fall is
SWEATER WEATHER
CRUNCHY LEAVES
and
PUMPKIN SPICE
EVERYTHING

AARP Idaho
C.W. Moore Plaza
250 South 5th St., Suite 800
Boise, ID 83702

“For the unlearned, old age is winter;
for the learned, it is the season of the harvest.”

- The Talmud
Welcome to
New Knowledge Adventures Treasure Valley!

Combining passion, purpose, and just plain fun, NKA is rooted in real experience. Our volunteer instructors put their hearts and their heads into it. These courses are the culmination of lifelong passions, intellectual journeys, and rewarding careers. While free time is finally on your side, why not make the most of it? Make new friends or bring some with you while you learn something new. Peer-designed exclusively for mature adults, this is an educational experience made for the curious at heart. From games and gardens to trying your hand at something entirely new, get in on the ultimate way to change your frame of mind, plus sharpen it too. It’s never too late to live and learn!

>> Exciting new courses exclusively for ages 50+
>> Free! No registration fees
>> Registration opens Wednesday, September 4, 2019
New to Knowledge Adventures Treasure Valley
Do you know . . .

>> Registration is online only.

>> There is no longer a registration fee.

>> Seating for each class is first-come, first served.

>> Classes are overbooked to ensure maximum attendance. Due to no-shows, it is not likely that we will have more participants than seats, however, it is a possibility. Because of fire safety regulations, we are limited by each location’s maximum capacity. Please understand if you are not admitted for this reason. PLAN TO ARRIVE EARLY TO ENSURE GETTING A SEAT.

>> Registration - Sign up online only at https://aarp.cvent.com/NKAFall2019
Registration begins at 8AM MST on Wednesday, September 4, 2019. You may enroll for any number of classes. If you’re unsure about attending a class, DON’T SIGN UP! You could be taking a spot from someone who really wants to attend that class. If you have any questions, call us at 208-899-1226 or email us at aarpid@aarp.org

>> Fees - Some classes have fees that must be paid in cash.

>> Parking - Free parking is available for most classes. At AARP Idaho, parking is free for up to two hours in the visitor’s lot. If the lot is full, ample paid street/lot parking is available within the block.

>> Accessibility - Most, but not all, classes are Handicap Accessible. See full class description for more information.

>> Class Changes - All classes are subject to change. We might need to move or reschedule classes. If that happens, we will be sure to email you beforehand. You can always check online at https://aarp.cvent.com/NKAfall2019

>> YMCA Identity Requirements - The Y requires all non-member guests using one of their facilities to provide a picture ID and to fill out a guest waiver which will be used to run an instant sex offender screening only with the prior written consent of each guest. This process takes about 15 minutes and is necessary only once a year. However, upon each visit within the year, the NKA participant must bring their photo ID for confirmation of their identity. Thank you for your part in preventing child sexual abuse.
SEPTEMBER

**Hand and Foot Canasta**
**DATE** SEP 11  **TIME** 1PM – 3PM WED
Hand and Foot is a classic variation of canasta, a card game in which partners play against competitors. Easy to learn and fun to play, preparing you to enjoy it for a lifetime!
**LOCATION** Meridian Department of Labor

**Ste. Chapelle Winery Tour and Tasting**
**DATE** SEP 12  **TIME** 10AM – 12PM THUR
Come tour the winery that is well known for producing outstanding wines from the Snake River Valley. Enjoy a tour and tasting for $13. Please Note: Not fully assessable.
**LOCATION** Ste. Chapelle Winery

**Easy Stargazing**
**DATE** SEP 14  **TIME** 10AM – 12PM SAT
Do you ask “What star is that?” Come to this casual stargazing session. If you own a pair of binoculars, bring them to class.
**LOCATION** Norco Building Meridian

**Idaho State Capitol Tour**
**DATE** SEP 16  **TIME** 10AM – 11:30AM MON
Experience the splendor of the Idaho State Capitol. Over 100 years since conception, the Capitol continues to function as the seat of Idaho’s state government.
**LOCATION** Capitol Building

**Bocce Ball**
**DATE** SEP 17  **TIME** 10AM – 12PM TUES
Learn to play this ancient game at Boise’s Municipal park where 30 teams play two nights a week.
**LOCATION** Bocce Ball Courts at Municipal Park

**Demystifying Modern News**
**DATE** SEP 18  **TIME** 10AM – 11AM WED
Join us as we help you demystify what’s real, biased, or plain wrong in modern news stories.
**LOCATION** Meridian Library

**Medicare Fraud Prevention**
**DATE** SEP 18  **TIME** 1PM – 2PM WED
This class reviews various Medicare scams affecting Idahoans and how you can prevent and report these scams with the help of the Senior Medicare Patrols (SMP).
**LOCATION** Hispanic Cultural Center

**Epidemiology of Drug Abuse**
**DATE** SEP 18  **TIME** 1PM – 3PM WED
The epidemic of prescription drug abuse has reached a critical level in this country. This lecture will provide some data and options to consider, especially for the use of opioids in the treatment and management of pain.
**LOCATION** ISU Meridian

**Cement Leaves**
**DATE** SEP 19  **TIME** 10AM – 12PM THUR
Create a gorgeous concrete leaf casting work of art for your yard. Class fee at admission is $5.
**LOCATION** Private Residence

**Medicare 101**
**DATE** SEP 19  **TIME** 1:30PM – 3:30PM THUR
This class will look at Medicare basics: enrollment, benefits, and decision points.
**LOCATION** AARP Downtown Boise

**Highland Games/Celtic Festival**
**DATE** SEP 21  **TIME** 9AM – 6PM SAT
Whether you’re Scottish or not, the Treasure Valley Celtic Festival and Highland Games is an event not to miss. Entrance fee of $7 at admission.
**LOCATION** Expo Idaho

**Healthcare Decisions Made Easy**
**DATE** SEP 21  **TIME** 10AM – 12PM SAT
Using public resources, this class aims to equip participants with information they can easily access in order to make decisions about where and from whom to seek healthcare.
**LOCATION** Norco Building Meridian

**Documentary Film Club**
**DATE** SEP 23  **TIME** 1PM – 4PM MON
This class will be on five Mondays: September 23 and October 7, 14, 21 and 28. If you love watching documentaries, then engaging in lively discussions about them, this club is for you.
**LOCATION** AARP Downtown Boise

**Cribbage**
**DATE** SEP 24  **TIME** 10AM – 12PM TUES
Classes will be three Tuesdays: September 24, October 1, & 8. Want to learn to play cribbage? Come learn to play this very popular card game for two players.
**LOCATION** AARP Downtown Boise

For full class descriptions, complete location addresses and to register, visit:

https://aarp.cvent.com/NKAFall2019

All classes are subject to change.

REGISTRATION OPENS WEDNESDAY, SEPTEMBER 4, 2019
Decluttering and Downsizing Your Home
**DATE** OCT 2 **TIME** 1PM – 3PM WED
It’s difficult to let go of much loved belongings or to move to a smaller home - this class will help you start the journey! Students will be provided with common sense tactics that are fun, creative, and reduce stress around this difficult process.
**LOCATION** Meridian Library

Cement Leaves
**DATE** OCT 3 **TIME** 10AM – 12PM THUR
Create a gorgeous concrete leaf casting work of art for your yard. Class fee at admission is $5.
**LOCATION** Private Residence

Gourd Holiday Ornaments
**DATE** OCT 5 **TIME** 10AM – 2PM SAT
You will create a unique gourd art decoration for yourself or as a gift. Supply fee of $12 required at admission.
**LOCATION** Caldwell YMCA

Cutting Cable and Connecting to Broadcast TV
**DATE** OCT 8 **TIME** 10AM – 12PM TUES
Fed up with crazy cable bills? This class will help you evaluate the amount of time, effort, complexity, and money you may expect to spend to acquire over the air (OTA) channels.
**LOCATION** AARP Downtown Boise BASEMENT

Yanke Motor Museum Tour
**DATE** OCT 8 **TIME** 10AM – 1PM TUES
Enjoy a docent led review of the Yanke family's vintage vehicles, farm equipment, and household appliances. Admission fee of $2.
**LOCATION** Yanke Motor Museum

Northern Europe Photo Tour
**DATE** OCT 9 **TIME** 10AM – 12PM WED
Experienced and enthusiastic photo journalist, Chris Wethered, shares fantastic images from his 2018 trip to Northern Europe.
**LOCATION** AARP Downtown Boise

Hand and Foot Canasta
**DATE** OCT 9 **TIME** 1PM – 3PM WED
Hand and Foot is a classic variation of canasta, a card game in which partners play against competitors. Easy to learn and fun to play, preparing you to enjoy it for a lifetime!
**LOCATION** Meridian Department of Labor

Hearing Healthcare
**DATE** OCT 11 **TIME** 10AM – 12PM FRI
Hearing loss due to aging is a common condition that impacts almost half of adults over 65, and it impacts more than just your ability to hear. We will specifically address how social factors influence and are influenced by age-related hearing loss.
**LOCATION** ISU Meridian

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**OCTOBER**

Geology Museum Tour
**DATE** OCT 1 **TIME** 10:30AM – 12PM TUES
Tour the Idaho Museum of Mining and Geology exhibiting spectacular geologic wonders of Idaho, a fantastic display of meteorites with specimens from Mars and the Moon, a display of the three general types of rocks of Earth, fossils, and an impressive gemstone collection. Class fee at admission is $2.
**LOCATION** Idaho Museum of Mining & Geology

A Ford on the Lincoln
**DATE** OCT 2 **TIME** 10AM – 11:30AM WED
In June 2017, Bill and Linda set out to drive cross country, choosing not to use the interstate, but two highways instead. Bill covers the origins of and interesting sights along the two highways.
**LOCATION** AARP Downtown Boise
Medicare Fraud Prevention
**DATE** OCT 16  **TIME** 1PM – 2PM WED
This class reviews various Medicare scams affecting Idahoans and how you can prevent and report these scams with the help of the Senior Medicare Patrols (SMP).
**LOCATION** Hispanic Cultural Center

RV Travel Fun
**DATE** OCT 16  **TIME** 1PM – 3PM WED
Want to travel in your RV to see the country? Come learn from someone who knows first-hand the importance of living your RV dreams and making them as enjoyable as possible.
**LOCATION** AARP Downtown Boise

What’s New with Medicare 2020
**DATE** OCT 23  **TIME** 2PM – 3:30PM WED
The class will review changes to Medicare for 2020 including changes to the Medicare Advantage and Prescription Drug plans. The class will be held during the Medicare annual enrollment period to encourage beneficiaries to review their coverage and make sure it is the best coverage for them for 2020.
**LOCATION** AARP Downtown Boise

Aging In Place & NORCO Tour
**DATE** OCT 24  **TIME** 1PM – 3PM THUR
Norco is an employee owned company that has been serving the medical, industrial, and safety needs of Idaho and the surrounding 6 state area for over 70 years. Come tour their new facility in Meridian and learn what innovations are available to help you stay in your comfortable home as you age.
**LOCATION** Norco Building Meridian

Breads and Spreads
**DATE** OCT 25  **TIME** 2PM – 4PM FRI
Ciabatta and Focaccia are two traditional Italian breads that crave delicious spreads. You will learn how to bake and taste these delicious breads and spreads. This class is demonstration only.
**LOCATION** Hispanic Cultural Center

Pet Care
Grooming and Feeding
**DATE** OCT 28  **TIME** 1PM – 2:30PM MON
Come and learn some basic tips about caring for and understanding your pets. We will teach tips on grooming, signs of health issues, and navigating the many pet food and supplement choices.
**LOCATION** Meridian Library

Bigelow Tea Tour
**DATE** OCT 29  **TIME** 1PM – 3PM TUES
Learn Bigelow’s history, where our tea is grown, and how it is manufactured. There will be a tour of the Boise factory and a sampling of teas. Please be sure to wear pants, wear flat rubber-soled shoes, remove all jewelry, and please leave all personal belongings in your car.
**LOCATION** Bigelow Tea

**NOVEMBER**

Snowman Wreath Project
**DATE** NOV 1  **TIME** 1PM – 4PM FRI
The project we will be creating is a snowman’s face, complete with a carrot nose and top hat. It is a simple and fun project, can be done in an afternoon with no prior crafting skill. Please bring scissors and pliers. Supply fee of $10 is due at admission.
**LOCATION** Norco Building Meridian

Origami Ornaments
**DATE** NOV 5  **TIME** 2PM – 4PM TUES
Two classes: Attendance required on both Tuesday, November 5 and Thursday, November 14. Create a beautiful folded paper origami Kusudama flower ball, a lovely holiday ornament or decoration - perfect for gift giving. No experience necessary. Supply fee of $5 is due at admission.
**LOCATION** Norco Building Meridian