Spring is nature’s way of saying, “let’s party.”

You can’t help getting older, but you don’t have to get old.

AARP Idaho
C.W. Moore Plaza
250 South 5th St., Suite 800
Boise, ID 83702
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 Tuesday, March 12, 2019
Things are changing at New Knowledge Adventures

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.event.com/NKASpring2019. Registration begins at 8AM Mountain on Tuesday, March 12, 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 1-877-926-8300 or email us at aarpid@aarp.org

Fees - Some classes have fees that must be paid by 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.event.com/NKAspring2019.

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.
MARCH

**Pinochle**
**DATE** MAR 19 **TIME** 10AM – 12PM TUE
Four consecutive Tuesday morning sessions, (March 19 & 26, April 2 & 9) starting on March 19 will ensure that you learn this engaging and challenging game of bidding, strategy, and competition.
**LOCATION** AARP DOWNTOWN BOISE

**Fraud: Spot it, Prevent it, Report it**
**DATE** MAR 19 **TIME** 10AM – 12PM TUE
Learn to spot scams, create scam prevention strategies, and who and where to report fraud.
**LOCATION** AARP DOWNTOWN BOISE, BASEMENT

**Decluttering and Preparing Your Home To Sell**
**DATE** MAR 19 **TIME** 1PM – 3PM TUE
Learn about downsizing/cluttering and preparing your home for sale.
**LOCATION** MERIDIAN DEPT. OF LABOR

**Idaho Innocence Project: DNA to Freedom**
**DATE** MAR 20 **TIME** 1PM – 2:30PM WED
This presentation will highlight forensic DNA cases that resulted in freeing more than 20 wrongfully convicted people.
**LOCATION** AARP DOWNTOWN BOISE, BASEMENT

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APRIL

**Idaho State Historical Museum**
**DATE** APRIL 2 **TIME** 10AM – 12PM TUE
A tour of the Idaho State Museum, newly renovated and re-opened, focuses on the land and people of Idaho. Class fee of $10 due at admission.
**LOCATION** IDAHO STATE MUSEUM

**Basque Museum Tour**
**DATE** APRIL 3 **TIME** 10AM – 12PM WED
The story of the Basques is unique, and Boise, Idaho has a special role in that story. Right in our own backyard, learn about the Basques in their homeland of Euskal Herria, a small region between France and Spain, and their migration to the American West in the late 1800s and early 1900s.
**LOCATION** BASQUE MUSEUM

**Unraveling the Mysteries of Social Security Benefits**
**DATE** APRIL 3 **TIME** 10:30AM – 11:30AM WED
Discuss the details of Social Security benefits, historical trends and facts, potential strategies, and factors to consider. Resources and materials will be provided.
**LOCATION** U OF I EXTENSION OFFICE, GARDEN CITY

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

https://aarp.cvent.com/NKASpring2019

All classes are subject to change.

REGISTRATION OPENS TUESDAY, MARCH 12, 2019.
Basic Birding
**DATE** APRIL 5 **TIME** 9AM – 11:30AM FRI
A two-part exploration of bird watching strategies with a field trip the following morning to Ann Morrison and Kathryn Albertson parks.
**LOCATION** MERIDIAN SILVERSTONE AMENITY CENTER

Finding Truth in the Numbers
**DATE** APRIL 6 **TIME** 10AM – 12:30PM SAT
How people talk about numbers and what they really mean will be discussed. The goal is to learn the questions to ask when numbers are provided and whether they really have a meaning.
**LOCATION** ISU MERIDIAN ROOM 681

Ukrainian Inspired Egg Gourd Painting
**DATE** APRIL 8 **TIME** 10AM – 2PM MON
In this fun class students will burn geometric patterns on egg shaped gourds, and then use colored pencils to bring their eggs to life. Class fee of $8 due at admission.
**LOCATION** GOURD SHOP IN CALDWELL

Documentary Film Club
**DATE** APRIL 8 **TIME** 1PM – 4PM MON
This class will be on five Mondays: April 8, 22 and May 6, 13, 20. If you love watching documentaries, and then engaging in lively discussions about them, this Monday afternoon club is for you.
**LOCATION** AARP DOWNTOWN BOISE

History of Barber
**DATE** APRIL 11 **TIME** 10AM – 12:30PM THUR
Lecture followed by a 1 mile walking tour of the former town and mill site. Participants will meet at the Lucky 13 parking lot at 3663 S Eckert Road. The tour will be on paved sidewalks and open fields. It is not handicapped accessible.
**LOCATION** AARP DOWNTOWN BOISE

Texas Hold’em for the Newbie
**DATE** APRIL 17 **TIME** 10AM – 12PM WED
**LOCATION** AARP DOWNTOWN BOISE

Habitat for Humanity – Behind the Scenes
**DATE** APRIL 17 **TIME** 9AM – 12PM WED
Ever wondered how a Habitat for Humanity home gets constructed? Take a field trip with us to one of the build sites to look behind the scenes and learn what this program is all about.
**LOCATION** SPECIFIC BUILD SITE

CSI/Forensic Overview
**DATE** APRIL 19 **TIME** 10AM – 12PM FRI
Forensic science has been dramatized endlessly over the past several years. Come learn more about what really happens at a crime scene.
**LOCATION** AARP DOWNTOWN BOISE

AARP Driver Safety
**DATE** APRIL 19 **TIME** 8:45AM – 4PM FRI
Boost safety awareness, refresh driving skills, prolong independence, and potentially save money on auto insurance. The fee for the course is $15 for AARP members, $20 for others, payable by cash or check to AARP. Also, bring your AARP card, if applicable, and your driver’s license.
**LOCATION** MERIDIAN SILVERSTONE AMENITY CENTER

Advance Care Planning: Group Conversation with Honoring Choices Idaho
**DATE** APRIL 19 **TIME** 1PM – 2:30PM FRI
Explore experiences, goals, and values to help you document what is important to you. Leave with the tools to share with your loved ones and complete your own Advance Directive.
**LOCATION** AARP DOWNTOWN BOISE

American Mah Jongg
**DATE** APRIL 16 **TIME** 1PM – 3PM TUE
This class is four consecutive Tuesdays: April 16, April 23, April 30, and May 7. American Mah Jongg is a challenging and fun game of skill played by four people with domino-like tiles. Class fee of $9 due at admission.
**LOCATION** JOANN FABRICS ON MILWAUKEE
Beginning Mosaics  
**DATE** APRIL 22  **TIME** 9:30AM – 12:30PM  **MON**
This is a two-part class (April 22 and April 26) that will teach you how to mosaic using broken tile. Class fee of $10 due at admission.
**LOCATION** MERIDIAN RESIDENCE

Idaho Attorney General’s Consumer Protection  
**DATE** APRIL 23  **TIME** 10AM – 12PM  **TUE**
Learn how the Attorney General’s Consumer Protection Division helps protect you from scams and identity theft.
**LOCATION** AARP DOWNTOWN BOISE

Traveling with Hillerman  
**DATE** APRIL 24  **TIME** 10AM – 12PM  **WED**
We’ll discuss Tony Hillerman’s characters and the significance of his insight into the Native American culture.
**LOCATION** EAGLE PUBLIC LIBRARY

Behind the Scenes at Idaho Public Television  
**DATE** APRIL 24  **TIME** 2PM – 3:30PM  **WED**
See what it takes to broadcast informative and educational programs on five channels at Idaho Public Television.
**LOCATION** IDAHO PUBLIC TELEVISION

Mental Health First Aid  
**DATE** APRIL 24  **TIME** 2PM – 6PM  **WED**
This class is four hours per day on two consecutive days - Wednesday, April 24th and Thursday, April 25th. Learn the skills to support someone in a crisis and learn to identify signs of mental illnesses.
**LOCATION** AARP DOWNTOWN BOISE

MAY

Medieval Spain – A 500 year Cultural Center of Tolerance & Learning  
**DATE** MAY 1  **TIME** 10AM – 12PM  **WED**
This class is a brief summary of how Islam Spain came to be and the lasting cultural and intellectual accomplishments that survived its demise.
**LOCATION** EAGLE PUBLIC LIBRARY

CPR/First Aid Training  
**DATE** MAY 3  **TIME** 10AM – 11:30AM  **FRI**
The chance of surviving a sudden cardiac arrest is significantly improved when CPR is started early. CPR saves lives and is easy to learn. This class includes instruction on CPR, first aid, and adult and child choking intervention.
**LOCATION** ST. LUKE'S HOSPITAL

Residential Security  
**DATE** MAY 8  **TIME** 10AM – 11:30AM  **WED**
Everyone wants to feel safe and secure in their home, no matter if it’s an apartment, mobile home, or house. Learn from members of the Boise Police Department Crime Prevention Unit how to more effectively secure your home.
**LOCATION** CITY HALL WEST

Cooking with Herbs and Spices  
**DATE** MAY 3  **TIME** 10AM – 11AM  **FRI**
Herbs and spices not only excite your taste buds but are essential for overall wellness. Learn how to pick, store, and use various herbs and spices. Class fee of $5 due at admission.
**LOCATION** BROADWAY ALBERTSONS CLASSROOM

Creating a Salsa Container Garden  
**DATE** MAY 15  **TIME** 1PM – 3PM  **WED**
Learn how to create a Salsa Container Garden. Class fee at admission is $10.
**LOCATION** BUGS SCHOOL IN COOMBA PARK

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**Agreement and Release of Liability**

I consent to the use of photographs taken of them for the future program promotional or marketing materials. 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.

*By registering for this course, I do hereby waive, release and forever discharge AARP, ISU, YMCA and NVCA-TV, their respective 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 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 and my property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of New Knowledge Adventures-Treasure Valley and this course. 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 or use of equipment.*