paul Martin

Facilitator: Shirley Hockett (282-2789)

Silk Scarf Painting (#3360)

This class is an extension of the silk painting on a hoop. You will paint on a hemmed long rectangular piece of white silk. Your finished project can accessorize your wardrobe. Bring a simple design of your own, use one of ours, or just be creative. You will learn techniques of silk painting, including the use of wax resist and salt for some amazing effects. Mary Miller, the ISU Craft Shop director, will also share what the ISU Craft Shop has to offer to the public. The ISU Craft Shop is “Where all your creativity and craft projects will unfold.” All materials are included in the class fee. The class limit is 8, thus two sections are available. Choose one section to attend.

SECTION 1

Monday: March 9, 1:30 – 3:30 p.m.

SECTION 2

Wednesday: March 11, 1:30 – 3:30 p.m.

Location: ISU Craft Shop – located on the lower level of Pond’s Student Union Building

Instructor: Mary Miller

Facilitator: Jane Thornley (237-1659)

Note: Parking permit is required to park on campus. Permit is obtained at the NKA office, or mark the registration form.

Class Limit: 8; **Class Fee:** \$20 (to be paid at class)

Tatting – What is That? (#3367)

Tuesday, March 10, 11:00 a.m. – 12:30 p.m.

Ruth grew up watching her mother tatting, but didn’t learn the skill herself. She succinctly describes the result as “half-hitches on loops of thread,” but is sure there must be more to it than that, as tatted edgings can be frilly and intricate. There are pattern books and regional tatting workshops for people both learning and proficient in this vanishing form of threadwork. This class is NOT a workshop, and is NOT even a lesson in how to tat. It is, however, a peek into the art of tatting. Ruth hopes this class will inspire those who are interested, to look into tatting a little more deeply.

Location: CONED 156

Instructors: Ruth Moorhead & Hannah Geshelin

Facilitator: Ruth Moorhead (233-5011)

Sewing Pillowcases (#3366)

Monday: March 16, 1:00 – 3:00 p.m.

In this class, you will learn how to make a pillowcase that has a contrasting fabric cuff and a narrow decorative fabric strip using a French seam that encloses all raw edges. These pillow cases make great gifts, as well as coordinating linens for quilts on your own beds.

Class members will need to provide a sewing machine extension cord, 27" fabric (body of pillow case), 9" coordinating fabric (the cuff), 3" to 4" contrasting fabric (decorative strip), sewing supplies (such as thread, scissors, seam ripper, etc.)

Location: CONED 156

Instructor: J'neane Smith

Facilitator: Jane Thornley (237-1659)

Class Limit: 12

Rag Rugs (#3295)

Thursday: March 26 – April 16, 2:30 – 4:00 p.m.

Learn how to turn your old sheets into crocheted rag rugs like grandma used to make. Start saving your old worn sheets now. Beginners will learn a simple crochet stitch and how to make different sizes and shapes of these cozy, quaint rugs. Intermediates who were in the last semester's class, will learn how to make different shapes of rugs if desired and learn more advanced crochet stitches.

Location: CONED 156

Instructor: Linda Lindley

Facilitator: Julie Newsome (520-2440)

Class Limit: 15; **Class Fee:** \$5

Applying Color Wheel Principles to Home Decorating (#3365)

Tuesday: April 14, 2:00 – 3:30 p.m.

Ray will discuss how color affects space, emotions, acceptance, etc. in room decorating.

Location: CONED 125

Instructor: Ray Rosen

Facilitator: Chris Stevens (244-4893)

FITNESS & MOTION

Square Dance (#3105)

Thursday: January 8 – May 14, 4:00 – 6:00 p.m.

Fun, fun, fun!! This semester is a continuation and progression of last semester. Dancers will progress from the Basic and Mainstream moves learned last fall, to complete all 51 Basic Moves and 17 Mainstream moves. They will then be prepared (depending upon their level of proficiency) to attend square dance festivals locally, statewide and nationally that offer Mainstream dances.

People who have had prior square dance classes and know most Basic and Mainstream moves, but would like a refresher class are also welcome. Partners are encouraged, but not mandatory.

We strongly encourage others to mark your calendars to join us next fall semester when we begin all over again with basic instruction. The time commitment is well worth it!

Location: Sullivan's Square Dance Hall,
1935 South 5th Ave.

Instructor: Steve Sullivan

Facilitator: Sondra Dunkle (904-4925)

Performance – Latin Line Dancing

(#3108)

Wednesday: February 4 – July 27. Class practices on Mondays from 3:00 – 4:30 p.m.

Latin line dancing is taken a step further! Developing, organizing, and polishing sets of Latin line dances to share the joy of dancing by providing entertainment to various nursing, convalescent, and retirement homes as well as other venues where the performance is requested and welcome.

Location: CONED 162

Instructors: Lucy Bonman

Facilitator: Marjean Waford (840-0033)

Snowshoeing & Hiking (#3118)

Friday: January 16 – May 15: 1:00 – 4:00 p.m..

We will snow shoe as we can depending on weather conditions, and then transition over to hiking again as weather permits. Dates of event activities will be January 16th, February 6th and (continues...)

(continued: Snowshoeing & Hiking)

20th, March 6th and 20th, April 3rd and 17th, and May 1st and 15th. All locations will be in and around the Pocatello area for day hikes/snow shoeing. No prior experience needed, however these events will be hikes not walks in the park. We can accommodate various levels of ability, and as always I welcome suggestions for locations.

Location: TBD

Instructor: Lynn Hebdon

Facilitators: Lynn Hebdon (339-4841) & Bill Steckhauer (233-4286)

Class Limit: 40

Fit and Fall Proof (#3106)

Fit and Fall Proof is an exercise program developed in Idaho for older adults to promote balance, strength, flexibility and endurance to decrease the risk of falling. The class is designed so that strength and endurance is built up gradually using a chair, the wall, and resistance bands. Research shows that with exercise, anyone can counteract the lower body weakness, loss of muscle mass and poor posture that contributes to falls in the aging body. Join us and be accountable to some level of activity. We strive to make it fun! Bring a bottle of water and wear comfortable clothes.

SECTION 1

Wednesdays & Fridays: January 21 – April 3, 9:30 – 10:30 a.m.

SECTION 2

Wednesdays & Fridays: April 8 – June 12, 9:30 – 10:30 a.m.

Location: CE 162

Instructor: TBD

Facilitator: TBD

Class limit: 35

T'ai Chi Chih – Advanced (#3104)

Monday: January 26 – March 23, 9:00 – 10:00 a.m.

This T'ai Chi Chih (TCC) advanced class is for those who have already attended a basic class, such as in the last semester, and who want to simply do the meditation in a group. This “joy through

movement” or “moving meditation” group will not include basic training of the associated disciplines, but rather a review of those already learned, and of which we will then practice/meditate together. If weather permits, we will locate the group to an appropriate outdoor location.

Note: No class will be held February 16 as it is Presidents' Day and ISU will be closed.

Location: CE 162

Instructor: Lynn Hebdon

Facilitator: Lynn Hebdon (339-4841)

Class Limit: 40

T'ai Chi Chih – Basics (#3103)

Monday: January 26 – March 23, 10:00 – 11:00 a.m.

T'ai Chi Chih (TCC) is often described as “joy through movement”, with emphasis on moving meditation, associated disciplines, and balance of “Yin/Yan” forces for life in general, as well as physical balance. First day class will be academic classroom for introduction to TCC, then all other classes will be learning and practicing the disciplines for which you will want to dress in loose fitting/comfortable clothing such as you would wear at a gym. All five senses will be stimulated.

Note: No class will be held February 16 as it is Presidents' Day and ISU will be closed.

Location: CONED 162

Instructor: Lynn Hebdon

Facilitator: Lynn Hebdon (339-4841)

Class Limit: 40

Line Dancing Starter Level (#3111)

Monday: February 2 – April 20, 2:00 – 2:55 p.m.

If you are new to line dancing, you want to “Start” with this class. You will learn simple, fun dances, step patterns, and rhythms, which will help to build memory, so you will get both physical and mental exercise. If you have line danced before and want to practice some easy dances just for “kicks”, you are welcome to join us! This class is for guys and gals. Tennis or soft-soled shoes are required in order to avoid scuffing the polished hard-wood floor in the church's gym.

Location: United Congregational Church, Corner of Garfield Ave. & Fremont Ave.

Instructors: Marti Collins & Bob Schaffner

Facilitator: Anita Affa (478-1744)

Line Dancing Beginner 1 (#3112)

Monday: February 2 – April 20, 3:00 – 3:55 p.m.

The line dances taught in this class are more complex than the Starter Level dances, but still fun and relatively easy. Guys and gals, come enjoy the FUN of line dancing and get some exercise too.

Location: United Congregational Church, Corner of Garfield Ave. & Fremont Ave.

Instructors: Susan Cramer & Nancy Frank

Facilitator: Anita Affa (478-1744)

Line Dancing Beginner 2/ Intermediate (#3113)

Tuesday: February 3 – April 21, 9:30 – 10:30 a.m.

Beginner2/Intermediate introduces a bit more challenging dances than the Starter and Beginner 1 classes. We will start the semester slowly and keep adding to our repertoire, up to intermediate level. You'll have lots of fun dancing to much more challenging dances designed for persons who have completed Beginning I Line Dance.

Location: CONED 162

Instructors: Marjean Waford & Sharon Bieda

Facilitator: Marjean Waford (237-4367)

Class limit: 30

Line Dance – Intermediate/ Advanced (#3114)

Tuesday: February 3 – April 21, 10:30 – 11:30 a.m.

This class introduces a bit more challenging dances than Beginner 2/Intermediate. This class is designed for experienced dancers who have participated in Intermediate Line Dancing and want to expand their dance repertoire including standards and favorites. Newer, more difficult dances will also be introduced. This class will provide continued exercise and lots of fun.

Location: CONED 162

Instructor: Joyce DeGarlais

Facilitator: Marjean Waford (237-4367)

Class limit: 30

Latin Line Dancing (#3107)

Wednesday: February 4 – April 15, 2:00 – 3:00 p.m.

Dance to Latin rhythms - mambo, cha cha, rumba, tango, samba, bachata, merengue with a little salsa thrown in! No partners required. Dances will begin at beginner's level. Here is your chance to "dance like no one is looking", get in shape, meet people, and have fun! The music will delight the brain and the dance itself is a full body workout! What a winning combination! *Note: No class April 1, 2015*

Location: CONED 162

Instructor: Lucy Bonman

Facilitator: Marjean Waford (840-0033)

Class limit: 35

Out of the Box Line Dancing (#3109)

Thursday: February 5 – April 16, 9:30 – 10:55 a.m.

We'd like to move 'Out of the Box' of traditional line dancing and introduce the seasoned line dancer to more challenging line dances with a variety of music and rhythm. We will focus on learning the dances well and then easily dancing them to a variety of music. Most importantly, we want to have a good workout and lots of fun!

Location: CONED 162

Instructor: Jan Green and Joyce DeGarlais

Facilitator: TBD

Class Limit: 30

Oldies but Goodies Line Dance (#3110)

Thursday: February 5 – April 16, 11:00 - Noon

Let's keep our line dance repertoire up and running by reviewing and practicing some of the oldies and goodies we've learned in the other line dance classes in the past few years. We won't be teaching any new dances in the class, just quick reviews and dance, dance, dance. This class is to have fun and exercise.

Location: CONED 162

Instructors: Sue Schaffner, Judy Liday, Tom Baxter

Facilitator: Judy Liday (237-8014)

Class limit: 30

Introduction to Karate for Seniors

(#3369) *Tuesday & Thursday: March 3 – 26, 1:00 – 2:00 p.m.*

Karate is a martial art where one learns self-defense. It is a self-discipline designed to develop/enhance good character through a combination of physical and mental training. This introduction to the art will provide a solid foundation in the basics of the Karate style of Modified Shorin-Ryu as taught through the International Karate League (IKL) organization. IKL karate training is not limited to any special type of physique, gender, or age. Nor does it require any prior preparation or prerequisite. About the only requirement is the ability for self-improvement. Please wear comfortable clothing that moves freely.

Location: Mind Your Body Yoga Studio,
234 S. Main Street, Pocatello

Instructor: Marian Twitchell

Facilitator: Angela Luckey (#237-2610)

Class limit: 45

Lady Niners Golf (#3116)

Wednesday: April 1 – May 20, 1:00 – 5:00 pm

Ladies, come join us for spring golfing. There will be an optional lesson for \$5.00 at 12:00 pm for those who would like some extra instruction. At 1:00, we will break into groups and go golfing. Riverside and Highland Golf courses have been so great to us by cutting our groups fees in half, that it is a great opportunity. Meet in the Riverside Clubhouse at 12:00 on the first day to get more information.

Location: Riverside Clubhouse

Instructor: Linda Lindley

Facilitator: Linda Lindley

Walking the Greenway (#3115)

Friday: April 17 – May 8, 9:00 – 10:30 a.m.

Come with NKA walkers to enjoy the Portneuf Greenway Trails. These will be flat terrain walks on paved trails. Walk at your own pace. Meet at the Continuing Education Building parking lot

to carpool to the site. Dress for the weather. Wear comfortable walking shoes. Bring your own water.

Location: CONED Parking Lot

Facilitator: Sandra Babb (238-2034)

What's going on at the Southeast Idaho Senior Games? (#3371)

Tuesday: April 21, 7:00 – 8:00 p.m.

The Southeast Idaho Senior Games is for those who are 50 and better. The games have something to offer every interest and level of fitness – from Basketball, Track and Field events to Archery, Softball, Pickleball, Table Tennis, Tennis, Softball, Swimming and Cycling. Less physically demanding games include Shuffleboard, Croquet, Horseshoes, Bowling, Mahjong, Wii Bowling and a variety of card games such as Bridge, Hand and Foot, Canasta and Pinochle. Golf is 18-hole scratch play and don't forget your dancing shoes for the Ballroom Dance competition. Become informed on what the games have to offer. Handbooks with all events listed will be given to participants. Our motto taken from George Bernard Shaw: "You don't stop playing because you get old, you grow old because you stop playing." 2015 Games are July 10 – 18. Come and join in on the fun.

Location: CONED 125

Instructor: Dana Olson

Facilitator: Bob Bieda (904-4172)

Road Bicycle Touring (#3117)

Tuesday: May 12 – June 2, 1:00 – 3:00 p.m.

Come join us for some nice easy trail rides around Pocatello and surrounding greenbelts—The Blackfoot Greenbelt, Idaho Falls Greenbelt Falls ride. We ride about 8 – 10 miles usually all on flat trails and roads. Routes and meeting places will be emailed prior to the ride.

Location: TBD

Instructor: Linda Lindley

Facilitator: Julie Newsome (520-2440)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call 282-3372.

Advanced Road Biking (#3117)

Wednesday: May 13 – June 3, 1:00 – 4:00 p.m.

Some of you have requested a more advanced road biking group. If you are at least moderately confident in your biking skills and enjoy riding with a group on 15-20 mile rides, this “class” is for you. We will focus on routes that are relatively flat or with rolling hills, and that have little traffic. Depending on interest, we might continue into the summer.

Location: TBD

Instructor: Janet Faith

Facilitator: Janet Faith (477-6428)

FOOD & BEVERAGE

International Cuisine Planning (#3119)

Monday: January 12, 1:00 – 2:00 pm

This is a planning meeting. The class selects two different cultures. During the semester participants prepare food for two dinners featuring cuisine from the selected cultures. The events are held at the Pocatello Senior Citizen Community Center. PARTICIPANTS SHOULD BE WILLING TO PREPARE A DISH FOR EACH DINNER. If for some reason a participant is unable to prepare a dish, he or she will be allowed to pay an \$8 fee to attend the dinner.

Location: CONED 156

Facilitators: Marilyn Edwards (237-0751), Marjean Waford (237-4367), Ruth Dyer (232-0479), & Liz Meske (234-1544)

Book Group & a Glass of Wine (#3372)

Tuesday: January 13, February 10, March 10, April 14, & May 12, 4:00 – 5:30 p.m.

Enjoy a glass of wine or other beverage and sample a delicious appetizer while discussing a book together. We will begin the semester in January and decide which books we would all enjoy reading. Then mark our calendars for the second Tuesday of each month to gather, share a glass of cheer and talk about the book. Jean has graciously agreed to provide the wine and appetizer each month. *The fee should be prepaid by January 6,*

2015 for our first meeting. Please send a check made payable to Marigolds to: Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204.

Location: Marigold's, 1800 Flandro Drive, Suite 300, Pocatello

Instructors: Ann Smith, Sharon Manning & other readers

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

Class Fee: \$8/month

Valentine Ideas from the Kitchen for Your Special Valentine (#3374)

Are you trying to think of something different for your special Valentine this year? Come try the delightful ideas Jean has come up with that come from the kitchen. We will be putting together each of her recipes and sampling the delicious results with our own little Valentine party.

The \$15 fee must be prepaid by February 2, 2015.

Please mail your check payable to Marigolds to: Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204

SECTION 1

Monday: February 9, 10:00 a.m. – Noon

SECTION 2

Monday: February 9, 1:00 – 3:00 p.m.

Location: Marigold's, 1800 Flandro Drive, Suite 300, Pocatello

Instructor: Jean Christensen

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

Class Fee: \$15

Fun Facts About Pizza (#3373)

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

Did you know that Americans eat approximately 100 acres of pizza each day, or 350 slices per second? There are approximately 61,269 pizzerias in the United States. Pepperoni is America's topping. Anchovies always rank last. And so much more! Join Hailey Kisling in this fun class as she will share with you facts about pizza and the Pizza Pie Café where she works as a sales and marketing associate. *(continues...)*

(continued: Fun Fact About Pizza)

Location: CONED 125

Instructor: Hailey Kisling

Facilitator: JoAn Dilweg (232-2656)

Taste and Share (#3197)

Wednesday: September 10, October 8, & November 19; 11:30 a.m. – 1:00 p.m.

Come share your favorite recipes, and discover new treats someone else has made. You bring a dish only once during the semester, but you get to taste everything others bring. Plus, you take all the recipes home! We would like to see more men join us with their favorite recipes. You do not need to choose sections.

SECTION 1

Wednesday: February 11, 11:30 a.m. – 1:00 p.m.

SECTION 2

Wednesday: March 11, 11:30 a.m. – 1:00 p.m.

SECTION 3

Wednesday: April 8, 11:30 a.m. – 1:00 p.m.

Location: CONED 162

Instructor: Marilyn Edwards

Facilitators: Liz Meske (234-1544) & Linda Fairchild (251-2586)

Class limit: 30

Valentine Wine Tasting (#3375)

Thursday, February 12, 5:00 – 7:00 p.m.

Begin your Valentine Day celebration a little early this year. Jean is planning for a lovely time tasting superb wines paired with scrumptious treats. What a sweetheart deal.

The fee of \$12 per person is to be prepaid by February 4, 2015. Please make check payable to Marigolds and send to: Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204

Location: Marigolds, 1800 Flandro Drive, Suite 330, Pocatello

Instructor: Jean Christensen

Facilitator: Sharon Manning (233-9425)

Class Fee: \$12

Cooking & Shopping for 1 or 2 (#3298)

Tuesday: February 24, 10:00 – Noon

Do you have a hard time cooking for just one or two now that the nest is empty? You will learn how to shrink your meal preparations, reduce food waste, and prepare nutritious meals for just one or two. Plan for an engaging class and a hands-on cooking lab – after all, we want to practice what we learn!

Location: CONED 203

Instructors: Julie Buck

Facilitators: Mary Spinner (241-7258)

Class Limit: 25; **Class Fee:** \$5

Wine Tasting sponsored by the Grapevine (#3122)

Tuesday: April 21, 5:00 – 7:00 p.m.

The Grapevine, a popular wine and gift shop, will be hosting a delightful wine tasting evening for your enjoyment. Kathleen always picks a great selection of wines for us to try.

Location: Goody's Deli, 905 South 5th Ave., Pocatello

Instructor: Kathleen Hughes

Facilitator: Pauline Havens (234-8517)

Class fee: \$7.50 paid at the door

History of Brewing in Pocatello – Dinner, Beer Tasting and Tour (#3224)

Tuesday: April 28, 5:00 – 7:00 p.m.

Come enjoy a pizza and salad buffet dinner, taste a variety of beers hand-crafted by Portneuf Valley Brewing, and learn about the history of brewing in Pocatello and the evolution of Portneuf Valley Brewing. Dinner and the beer tasting will conclude with a tour of the brewing operations. Participants are invited to stay for the acoustic jam session that starts at 7:30 p.m. in The Loft.

Location: Portneuf Valley Brewery, 615 South 1st Avenue, Pocatello

Instructor: Penny Pink

Facilitators: Donna Hillard (232-2398) & Barbara Bain (232-3415)

Class limit: 20

Class fee: \$20 per person (includes beer, pizza, salad, tax and gratuity) paid prior to class

GAMES

Mahjong (#3125)

Friday: January 16 – April 17, 10:00 a.m. – Noon

This four player table game is similar to the Western card game Rummy and should not be confused with the popular Western single player (tile matching) computer game. Mahjong is a game of skill, strategy and calculation and involves a degree of chance. The game requires players to form melds and to discard until a winning hand is completed. This game is fun!

Location: CONED 159

Instructor: Lucy Bonman

Facilitator: Glenda Vaughn (846-0121)

Class Limit: 30

Lunch and Games (#3126)

Lunch is served at noon. Hand and Foot card game or the Dominoes Mexican Train game are from 1:00-3:00 p.m. No cost for the games.

You must sign up to participate each month. The Coordinator will verify attendance by placing a telephone call to everyone who signs up for the class. \$13.00 for each lunch, paid at the door.

SECTION 1

Friday: January 16, Noon – 3:00 p.m.

SECTION 2

Friday: February 20, Noon – 3:00 p.m.

SECTION 3

Friday: March 13, Noon – 3:00 p.m.

SECTION 4

Friday: April 10, Noon – 3:00 p.m.

SECTION 5

Friday: May 8, Noon – 3:00 p.m.

Location: Juniper Hills Country Club,
6600 Bannock Highway, Pocatello

Facilitator: Pat Ringe (233-5494)

Class Fee: \$13 for each lunch, paid at the door.

Class Limit: 90

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call 282-3372.

Texas Hold'em Poker (#3127)

Friday: January 23 – May 8, 2:00 – 4:00 p.m.

This will be a time for people who know how to play Texas Hold'em Poker and for those who are new to the game. We have three tables; enough room for 24 players. Group divided by ability levels: beginner, intermediate, and advanced. We will teach you how to play even if you have never played poker before. *We play every Friday except Lunch & Game days.*

Location: CONED 162

Facilitators: Annette Tolman (226-4597) &
Sandra Noakes (251-2862)

Class Limit: 30

Intermediate Bridge: Bridge Conventions (#3377)

Tuesday: January 27 – March 17, 1:30 – 4:00 p.m.

Topics covered will be Stayman Convention, Jacoby transfer bids, Major-Suit Openings and Response, Minor-Suit Opening Bids and Responses, The Subsequent Auction, Weak-Two-Bids and Strong 2 club Opening. You will play dealt hands that match the lessons. Recommended text is *Commonly Used Conventions in the 21st Century*, ACBL Bridge Series. Please contact the facilitator if you want a book ordered for you. Cost will be dependent on how many books are ordered but should not exceed \$21.00.

Location: CONED 159

Instructors: Jeanne Moore and Joy Burke

Facilitators: Janice Matteson-Howell (478-9538) &
Barbara Bain (232-3415)

Class Limit: 20

Intermediate Bridge: 2 over 1 (#3376)

Tuesday: March 31 – May 19, 1:30 – 4:00 p.m.

The 2 over 1 force system is for players who want to take their game to a new level. It is simply a modification to standard bidding. Participants should understand the basics of bridge. Required Text: *2 over 1: Game Force*. Grant, Audrey and (continues...)

(continued: *Intermediate Bridge 2 over 1*)

Rodwell, E. (2009). Baron Barclay, Louisville, KY. Please contact the facilitator if you want a book ordered for you. Cost will depend on how many books are ordered but should not exceed \$21.

Location: CONED 159

Instructor: Jeanne Moore and Joy Burke

Facilitators: Janice Matteson-Howell (478-9538) & Barbara Bain (232-3415)

Class Limit: 20

GENERAL INTEREST

Walking Along “The Way” – My Experience in Spain (#3425)

Monday: January 12, 1:00 – 2:30 p.m.

This presentation features my hiking trip across northern Spain in summer 2014, along the legendary pilgrimage of St. James. The map of this pilgrimage will show the route of my walk. The talk will address several regions (Basque, Galicia, Rioja) and their cultures, customs and history. The pictures of main cathedrals, castles, and other attractions/points of interest, will be shown as well.

Location: CONED 125

Instructor: Sharon E. Price

Facilitator: Beverly Lyon (251-5279)

Unitarian Universalism: Its History & Its Foundations (#3418)

Wednesday: January 14 & 21, 2:00 – 3:30 p.m.

This class will examine the liberal religious faith tradition of Unitarian Universalism. The first session will explore the early history of this faith tradition by considering its predecessors, Unitarianism and Universalism. We will also learn what the names of these two earlier denominations stood for. The second session will focus on the last two hundred years of Unitarianism, Universalism, and Unitarian Universalism in this country and what this tradition looks like today.

Location: CONED 156

Instructor: Rev. Duffy Peet

Facilitator: Sondra Dunkle (904-4925)

Class Limit: 20

Do Not Judge a Book by Its Cover

(#3387)

Tuesday: January 20, 1:00 – 2:30 p.m.

“Don’t judge a book by its cover, because in this case the book is a human being.” Everyone’s life is a book made up of many chapters, and the International Human Library Organization promotes intercultural understanding through Human Libraries where people are the books. Marshall Public Librarian, Amy Campbell, will explain about the Human Library she and Jane Riley are developing for our community. You will meet a living book who wishes to share a chapter of his life with us and learn how you can participate in this unique event.

Location: CONED 125

Instructor: Amy Campbell

Facilitators: Jane Riley (237-6801)

Cold Case Investigation (#3402)

Tuesday: February 3, 10:00 – 11:30 a.m.

Pocatello Police received a \$5,000 grant from the Rocky Mountain Information Network and assistance from the “Cold Justice” TNT television show to help solve the cold case of Nori Jones almost one decade after her death. A man is currently being held in jail without bond. Police are still undergoing the investigation and conducting interviews with key players. Bannock County Prosecutor Steve Herzog will discuss how the television crew helped move the process to the front of the line in the state processing lab during the ten days that they were filming in Pocatello. Steve will also discuss other cold cases. The film about Nori Jones will show on national TV in January of 2015.

Location: CONED 125

Instructor: Bannock County Prosecutor, Steve Herzog

Facilitator: JoAn Dilweg (232-2656)

Animal Shelter Talk & Tour (#3186)

Tuesday: February 3, 1:00 – 2:30 p.m.

The idea for a new animal shelter for our community started in 1996. Fast forward 18 years, after many setbacks and plan changes,

we are seeing the project come to fruition. In 2012, citizens of Pocatello were asked to consider passing a municipal bond for the funding of the new shelter. This bond, needing a 66% plus 1 vote, passed with an amazing 73% support. The new building is a beautiful project that the staff and construction team can't wait to show the public. Please join us for a special tour to see how your tax dollars are being used. And see how you are playing a part in helping the many animals in their care.

This talk and special tour will be held in the Education Center of the new Pocatello Animal Shelter located at 3100 Avenue of the Chiefs in Upper Level Ross Park. Mary Remer, Animal Services Director, will give the talk and the tour.

Location: Pocatello Animal Shelter, 3100 Avenue of the Chiefs, Pocatello

Instructor: Mary Remer

Facilitator: Cathy Vaughn (317-1370)

Class Limit: 100

Family Search Workshop for Beginners (#3406)

Wednesday: February 4 & 11, 1:00 – 3:00 p.m.

Got genealogy and searching for ancestors on your bucket list? This is your chance to get started at using, in my opinion, the best program available, and it's free. Please bring a short list of ancestors with approximate birth dates and places to begin creating a family tree and searching for documentation of those ancestors. A notebook and pen will also be useful. This is a workshop so you can both learn and practice.

Location: LDS Family Search Building, 156 ½ South 6th Ave., Pocatello

Instructors: Sharon & David Fromm and Jason Mendenhall

Facilitator: Marilyn Ames (705-8451)

Class Limit: 20

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call 282-3372.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

Explore the Muslim Beliefs & Mosque Practices (#3413)

Wednesday: February 4, 1:30 – 3:30 p.m.

The class of fifty will meet at the Mosque where Dr. Hummel will lecture on the beliefs of the Muslim faith and share some of the practices within the Mosque.

Location: Muslim Mosque, 1513 South 5th Ave., Pocatello

Instructor: Daniel Hummel

Facilitator: Virginia Kelly (232-7417)

Class Limit: 20

CASA – Court Appointed Special Advocates for Children (#3403)

Wednesday: February 11, 11:00 a.m. – 1:00 p.m.

CASA volunteers are Court Appointed Special Advocates for children. They are trained community volunteers appointed by a judge to speak up in court for abused, neglected, or abandoned children. CASA volunteers come from all walks of life. They are men and women who want to help their community's children. They work for the judge, alongside attorneys and social workers, as appointed officers of the court. These volunteers appear in court to recommend to the judge what they believe is in the child's best interest.

Location: CONED 125

Instructor: Cori Hadley & LeeAnn Manning

Facilitator: Verna Walker (237-2048)

Dying Languages (#3404)

Wednesday: February 18, 9:00 a.m. – Noon.

It is estimated that within the next 100 years, more than 90% of the languages currently spoken will have died out. This class will look at the reasons for this unprecedented loss of living languages, what can be done to stop or reverse this trend, and what is actually being done by various language communities. The class will focus on the languages of North America, Polynesia and Europe.

Location: CONED 125

Instructor: Christopher Loether

Facilitator: Christopher Loether (721-7189)

JANUARY 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4	5	6	7	1	2	3
	9-12 Open/Returning Wood Carvers	5:30-7 SRNH Band	9-12 Open/Returning Wood Carvers 5:30-7 SRNH Band	10-12 Board Mtg 12:30-2 Readers Theatre 4-6 Square Dance	9-12 Open/Returning Wood Carvers	
11	12	13	14	15	16	17
	9-12 Woodcarving 1-2 Internat'l Cuisine Planning 1-2:30 Experience in Spain	11-12 Band Intro Meeting 4-5:30 Book Group & a Glass 5:30-7 SRNH Band	9-12 Woodcarving 2-3:30 Intro Unitarian Universal 5:30-7 SRNH Band	11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 1-3 Begin Crazy Quilts 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 10-12 Mahjong 12-3 Lunch and Games 1-4 Snow Shoeing/Hiking	
18	19	20	21	22	23	24
	ISU CLOSED	10-12 Compassionate Life Steps 1-2:30 Don't Judge a Book 5:30-7 SRNH Band	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 2-3:30 Intro Unitarian Universal 5:30-7 SRNH Band	11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 1-3 Begin Crazy Quilts 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War 2-4 Texas Hold'em	
25	26	27	28	29	30	31
	9-12 Woodcarving 9-10 T'ai Chi Chih Advance 10-11 T'ai Chi Chih Basics 1-30-3:30 Hand-Built Pottery	10-11:30 Primary Care Future 1:30-4 Intermediate Bridge 1-2:30 Oscar Wilde Versatility 5:30-7 SRNH Band	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 5:30-7 SRNH Band	7:30 Overnight Snow Coach 10-11:30 Hypertens& Nutrition 11:30-12:30 Knit & Crochet 12-2 Readers Theatre Perform 1-3 Begin Crazy Quilts 2-4 Low Impact Creative Write 4-6 Square Dance	Tour – West Yellowstone 9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War 2-4 Texas Hold'em	

FEBRUARY 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 2-4 Prospecting ID Frontier 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	9:30-10:30 Beginner 2/Int LD 10:30-11:30 Intermed/AdvLD 10-11:30 Cold Case 1-2:30 Animal Shelter Tour 1:30-4 Intermediate Bridge 5:30-7 SRNH Band	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 1-3 Family Search Wkshop Beg 1:30-3:30 Muslim/Mosque Tour 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	9:30-11:00 out of Box Line Dance 10-11 Knitting 10-12 Board Mtg 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 1-3 Begin Crazy Quilts 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War 2-4 Texas Hold'em 3-4 Preview to the Symphony	7
8	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 10-12 Valentine Ideas (1) 1-3 Valentine Ideas (2) 1-30-3:30 Hand-Built Pottery 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	9:30-10:30 Beginner 2/ Int L/D 10:30-11:30 Intermed/AdvL/D 10-11:30 Fun Facts Pizza 1-2:30 Sho Ban Tribal Stories 1:30-4 Intermediate Bridge 4-5:30 Book Group & a Glass 5:30-7 SRNH Band	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 11-1 CASA Advoc 4 Children 11:30-1 Taste and Share 1-3 Family Search Wkshop Beg 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	10-11 Knitting 9:30-11 Out of Box Line Dance 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 1-3 Begin Crazy Quilts 4-6 Square Dance 5-7 Valentines Wine Tasting	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War 2-4 Texas Hold'em 5-6 Preview Gross Indecency	14
15	ISU CLOSED 2-3 Starter Line Dance 3-4 Beg 1 Line Dance	9:30-10:30 Beg 2/Int L/D 10:30-11:30 Intermed/AdvL/D 1:30-4 Intermediate Bridge 1:30-4 Tie-Dying 5:30-7 SRNH Band	9-12 Woodcarving 9-12 Dying Languages 9:30-10:30 Fit & Fall Proof 1-3 Family Search Wkshop Int 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	10-11 Knitting 9:30-11 Out of Box Line Dance 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 1-3 Begin Crazy Quilt 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch & Games 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War	21
22	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 1:30-3:30 Silk Painting 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	9:30-10:30 Beg 2/ Intermed L/D 10-12 Cooking/Shopping 1or2 10:30-11:30 Intermed/AdvL/D 1-2:30 Organic Gard-Easy Way 1:30-4 Intermediate Bridge 5:30-7 SRNH Band	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-11:30 Precious Water 1-3 Family Search Wkshop Int 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	10-11 Knitting 9:30-11 Out of Box Line Dance 10-11:30 Heart Disease/Women 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12-2 Readers Theatre Perform 1-3 Begin Crazy Quilt 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War 2-4 Texas Hold'em	28
15	ISU CLOSED 2-3 Starter Line Dance 3-4 Beg 1 Line Dance	9:30-10:30 Beg 2/Int L/D 10:30-11:30 Intermed/AdvL/D 1:30-4 Intermediate Bridge 1:30-4 Tie-Dying 5:30-7 SRNH Band	9-12 Woodcarving 9-12 Dying Languages 9:30-10:30 Fit & Fall Proof 1-3 Family Search Wkshop Int 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	10-11 Knitting 9:30-11 Out of Box Line Dance 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 1-3 Begin Crazy Quilt 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch & Games 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War	21
22	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 1:30-3:30 Silk Painting 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	9:30-10:30 Beg 2/ Intermed L/D 10-12 Cooking/Shopping 1or2 10:30-11:30 Intermed/AdvL/D 1-2:30 Organic Gard-Easy Way 1:30-4 Intermediate Bridge 5:30-7 SRNH Band	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-11:30 Precious Water 1-3 Family Search Wkshop Int 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	10-11 Knitting 9:30-11 Out of Box Line Dance 10-11:30 Heart Disease/Women 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12-2 Readers Theatre Perform 1-3 Begin Crazy Quilt 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War 2-4 Texas Hold'em	28
15	ISU CLOSED 2-3 Starter Line Dance 3-4 Beg 1 Line Dance	9:30-10:30 Beg 2/Int L/D 10:30-11:30 Intermed/AdvL/D 1:30-4 Intermediate Bridge 1:30-4 Tie-Dying 5:30-7 SRNH Band	9-12 Woodcarving 9-12 Dying Languages 9:30-10:30 Fit & Fall Proof 1-3 Family Search Wkshop Int 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	10-11 Knitting 9:30-11 Out of Box Line Dance 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 1-3 Begin Crazy Quilt 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch & Games 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War	21
22	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 1:30-3:30 Silk Painting 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	9:30-10:30 Beg 2/ Intermed L/D 10-12 Cooking/Shopping 1or2 10:30-11:30 Intermed/AdvL/D 1-2:30 Organic Gard-Easy Way 1:30-4 Intermediate Bridge 5:30-7 SRNH Band	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-11:30 Precious Water 1-3 Family Search Wkshop Int 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	10-11 Knitting 9:30-11 Out of Box Line Dance 10-11:30 Heart Disease/Women 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12-2 Readers Theatre Perform 1-3 Begin Crazy Quilt 2-4 Low Impact Creative Write 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-3:30 Rhetoric Vietnam War 2-4 Texas Hold'em	28

MARCH 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 1-2:30 Medieval Castles 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perf Line Dance	2	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 1-2:30 Medieval Castles 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perf Line Dance	3	9:30-10:30 Beg 2/Int LD 10:30-11:30 Intermed/Adv LD 1-2 Intro Karate Seniors 1:30-4 Intermediate Bridge 1-3 Your Tax Dollar/Antarctic 5:30-7 SRNH Band	4	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-11:30 Lincoln's 2 Inaugural 1-2:30 Macro Economy Impacts 2-3 Latin Line Dancing 3-4:30 Perf Line Dance 5:30-7 SRNH Band	5	9:30-11 Out of Box Line Dance 10-12 Board Meeting 11:30-12:30 Knit & Crochet 11-12 Oldies LD 12:30-2 Readers Theatre 1-2 Intro Karate Seniors 1-3 Begin Crazy Quilts 2-4 Low Impact Creative Write 4-6 Square Dance	6	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-4 Texas Hold'em	7	
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8	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 1:30-3:30 Silk Scarf Painting 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	9	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 1:30-3:30 Silk Scarf Painting 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	10	9:30-10:30 Beg 2/Int LD 10:30-11:30 Intermed/Adv LD 11-12:30 Tatting-What is That 1-2 Intro Karate Seniors 1:30-4 Intermediate Bridge 4-5:30 Book Group & a Glass 5:30-7 SRNH Band	11	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10:30-2 Women Heroine Portrait 11:30-1 Taste and Share 1:30-3:30 Silk Scarf Paint 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	12	9:30-11 Out of Box Line Dance 11:30-12:30 Knit & Crochet 11-12 Oldies LD 12:30-2 Readers Theatre 1-2 Intro Karate Seniors 2-4 Low Impact Creative Write 3-4:15 Memoirs / Anti-Semite 4-6 Square Dance	13	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch and Games 1-4 Snow Shoeing/Hiking 3-4 Preview to the Symphony	14	
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15	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 10-11:30 Hist Musical Theater 1-3 Sewing Pillowcases 2-3:30 Four Yrs in Afghanistan 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	16	9-12 Woodcarving 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 10-11:30 Hist Musical Theater 1-3 Sewing Pillowcases 2-3:30 Four Yrs in Afghanistan 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	17	9:30-10:30 Beg 2/Int LD 10:30-11:30 Intermed/Adv LD 1-2:30 Explore Expressionism 1-2 Intro Karate Seniors 1:30-4 Intermediate Bridge 3:30-4:30 Lakota Sioux Fam 5:30-7 SRNH Band	18	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-11:30 Coping Guilt/Anxiety 1-2:30 Falconry Tour 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band	19	9:30-11 Out of Box Line Dance 11:30-12:30 Knit & Crochet 11-12 Oldies LD 12:30-2 Readers Theatre 1-2 Intro Karate Seniors 2-4 Low Impact Creative Write 3-4:15 Memoirs / Anti-Semite 4-6 Square Dance	20	9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-4 Texas Hold'em	21	10-12 Intro Paint/Acrylics
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22	Spring Break 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 2-3 Starter Line Dance 3-4 Beg 1 Line Dance	23	Spring Break 9-10 Tai Chi Chih Advance 10-11 Tai Chi Chih Basics 2-3 Starter Line Dance 3-4 Beg 1 Line Dance	24	Spring Break 1-2:30 Explore Expressionism 1-2 Intro Karate Seniors 5:30-7 SRNH Band	25	Spring Break 11-12 History Banking in Idaho 5:30-7 SRNH Band	26	9:30-11 Out of Box L/Dance 11:30-12:30 Knit & Crochet 11-12 Oldies LD 12-2 Readers Theatre Perform 1-2 Intro Karate Seniors 2-4 Low Impact Creative Write 2:30-4 Rag Rugs 4-6 Square Dance	27	Spring Break 1-2:30 Breast Cancer/Nutrition 2-4 Texas Hold'em	28	
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29	9-12 Woodcarving 1-2:30 WWII Libraries 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	30	9-12 Woodcarving 1-2:30 WWII Libraries 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance	31	9:30-10:30 Beg 2/inter LD 10:30-11:30 Intermed/Adv LD 1:30-4 Intermediate Bridge 2/1 5:30-7 SRNH Band							
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APRIL 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>5</p> <p>9-12 Woodcarving 2-3:30 Life in Kuwait /20 yrs 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance</p>	<p>6</p> <p>9-12 Woodcarving 2-3:30 Life in Kuwait /20 yrs 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance</p>	<p>7</p> <p>9:30-10:30 Beg 2/Inter LD 10:30-11:30 Intermed/AdvLD 10-12 Home-Aging in Place 1:30-4 Intermediate Bridge 2/1 5:30-7 SRNH Band</p>	<p>8</p> <p>9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 11:30-1 Taste n Share 1-5 Lady Niners Golf 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band</p>	<p>1</p> <p>9-12 Woodcarving 9:30-10:30 Fit and Fall 1-4 Much Ado About Murder 1-5 Lady Niners Golf 5:30-7 SRNH Band</p>	<p>1</p> <p>9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 3-4 Nutrition for Seniors 2-4 Texas Hold'em</p>
<p>12</p>	<p>13</p> <p>9-12 Woodcarving 1:30-3 Children's Serial Fiction 2-3:30 Book Exchange 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4:30 Perform Line Dance</p>	<p>14</p> <p>9:30-10:30 Beg2/Inter LD 10:30-11:30 Inter/Adv LD 1:30-4 Intermediate Bridge 2/1 2-3:30 Color Wheel HomeDec 4-5:30 Book Group & a Glass 5:30-7 SRNH Band</p>	<p>15</p> <p>9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 1-5 Lady Niners Golf 1:30-3:30 Hyperbaric Therapy 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band</p>	<p>16</p> <p>9:30-11 Out Box Line Dance 11:30-12:30 Knit & Crochet 11-12 Oldies LD 12:30-2 Readers Theatre 2-3:30 Louis Armstrong 2-4 Low Impact Creative Write 2:30-4 Rag Rugs 5:30-7 Mindfulness Meditation 4-6 Square Dance</p>	<p>17</p> <p>9-12 Woodcarving 9-10:30 Walking the Greenway 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 2-4 Texas Hold'em 3-4 Preview to the Symphony</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>9-12 Woodcarving 1:30-3:30 Young at Heart 2-3 Starter Line Dance 3-4 Beg 1 Line Dance 3-4.5 Perform Line Dance</p>	<p>21</p> <p>9-5 ID Enterprise Field Trip 9:30-10:30 Beg 2/Inter LD 10:30-11:30 Inter/AdvLD 1.5-4 Intermed Bridge 2/1 5-7 Wine Taste by Grapevine 5:30-7 SRNH Band 7-8 SE Idaho Senior Games</p>	<p>22</p> <p>9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 1-5 Lady Niners Golf 1-2:30 Early Chinese/Idaho 2-3 Latin Line Dancing 3-4:30 Perform Line Dance 5:30-7 SRNH Band</p>	<p>23</p> <p>11:30-12:30 Knit & Crochet 12:30-2 Readers Theatre 2-4 Low Impact Creative Write 5:30-7 Mindfulness Meditation 4-6 Square Dance</p>	<p>24</p> <p>9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 1-4 Snow Shoeing/Hiking 3-4:30 Elements of Dance 2-4 Texas Hold'em</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>9-12 Woodcarving 3-4:30 Perform Line Dance 4-7 Abstraction in Visual Art</p>	<p>28</p> <p>1:30-4 Intermediate Bridge 2/1 4-7 Abstraction in Visual Art 5-7 History / Brewing in Poky 5:30-7 SRNH Band</p>	<p>29</p> <p>9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 1-5 Lady Niners Golf 3-4:30 Perform Line Dance 4-7 Abstraction in Visual Art 5:30-7 SRNH Band</p>	<p>30</p> <p>10-11 Knitting 11:30-12:30 Knit & Crochet 12-2 Readers Theatre Perform 2-4 Low Impact Creative Write 4-7 Abstraction in Visual Art 4-6 Square Dance 5:30-7 Mindfulness Meditation 4-8 Set up AARP</p>	<p>3</p> <p>9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 10-12 Mahjong 1-4 Snow Shoeing/Hiking 3-4 Nutrition for Seniors 2-4 Texas Hold'em</p>	<p>4</p>

MAY 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3	9-12 Woodcarving 1-2:30 Heroes of Flight 2-3:30 Saudi Arabia 3-4:30 Perform Line Dance	4 1:30-4 Intermediate Bridge 2/1 1-3 What's New at the Zoo? 1-4 C&C Road Clean-up 5:30-7 SRNH Band	5 9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 1-5 Lady Niners Golf 3-4:30 Perform Line Dance 5:30-7 SRNH Band	6 10-12 Board Mtg 11:30-12:30 Knit & Crochet 4-6 Square Dance	1 8:30-4 AARP Refresher 9-12 Woodcarving 9:30-10:30 Fit & Fall Proof 9-10:30 Walking the Greenway 2-4 Texas Hold'em	2											
10	11 3-4:30 Perform Line Dance	12 1:30-4 Intermediate Bridge 2/1 1-3 Road Bicycle Touring 4-5:30 Book Group & a Glass 5:30-7 SRNH Band	13 7:30 Craters of the Moon 9:30-10:30 Fit & Fall Proof 1-4 Adv. Road Biking 1-5 Lady Niners Golf 3-4:30 Perform Line Dance 5:30-7 SRNH Band	14 Annual Meeting 4-6 Square Dance	7 9-12 Woodcarving 9-10:30 Walking the Greenway 9:30-10:30 Fit & Fall Proof 12-3 Lunch and Games 1-4 Snow Shoeing/Hiking 2-4 Texas Hold'em	8 9-12 Woodcarving 9-10:30 Walking the Greenway 9:30-10:30 Fit & Fall Proof 12-3 Lunch and Games 1-4 Snow Shoeing/Hiking 2-4 Texas Hold'em	15 9:30-10:30 Fit & Fall Proof 1-4 Snow Shoeing/Hiking	16 9:30-10:30 Fit & Fall Proof 1-4 Snow Shoeing/Hiking	17 3-4:30 Perform Line Dance 18 3-4:30 Perform Line Dance	21 12:30-3 Flower walk 1-4 Murder Under Big Top	22 9:30-10:30 Fit & Fall Proof	23 9:30-10:30 Fit & Fall Proof	24 3-4:30 Perform Line Dance 25 3-4:30 Perform Line Dance	26 1-3 Road Bicycle Touring 5:30-7 SRNH Band	29 9:30-10:30 Fit & Fall Proof	30 8-9:30 Birding Field Trip	31

JUNE ADVENTURES

JUNE 2 – 1-3 Road Bicycle Touring

JUNE 3 – 9:30-10:30 Fit & Fall Proof (also June 5) ; 1-4 Adv Road Bicycle Touring

JUNE 10 – Snake River Cruise, Shoshone Falls and Rock Creek Stage Stop; 9:30-10:30 Fit & Fall Proof

JUNE 12 – 9:30-10:30 Fit & Fall Proof (ends)

Family Search Workshop for Intermediate Skills (#3407)

Wednesday: February 18 & 25, 1:00 – 3:00 p.m.

This workshop will focus on mastering the many exciting new bells and whistles on familysearch.org. Bring photos, documents, ancestor biographies, etc. and of course, your login and password from either last year or the beginners' class.

Location: LDS Family Search Building, 156 ½ South 6th Ave., Pocatello

Instructors: Sharon & David Fromm and Jason Mendenhall

Facilitator: Marilyn Ames (705-8451)

Class Limit: 20

Our Precious Drinking Water – What California's Drought is Teaching Idaho (#3417)

Wednesday: February 25, 10:00 – 11:30 a.m.

What if one morning you turned on the shower and no water was there? The severe drought continues in California and is a wake-up call for the rest of the West. 100 percent of our Pocatello drinking water comes from groundwater. The class will describe lessons learned from severe drought, describe our drinking water vulnerabilities and discuss what we can do to protect our drinking water. Students will learn about water security and how they can make a difference to protect the water we use now and in the future.

Location: CONED 125

Instructor: Sue Skinner

Facilitator: Sue Skinner (478-4456)

Medieval Castles & Towns of England

(#3412) *Monday: March 2, 1:00 – 2:30 p.m.*

Before the Norman invasion of England in 1066, there were fewer than 50 castles in England; and 40 years later there were more than 500! Most people agree that the Normans introduced the concept of the true castle. Castles are like snowflakes - no two are exactly alike and everyone is beautiful in its own way.

Location: CONED 125

Instructor: Dr. Trent Stephens

Facilitator: Sharon Manning (233-9425)

Your Tax Dollars at Work in Antarctica (#3400)

Tuesday: March 3, 1:00 – 3:00 p.m.

Allan has spent 11 trips to the South Pole working as a builder all over the Great White Continent. Come see what the US is learning about Antarctica.

Location: CONED 125

Instructor: Allan Priddy

Facilitator: Marg Griffin (233-1898)

Macro-Economic Impacts of the Information Age (#3411)

Wednesday: March 4, 1:00 – 2:30 p.m.

The news media is reporting a steep decline in the US manufacturing sector and jobs associated with it. At the same time, the media is reporting the rapid rise of information technologies and startup companies. On the whole, has this shift from the industrial age to the information age helped or hurt the US economy? How has globalization affected all of this? We'll look at the macro-economic impacts of shifting to the information age in jobs, education, workforce training, etc.

Location: CONED 125

Instructor: Joel Phillips

Facilitator: Jim Manning (233-9425)

Four Years in Afghanistan (#3408)

Monday: March 16, 2:00 – 3:30 p.m.

Afghanistan is a Muslim country in central Asia, northwest of India. It is not the Middle East. It has four seasons, so it's not hot all year round. There will be a talk and slides about these past four years of life as an English instructor at the American University of Afghanistan. Yes, there's a war going on there, but there is a lot more to know about, too. Discussion and questions are encouraged.

Location: CONED 125

Instructor: Linda Raye Sue

Facilitator: Barbara Bain (232-3415)

Falconry Tour (#3405)*Wednesday: March 18, 1:00 – 2:30 p.m.*

Prior to moving to Idaho, Dennis was an animal trainer for movies and television in California. He has been a falconer since he was 13 years old. Dennis will provide a brief history of falconry, and conduct a tour of the falcon breeding chambers. Members will see the adult falcons and some babies. There will be a question and answer period following the tour.

Location: CONED Parking Lot to car pool to Oxford, Idaho

Instructor: Dennis Grisco

Facilitator: Mary Spinner (241-7258)

Class Limit: 24

Life in Kuwait for 20 Years (#3409)*Monday: April 6, 2:00 – 3:30 p.m.*

Nobody here ever heard much about Kuwait until the Gulf War. Kuwait is a very small country between Saudi Arabia and Iraq, across the Persian Gulf from Iran. It has almost no fresh water, so no one lived there until a few hundred years ago when they started bringing water from Iraq by ship. Now they have enough money from their huge reservoirs of oil that was discovered in the 1930s and exploited by the British (with some American help now and then) to desalinate the sea water for their own use. Thirty years ago when I arrived, Kuwait University (where I taught) was the only university in the country; now there are several more. Still only half of the population is Kuwaiti, the rest are foreign workers, mostly laborers. There will be a talk along with slides of the country and the people. Questions and discussion are encouraged.

Location: CONED 125

Instructor: Linda Raye Sue

Facilitator: Barbara Bain (232-3415)

Travels to Cuba (#3422)*Thursday: April 9, 1:00 – 2:30 p.m.*

The instructor recently traveled to Cuba and has many pictures and insights to share! Come see what Cuba looks like, and what impressions were gained by the instructor.

Location: CONED 159

Instructor: Linda Reichardt

Facilitator: Sondra Dunkle (904-4925)

Idaho Enterprises – The Field Trip

(#3305)

Tuesday: April 21, 9:00 a.m. – 5:00 p.m.

Last semester we talked about what people DO in Idaho for fun and/or profit, and chose places to go to learn about some of those activities. This semester we have the FUN part, the field trip to places where some of these enterprises are carried out. The Melaleuca facility, the Miles Willard potato research operation, and Reed's Dairy are all in Idaho Falls, so we decided to visit all three in one day. We're confident we can agree on where to eat lunch. The trip will be cancelled if it snows.

Location: CONED Foyer to sign in and arrange carpooling to Idaho Falls

Instructor: Ruth Moorhead

Facilitator: Marijana Dolsen (233-8735)

AARP Driver Refresher Safety Program (#3130)*Friday: May 1, 8:30 a.m. – 4:30 p.m.*

This class meets the new 6-hour AARP course requirement. A comprehensive nationwide AARP course, this class is designed to address the normal physiological effects of aging and to promote independence, safety and mobility behind the wheel. No driving or graded test. Many insurance companies give a 5 – 10% discount when you submit your certificate of completion (good for three years). Points for Idaho driving infractions may be reduced. Class fees cover cost of workbooks, supplies and the certificate of completion.

Class fee: \$15 for AARP members, \$20 for non-AARP members. Bring your AARP membership card to class for verification. Registration and collection of fees will be at 8:30am. Please bring the correct amount of cash (no change available), or a check for the correct amount, payable to AARP.

Location: CONED 125

Instructor: Roger Wheeler

Facilitator: Aleen Shearer (233-4803)

Class Fee: \$15 AARP member, \$20 non-member

Class Limit: 25

Saudi Arabia, Giant of the Middle East, Home of Mecca, & Mostly a Giant Desert (#3416)

Monday: May 4, 2:00 – 3:30 p.m..

Saudi Arabia is known for its huge oil reserves and its barbaric treatment of women. But there is much more to it than that. Three years there opened up the mystery somewhat. Foreigners live in compounds. The specter of morality police is always hovering. Sand dunes are huge and beautiful. The king is trying to modernize the country and educate the people. There will be a talk along with a slide show. Questions and discussion are encouraged.

Location: CONED 125

Instructor: Linda Raye Sue

Facilitator: Barbara Bain (232-3415)

Roadway Clean-up (#3415)

Last semester we talked about how we wanted to set up an NKA roadway clean-up project and where to do it. Now comes the fun of making good on our commitment.

SECTION 1

Tuesday: May 5, 1:00 – 4:00 p.m.

SECTION 2

Tuesday: May 19, 1:00 – 4:00 p.m.

Location: CONED Parking Lot

Instructor: Ruth Moorhead

What's New at the Zoo? (#3419)

Tuesday: May 5, 1:00 – 3:00 p.m.

One of the missions of our Pocatello Zoo is to increase the public's knowledge of Native North American Wildlife. With the aid of the zoo staff, we will go on an informative walking tour. Learn why these animals are considered Ambassadors for their kind.

Location: Pocatello City Zoo, Main Entrance, 2900 South 2nd Ave., Pocatello (Lower Ross Park)

Instructor: Cory Coffman, Curator of Education

Facilitator: Jane Riley (237-6801)

Class Fee: \$6.50 paid to the zoo upon entrance.

Spring Flower Lecture & Walk (#3247)

Wednesday: May 20, 10:00 – 11:30 a.m. – lecture

Thursday: May 21, 12:30 – 3 p.m. – walk

Let's burst into spring by first hearing a class presentation and then taking a walk with Dr. Karl Holte, ISU Professor Emeritus of Botany. Karl Holte enjoys teaching about plants, and makes it fun and educational. The walk will be at Cherry Springs. The group will meet at the Continuing Education parking lot at 12:30 p.m. and carpool to Cherry Springs. Bring water, sun screen, walking sticks and a plant magnifying glass.

Location: CONED 125 & Cherry Springs

Instructor: Dr. Karl Holte

Facilitator: Marijana Dolsen

"Over 90 & Loving It" DVD (#3414)

Thursday: May 28, 10:00 – 11:30 a.m.

The DVD called "Over 90 & Loving It" will be shown. The documentary features people in their 90s and 100s who are living extraordinary and passionate lives. We meet and fall in love with a wide range of engaging characters. Some of them are: Nola Ochs receives her master's degree just three months shy of her 99th birthday. Katie Brown, 91, bakes and serves cinnamon rolls five days a week. Don Pellmann, 94, is a Senior Olympics Gold Medal pole vault winner. Harry Rakoff, 94, drives a taxi in the heart of New York City. Doris Haddock, 100, is a feisty political activist who marches across the country.

We sit at their feet for words of advice, witnessing how they forgot to grow old and are always curious to see what's going to happen next. "Over 90 & Loving It" will inspire people across the age spectrum. We all need heroes and heroines to emulate, and this film will reach the hearts and minds of all of us who want to have a full life. Discussion will follow after the film.

Location: CONED 125

Instructor: JoAn Dilweg

Facilitator: Virginia Kelly (232-7417)

Birding at Cherry Springs Nature Area (#3401)

Saturday: May 30, 8:00 a.m. – 3:30 p.m.

Bring your binoculars and join us as Dr. Trost identifies birds that use Cherry Springs to nest or as a migratory stop. Dr. Trost wrote the “Checklist of Birds for Cherry Springs Nature Area & Scout Mountain.” Dr. Trost is a founder of the Portneuf Valley Audubon Society. You may wish to bring paper and pen to write names of birds you see.

Location: Cherry Springs Nature Area

Instructor: Dr. Chuck Trost, Professor Emeritus of Biological Sciences, ISU

Facilitator: Sue Weeg (904-0715)

Class Limit: 20

HEALTH & WELLNESS

Twelve Steps to a Compassionate Life (Getting Started) (#3399)

Tuesday: January 20, 10:00 a.m. – Noon

In 2008, awarded the TED (Technology, Entertainment, Design) prize, author and religious scholar Karen Armstrong used the award to develop a global Charter for Compassion. The charter combines the wisdom of faith traditions from around the world, and it is available at charterforcompassion.org. The course will introduce participants to the charter and to the twelve steps developed by Armstrong to help us become more compassionate in our daily lives. Participants may want to view the charterforcompassion.org website, view Armstrong’s TED talks (www.ted.com/speakers/karen_armstrong), or begin reading her book *Twelve Steps to a Compassionate Life* (Knopf, 2011).

Location: CONED 125

Instructor: Jennifer Eastman Attebery

Facilitator: Donna Boe (233-5651)

Primary Care and the Future of Health Care in Idaho (#3398)

Tuesday: January 27, 10:00 – 11:30 a.m.

With the advent of the Affordable Care Act, the US Health Care system faces an era of unprecedented change. In Idaho, hospitals and providers pass on the cost of uncompensated care. County and state governments shoulder the fiscal impact of indigent care and catastrophic funds. The working poor continue to get sicker, go bankrupt and die. This presentation will address the challenges faced by Idaho patients, providers and policy makers as they struggle with a myriad of controversial issues including - health work force, coverage gaps, fiscal responsibility and political realities. The unique role of family medicine in transforming health care will be emphasized.

Location: CONED 125

Instructor: Dr. William Woodhouse

Facilitator: Donna Boe (233-5651)

Hypertension & Nutrition: Making Positive Changes in Your Diet to Lower Your Blood Pressure (#3393)

Thursday: January 29, 10:00 – 11:30 a.m.

We will discuss the DASH diet (Dietary Approaches to Stop Hypertension) research study which resulted in significantly lower blood pressure for participants in the study. We will translate this to food and menu patterns. We will have small group discussions of food to determine their nutrient content including potassium, magnesium and calcium. There will be ample time for questions and answers.

Location: CONED 162

Instructor: Mary Dundas, Phd, RD

Facilitator: Sondra Dunkle (904-4925)

Class Limit: 20

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call 282-3372.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

Heart Disease in Women – Nutrition: The Medical Nutrition Therapy (#3394)

Thursday: February 26, 10:00 – 11:30 a.m..

We will discuss the MNT and dietary factors that increase or decrease your risk for developing heart disease. The class will complete a risk factor analysis and discuss nutrients that are beneficial to your heart. We will have small group discussions and there will be ample time for questions and answers.

Location: CONED 125

Instructor: Mary Dundas, Phd, RD

Facilitator: Sondra Dunkle (904-4925)

Class Limit: 20

Coping with Guilt & Anxiety Produced by Change (#3397)

Wednesday: March 18, 10:00 – 11:30 a.m.

Exploration of the sometimes guilt and most always anxiety that comes with changes, and how best to deal with these normal reactions.

Location: CONED 125

Instructor: Dr. Victor Joe

Facilitator: Virginia Kelly (232-7417)

Breast Cancer & Nutrition: Lowering Your Risk by Modifying Your Eating Habits (#3396)

Friday: March 27, 1:00 – 2:30 p.m.

We will discuss the risk factors for breast cancer and examine those dietary factors that may increase or decrease your risk. We will talk about specific nutrients and foods that are good sources for them. We will have small group discussions and there will be ample time for questions and answers.

Location: CONED 125

Instructor: Mary Dundas, Phd. RD

Facilitator: Sondra Dunkle (904-4925)

Class Limit: 20

Nutrition for Seniors (#3392)

Friday: April 3, 3:00 – 4:00 p.m.

This class will provide information on nutrition, healthy eating and special needs for the senior.

Location: CONED 125

Instructor: Amy Kramer

Facilitator: Amy Kramer & Virginia Kelly (232-7417)

AARP Home Fit (Aging in Place Workshop) (#3395)

Tuesday: April 7, 10:00 a.m. – Noon

We all hope to “age in place” as we age, meaning we hope to stay in our home as long as possible. This class is designed to assist people in recognizing all the great ways a home can be designed and updated to support needs and lifestyle at any age.

This class will help you determine what is important in your living environment and how you can continue those activities throughout your life.

It will also help you determine the types of home improvements you may need and what specialist, if any, is needed to assist you with that. We discuss the several types of specialists in the field of home modifications, and how each of them can address different needs.

Location: CONED 125

Instructor: Cathy McDougall & Fred Turner

Facilitator: Sondra Dunkle (904-4925)

Effects of Mindfulness Meditation

(#3339) *Thursday: April 9 - 30, 5:30 – 7:00 p.m.*

Mindfulness meditation has many effects and produces many changes in the function of the meditator’s brain and body. This course examines the physiological, psychological and neurophysiological changes that occur as a result of meditation. Neurophysiological changes will be discussed in the context of normal physiology, with an overview of the neuro-regulatory processes that are reinforced through mindfulness. The course includes introduction to a subset of mindful practices, with a view toward the changes that result from engaging in them. Each session will include mindful practices.

Location: CONED 162

Instructor: Drs. Paula and Tony Seikel

Facilitator: Barb Bain (232-3415)

Hyperbaric Oxygen Therapy & Wound Care (#3343)

Wednesday: April 15, 1:30 – 3:30 p.m.

Hyperbaric oxygen therapy (HBOT) is a medical treatment in which the patient is entirely enclosed in a chamber and breathes oxygen while the sealed chamber is pressurized at 1 ½ to 3 times normal atmospheric pressure. The U.S. Food and Drug Administration (FDA) has approved HBOT to treat more than a dozen problems such as decompression sickness, carbon monoxide poisoning, gangrene, brain abscess, and injuries in which tissues are not getting enough oxygen.

Jeff Hampsten is owner and operator of the *Idaho Doctors Hospital Healing Center in Pocatello*. The chambers at this center can accommodate numerous people at one time. Patients enter the submarine-like compression chamber and for two hours breathe 100% oxygen at an air pressure much higher than normal. Hyperbaric treatment works by profusing oxygen under pressure into the blood, allowing it to saturate tissues and increase stem cells that target the injury.

Jeff will discuss the use of hyperbaric oxygen therapy in wound care and the uses of HBOT worldwide, and give a comparison to the use in the United States. A tour of the center will also be given. Attend this class to become informed about hyperbaric treatment and the wonderful facility we have available here in Pocatello!

Location: Idaho Doctors Hospital Healing Center, 1125 W Alameda, Pocatello

Instructor: Jeff Hampsten

Facilitator: Anne M. Dillard-Lim (785-6867)

Class Limit: 26

HISTORY

The Rhetoric of the Vietnam War

(#3131) *Fridays: January 23 – February 27, 2:00 – 3:30 p.m.*

Chief Justice Earl Warren called the Vietnam War, “the most divisive event in America since the Civil War.” A Gallup Poll in 2004 revealed that only 33% of the American people believe the

Vietnam War was “a just war.” (90% said WWII was “a just war” and 61% said the Korean War was “just.”) Vietnam has become a metaphor for dissent and defeat. We will study the angry debate over Vietnam – the arguments and tactics of the “hawks” and the “doves.”

Note: Parking permit is required to park on campus. Permit is obtained at the NKA office, or mark the registration form.

Location: ISU Frazier Hall, Room 320

Instructor: Dr. Bruce Loebis

Facilitator: Jane Thornley (237-1659)

Class Limit: 40

Prospecting, Horse Packing & Homesteading on the Idaho Frontier (#3370)

Monday: February 2, 2:00 – 4:00 p.m.

Many little-known individuals and isolated events converge to constitute an area’s history and determine its present day conditions. This course will consider a few of these as they relate to the early history (1850’s – 1910s) of Idaho’s settlement and impact more recent events (1920s – present). The focus will be on people and occurrences familiar to the instructor through his research for two published books on Idaho history and preparations for another. Particular emphasis will be on prospecting for gold and silver, horse and wagon travel and homesteading.

Location: CONED 125

Instructor: Dr. Wayne Minshall

Facilitator: Marijana Dolsen (233-8735)

Shoshone-Bannock Stories Retold by Donna H. McArthur (#3385)

Tuesday: February 10, 1:00 – 2:30 p.m.

Donna is a Shoshone-Bannock tribal member. She has written a book, “The Smoke Goes Straight Up” which shares traditional Shoshone-Bannock stories that were passed down orally from generation to generation.

Location: CONED 125

Instructor: Donna McArthur

Facilitator: Angela Luckey (237-2610)

Abraham Lincoln's Second Inaugural Address (#3423)

Wednesday: March 4, 10:00 – 11:30 a.m.

The class will study Abraham Lincoln's Second Inaugural Address on the centennial of its delivery with emphasis on Lincoln's analysis of the Civil War's origins, its duration, and his vision for the nation in its aftermath.

Location: CONED 125

Instructor: Ron Hatzenbuehler

Facilitator: Bill Brydon (233-4278)

Lakota Sioux Family History from 1876 (#3384)

Tuesday: March 17, 3:30 – 4:30 p.m.

Eric "Rick" La Pointe will present the history of his family of the Lakota Sioux involved in the Rosebud Battle during the Indian Wars of 1876 in Montana and Wyoming. Rick has spent extensive time researching his family history and has some fascinating information, pictures and insight into this seldom revealed aspect of our country's history.

Location: CONED 125

Instructor: Eric LaPointe

Facilitator: Neila Loebis

History of Banking in Idaho (#3383)

Wednesday: March 25, 11:00 a.m. – Noon.

John will discuss how DL Evans started in Malad in 1904, and he will elaborate on that up to current banking in Idaho.

Location: CONED 125

Instructor: John Evans

Facilitator: Mary Spinner (241-7258)

Books Cannot be Killed by Fire: Libraries in World War II (#3380)

Monday: March 30, 1:00 – 2:30 p.m.

In World War II, libraries reflected the fight for freedom as well as the moral questions that arose about accountability for war and suffering. Join librarian Amy Campbell to discuss World War II

libraries and their part in upholding the human spirit during one of the most devastating times in history.

Location: CONED 125

Instructor: Amy Campbell

Facilitator: Jane Riley (237-6801)

Early Chinese Immigrants & Their Contributions to the State of Idaho

(#3381) *Wednesday: April 22, 1:00 – 2:30 p.m.*

The Chinese began coming to Idaho in mid-1860s. While most were employed as miners, they also worked in a wide variety of other occupations and made important contributions to the growth and development of Idaho as a state. Priscilla Wegars is a Historical Archaeologist and founded the University of Idaho Asian American Comparative Collection. Ms. Wegars will be in Pocatello to give speaking engagements for the Museum of Natural History at ISU.

Location: CONED 125

Instructor: Priscilla Wegars

Facilitator: Donna Boe (233-5651)

Heroes of Flight (#3382)

Monday: May 4, 1:00 – 2:30 p.m.

Nola Orr will share an exciting story of the Mexican Air Force in WWII. Did you know that Mexico declared war on the Axis powers along with the United States? Have you ever heard of the Aztec Eagles and their contribution to the freedom of the Philippines? Did you know that the pilots received some of their training at the Air Base in Pocatello, Idaho, and their flight trainers were women? All true and the Bannock County Museum will have items on display that validates her research.

Location: Bannock County Museum,
3000 Alvord Loop, Pocatello

Instructor: Nola Orr

Facilitator: Jane Riley (237-6801)

Class Limit: 50

Class Fee: \$1.00 paid at the museum

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call 282-3372,

TRAVEL/FIELD TRIPS**Craters of the Moon & EBR1 (#3378)***Wednesday: May 13, 7:30 a.m. – 6:30 p.m.*

In this day trip, we will tour to EBR1 and Craters of the Moon National Monument. We stop at the Visitor's Center and drive through the park stopping for some short walks. Lunch will be provided. Home approximately 6:30 pm.

Location: CONED Parking Lot**Instructors:** Becky Phelps & Patricia Devenberg**Facilitator:** Lynn Hebdon (339-4841)**Class fee:** \$40; **Class Limit:** 56**Snake River Cruise, Shoshone Falls & Rock Creek Stage Stop (#3379)***Wednesday: June 10, 7:30 a.m. – 6:30 p.m.*

Tour to the Stricker Home site and Rock Creek Station, the first Stage Stop west of Fort Hall. We will go on to view Shoshone Falls. We will finish the day with a meal and cruise on the Snake River.

Location: CONED Parking Lot**Instructor:** Jennie McCormick**Facilitators:** Linda Ellis (237-3530)**Class fee:** \$55; **Class Limit:** 54**WRITING /LITERATURE****Low Impact Creative Writing (#3136)***Thursday: January 15 – April 30, 2:00 – 4:00 p.m.*

This is a class for those who write only for the pleasure of doing it. There is little or no instruction and no homework.

Location: CONED 161**Instructor:** Marg Griffin**Facilitator:** Marg Griffin (233-1898)**Class Limit:** 16**Oscar Wilde & the Versatility of Craft***(#3390) Tuesday: January 27, 1:00 – 2:30 p.m.*

The temptation to focus on Oscar Wilde's life over his writing is in some sense authorized by Wilde himself. "I have put my genius into my life; I have put only my talent into my works." This presentation by ISU English Professor, Dr. Matthew VanWinkle, will examine Wilde's craft as a writer. He will discuss from across a range of genres—drama, fiction, criticism—in an effort to recover both Wilde's wit and his weight, the effervescence of his humor and the relentlessness of his serious critical intelligence.

Kemmerer, Wyoming Field Trip*Bev Lyon photo*

Location: CONED 125

Instructor: Dr. Matthew VanWinkle

Facilitator: Jane Riley (237-6801)

Reading Gregor vonRessori's MEMOIRS OF AN ANTI-SEMITE

(#3389) *Thursday: March 12 & 19, 3:00 – 4:30 p.m.*

Two sessions, in which we will discuss one of the richest books probably never heard of. It is called, “a novel in 5 stories,” but in total it comes very close to the autobiography of its very cosmopolitan author, vonRessori. The stories recount the protagonist’s highly influential relationships over his lifetime with a series of Jews, but this is against a background of radically changing middle European history and culture in the twentieth century.

Copies of *Memoirs of an Anti-Semite* are available through Amazon.com in both electronic and printed versions. The first three stories (or more) should be read in preparation for the first class meeting.

Location: CONED 125

Instructor: Wayne Schow

Looking at the Universe through Science Fiction—Looking at the Self through Fantasy (#3410)

Thursday: April 2 & 9, 1:00 – 2:30 p.m.

These two sessions will look at the genres of science fiction and fantasy in terms of their ability to explore the outer world and the inner: the universe through science fiction and the self through fantasy. Using excerpts, short pieces of fiction, and film clips, we will look at the way each

genre builds an imaginary world that serves as a gateway to understanding the more mysterious parts of the real world. No particular background in either genre is required, except an awareness of science fiction imagery, as it shows up in popular culture, and of the more familiar myths and fairy tales.

Location: CONED 125

Instructor: Dr. Brian Attebery

Facilitators: Bill Brydon & Marg Griffin (233-1898)

Book Exchange (#3129)

Monday: April 13, 2:00 – 3:30 p.m..

Each participant will bring up to 5 books to be exchanged (good reads only, please). People will be encouraged to explain why they chose these particular books, and why they want to share them with others.

Location: CONED 156

Instructor: Marijana Dolsen

Facilitator: Pat Bystrom (251-2356)

Children’s Serial Fiction (#3386)

Monday: April 13, 1:30 – 3:00 p.m.

What was your favorite mystery series when you were a child? Nancy Drew? The Hardy Boys? We will examine children’s mystery and adventure serial fiction, touching on its place in the wider realm of juvenile literature with Trent Clegg, Librarian at Marshall Public Library. We will discuss several specific book series. Why were some more successful than others?

Location: CONED 125

Instructor: Trent Clegg

Facilitator: Jane Riley (237-6801)

ANNUAL NKA MEETING / LUNCHEON: Thursday, May 14, 2015 11:00 - 2p.m.

We will elect the new officers and board members for the upcoming year. The proposed budget will be presented, discussed, and voted upon. Any other business items will be discussed. The Annual NKA Meeting/Luncheon Invitations will be sent out to all NKA members.

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call 282-3372.

ISU will be CLOSED January 19 for Martin Luther King Day and February 16 for Presidents day; no classes will be held on campus that day, including our building.



NKA 2015 MEMBERSHIP AND REGISTRATION FORM

New Member Previous Member

PLEASE: PRINT
SIGN BELOW
COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

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

E-Mail: _____

Preferred method of contact: Phone E-mail

Preferred method of registration receipt: Mailed E-mailed

REGISTRATION DUE BY JANUARY 3

Three options are available to register:

1—By Mail:

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

2—In Person at:

1001 N 7th Ave. Suite 202

3—Online at:

cetrain.isu.edu

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

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

\$35 per person/per semester \$ _____

Parking fee \$5 (once a year) \$ _____

TOTAL DUE \$ _____

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

AGREEMENT AND RELEASE OF LIABILITY

1. In consideration of gaining membership or being allowed to participate in the activities and programs of ISU New Knowledge Adventures and to use its facilities and equipment, I do hereby waive, release and forever discharge Idaho State University 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 of 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 ISU 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 Idaho State University's New Knowledge Adventures or use of equipment except as hereinafter stated.

I do hereby assume all responsibility for my participation and activities, and utilization of equipment in my activities.

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

Date: _____

NKA Member Signature: _____

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

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

ART, MUSIC & THEATRE

- Readers Theatre #3134
- Snake River New Horizons Band (Intro) #3132
- Snake River New Horizon Band (Practice) #3133
- Preview to the Symphony #3322
- Preview to "Gross Indecency: The Three Trials of Oscar Wilde" #3391
- Miniature Portraits of Women Heroines #3358
- History of American Musical Theatre #3356
- Exploring Expressionism #3388
- Introduction to Painting with Acrylics #3362
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- "The Musical of Musicals: The Musical" #3363
- Louis Armstrong: The Jazz Father #3357
- "Young at Heart" (Movie Discussion) #3325
- Elements of Dance #3273
- Understanding the Connection between Realism & an Abstraction in Visual Art #3364
- "Murder Under the Big Top" #3361

CRAFTS & HOBBIES

- Woodcarving #3101 (choose section)
 - Section 1 – Beginning Carvers
 - Section 2 – Returning Carvers
 - Section 3 – Returning Carvers
 - Section 4 – Returning Carvers
- Crazy Quilts for Beginners #3291
- Hand-built Pottery #3165
- Knitting & Crocheting Projects #3196
- Knitting #3102
- Tie Dying #3368
- Silk Painting #3216
- Organic Gardening the Easy Way #3251
- Silk Scarf Painting #3360
 - Section 1
 - Section 2
- Tatting – What is That? #3367
- Sewing Pillowcases #3366
- Rag Rugs #3295
- Applying Color Wheel Principles #3365

FITNESS & MOTION

- Square Dancing #3105
 - Performance Latin Line Dancing #3108
 - Snowshoeing & Hiking #3118
 - Fit and Fall Proof #3106
 - Section 1
 - Section 2
 - T'ai Chi Chih – Advanced #3104
 - T'ai Chi Chih – Basics #3103
- Line Dancing Classes—
- Starter Level #3111
 - Beginner 1 #3112
 - Beginner 2/Intermediate #3113
 - Intermediate/Advanced #3114

- Latin Line Dancing #3107
- Out of the Box Line Dancing #3109
- Oldies but Goodies Line Dancing #3110
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- Lady Niners Golf #3116
- Walking the Greenway #3115
- Southeast Idaho Senior Games #3371
- Road Bicycle Touring #3117
- Advanced Road Biking #3117

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- Book Group & a Glass of Wine #3372
- Valentine Ideas from the Kitchen #3374
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 - Section 2
- Fun Facts About Pizza #3373
- Taste & Share #3197
 - Section 1
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- Valentine Wine Tasting #3375
- Cooking and Shopping for 1 or 2 #3298
- Wine Tasting by the Grapevine #3122
- History of Brewing in Pocatello – Dinner, Beer Tasting and Tour #3224

GAMES

- Mahjong #3125
- Lunch and Games #3126 (choose section)
 - Section 1
 - Section 2
 - Section 3
 - Section 4
 - Section 5
- Texas Hold'em Poker #3127
- Intermediate Bridge: Bridge Conventions #3377
- Intermediate Bridge: 2 over 1 #3376

GENERAL INTEREST

- Walking Along "The Way" in Spain #3425
- Unitarian Universalism #3418
- Do Not Judge a Book by Its Cover #3387
- Cold Case Investigation #3402
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- Explore Muslim Beliefs & Practices #3413
- CASA – Court Appointed Special Advocates for Children #3403
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web: cetrain.isu.edu/nka