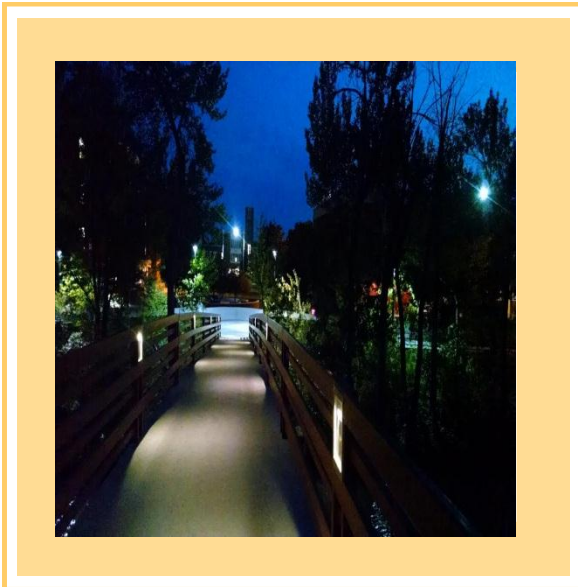
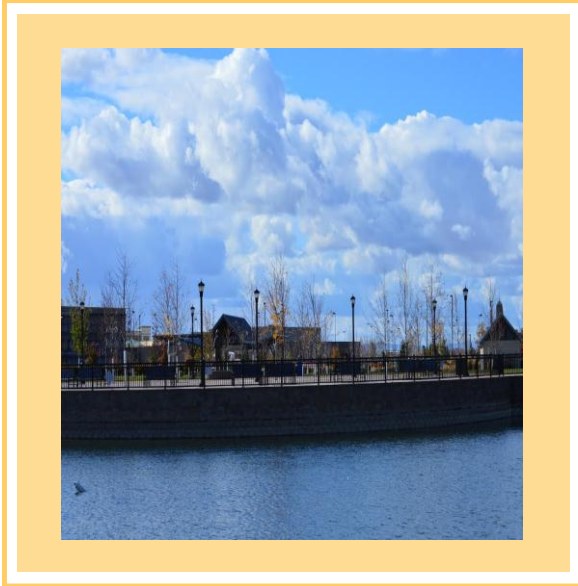


NEW KNOWLEDGE ADVENTURES

-TREASURE VALLEY-



SPRING 2015

Pilot Series

Idaho State
UNIVERSITY

AARP Real Possibilities in

Idaho



WELCOME

We are delighted to welcome you to New Knowledge Adventures Treasure Valley (NKA-TV).

Founded by volunteers over a decade ago at Idaho State University in Pocatello, New Knowledge Adventures has grown into a vibrant, volunteer driven organization, dedicated to meeting the needs of adult learners who wish to gather for the joy of learning and personal fulfillment.

AARP Idaho, Idaho State University-Meridian, and the Treasure Valley YMCA recognized the value of New Knowledge Adventures in the community and partnered to bring the New Knowledge Adventures program to the Treasure Valley.

The goal of NKA-TV is to offer adults, 50 years or better, a wide variety of classes designed to be intellectually stimulating in an informal and non-competitive environment.

Learners from all backgrounds and levels of education are welcome to enjoy the benefits of NKA-TV. There are no grades, or tests. All one needs is an inquiring mind, adventurous spirit and a belief that learning and discovery are lifelong pursuits.

Volunteer leaders are hard at work developing a diverse catalogue of offerings and activities. Volunteers are tapping the great wealth of experience and talent in the valley to bring a variety of courses to you that reflect the interests and needs of our community.

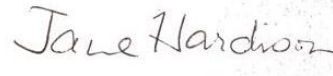
We urge you to become more actively involved in NKA-TV by attending classes, spreading the word about the program to friends and family or offering to serve on the volunteer curriculum committee, teach or recommend future courses. We hope you enjoy your lifelong learning journey.

Dr. Bessie Katsilometes
ISU-Meridian

Dr. Thomas Trail
AARP Idaho

Jane Hardison
Treasure Valley YMCA





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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 208-373-1809.
- ✓ If you are put on a wait list, it is due to the instructor class limit or the classroom size.

HISTORY

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- ✓ Please remember that presenters are volunteering their time, be sure to express your appreciation!

NEW KNOWLEDGE ADVENTURES Pilot Series

GENERAL INTEREST

GERANIUM BONSAI BUDDIES*

(#2003)

Wednesday: May 6, 10-12 a.m.

Do you have the temperament to care for a Bonsai Plant? If you bring four stones (each the size of a man's thumb) and join the Geranium Bonsai Buddies you can learn some Bonsai Plant care. This class will teach you transplanting to a bonsai pot, care and feeding, training your geranium by light sources, and a little bonsai philosophy! Gain some insight on yourself while keeping your geranium bonsai alive.

Location: AARP
3080 E. Gentry Way Suite 100 Meridian
Instructor: Micki Kawakami
Class Limit: 24

NOTE: Class does not include: wiring for plant growth, pruning, or the complete art of bonsai.

***FREE BOX LUNCH PROVIDED**

CREDIT REPORTING AND SCORING: A SNAPSHOT OF YOUR FINANCIAL LIFE

(#2000)

Monday: May 18, 1-2:30 p.m.

Discover the secrets about credit scoring. Receive tips and information about maintaining and reviewing your credit report. Learn what aspects of an individual's financial life are impacted by credit reporting.

Location: AARP
3080 E. Gentry Way Suite 100 Meridian
Instructor: Jo Ann Lanham
Idaho Department of Finance
Class Limit: 30

HOW TO CRIME PROOF YOUR HOME

(#2008)

Wednesday: May 20, 10-11:30 a.m.

Officer Fritz and a landscape professional will describe in detail how to make your home safe against burglary and other crimes. Topics will include lighting, vegetation, vacation protocol, neighborhood watch and other useful crime prevention tips and tools.

Location: Boise Police Department
333 N Mark Stall Place Boise
Instructor: Ed Fritz – Boise Police Officer
Class Limit: 30

DIRT TO GRAPES – WINE 101: MAKING AND TASTING* (#2011)

Monday: June 8, 6-8 p.m.

Does what happens in a vineyard stay in the vineyard? What determines the final flavor of a wine? Learn more in this introduction to winemaking, winetasting and wine history!

Location: Bodo Vino
404 S 8th street Boise, ID 83702
Instructor: Trevor Hertrich
Bodo Vino Wine Director
Class Limit: 20

***CLASS FEE: \$10 PER PERSON – Payable at door**

HEALTH & WELLNESS

SIGNS OF HEART ATTACK IN WOMEN (#2009)

Saturday: May 9th, 10:30-11:30 a.m.

This class will focus on signs and symptoms of heart attack in women and minorities. It will also cover what to expect medically when suffering from a heart attack and will explore ways to potentially prevent heart attack.

Location: ISU
1311 E Central Drive Meridian

Instructor: Abbie Radzavich, PA-S

Class Limit: 30

IS YOUR WEIGHT PUTTING YOU AT RISK? DIABETES PREVENTION (#2006)

Thursday: May 14, 10-11 a.m.

80 million people in the United States are at risk for developing diabetes and they don't know it. Learn if you are at risk and what you can do to prevent the disease.

Location: ISU
1311 E Central Drive Meridian

Instructor: Pamela Lowe – Chronic Disease Coordinator Treasure Valley Family YMCA

Class Limit: 30

UNDERSTANDING LAB TESTS: TAKE A "SMART" ROLE IN YOUR HEALTHCARE (#2004)

Saturday: May 30, 10:30-11:30 a.m.

The goal of this class is to help empower people with tools and resources to learn about the tests as the doctor orders them or prior to their post-lab test appointment. This will be an interactive learning experience. While it is not required, attendees are encouraged to bring a "smart" device with them, such as a smartphone, laptop or tablet device.

Location: ISU
1311 E Central Drive Meridian

Instructor: Kathryn Norton

Class Limit: 30

PREVENTION AND EARLY DETECTION OF CANCER (#2001)

Saturday: June 27, 10:30-11:30 a.m.

This interactive session will provide you with prevention and early detection approaches to cancer. How you can support your loved one experience cancer will also be discussed. There will be time for questions from the attendees.

Location: ISU
1311 E. Central Drive Meridian

Instructor: Susan Tavernier

Class Limit: 30

HISTORY

TRANSFORMATIVE MOMENTS IN HUMAN HISTORY (#2002)

Session 1 of 2:

Thursday: May 7, 10-11 a.m.

Explore moments that mattered in human history. Learn from renowned anthropologist of Richard Wrangham, how the control of fire and cooking, enabled us to evolve our large brains, shaped our bodies, and provided the conditions for our social life.

Location: AARP
3080 E. Gentry Way Suite 100 Meridian

Instructor: Dr. Allen K. Jackson – Retired Professor of Idaho State University

Class Limit: 30

NOTE: Optional Pre-class Reading: *Catching Fire – How Cooking Made Us Human* by Richard Wrangham

Session 2 of 2:

Wednesday: May 13, 10-11 a.m.

We will trace great moments of discovery, understanding, and cataloging the richness of the living world.

Location: AARP
3080 E. Gentry Way Suite 100 Meridian

Instructor: Dr. Allen K. Jackson – Retired Professor of ISU

Class Limit: 30

NOTE: Optional Pre-class Reading: *Every Living Thing* by Rob Dunn

GENEALOGICAL AND HISTORICAL SECRETS (#2005)**Monday: May 11, 7-8:30 p.m.**

Just getting started or an old hand at doing genealogy research? Dr. Steve Barrett of the Idaho State Historical Society will help you get off on the right foot. He'll provide tips on where and how to get started, how to keep records of your research you do, pitfalls to avoid, and much more! Most importantly, this class will share some of the strategies used by professional genealogists to find records when no one else can.

Location: Idaho State Archives
2205 Old Penitentiary Road, Boise

Instructor: Dr. Steve Barrett – State Archives Administrator

Class Limit: 30

CIVIL WAR QUILTS (#2010)**Wednesday: May 27, 2-3 p.m.**

Learn about the secret story of Civil War Era Quilts. Authentic Civil War era quilts will be displayed and their historical significance revealed. Come learn how these quilts were displayed and the top secret messages they contained.

Location: AARP
3080 E. Gentry Way Suite 100 Meridian

Instructor: Annette Breyen

Class Limit: 30

MINIDOKA: IN OUR BACK YARD* (#2007)**Tuesday: June 9, 10-12 p.m.**

The Chief of Interpretation and Education at the Hagerman Fossil Beds National Monument Minidoka National Historic Site Carol Ash will discuss Sites of Conscience in the National Parks system, and the history and progress of Minidoka National Historic Site right in our back yard, near Eden Idaho.

Location: AARP
3080 E. Gentry Way Suite 100 Meridian

Instructor: Carol Ash - Chief, Interpretation and Education Hagerman Fossil Beds National Monument Minidoka National Historic Site

Class Limit: 30

FREE BOX LUNCH PROVIDED*THE HISTORY OF THE RED HOT CHILE PEPPER** (#2012)**Thursday: June 11, 10-11:30 a.m.**

What is the "it" word for 2015? Capsaicin. Capsaicin is the chemical compound responsible for the naturally occurring heat in Chile peppers. There are many health benefits in using capsaicin. Come participate with the University of Idaho Extension, Ada County Master Gardeners on the history, health and culture practices of the Red Hot Chile Pepper.

Location: AARP
3080 E. Gentry Way Suite 100 Meridian

Instructor: Susan Bell – University of Idaho Extension Instructor

Class Limit: 30

MAY 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
27		28		29		30		1		2	
4		5		6	10-12 p.m. Geranium Bonsai Buddies	7	10-11 a.m. Transformative Moments in Human History (1of2)	8		9	10:30-11:30 Signs of Heart Attack in Women
11	7-8:30 p.m. Genealogical and Historical Secrets	12		13	10-11 a.m. Transformative Moments in Human History (2of2)	14	10-11 a.m. Is Your Weight Putting You At Risk? Diabetes Prevention	15		16	
18	1-2:30 p.m. Credit Reporting and Scoring	19		20	10-11:30 a.m. How to Crime Proof Your Home	21		22		23	
25		26		27		28		29	2-3 p.m. Civil War Quilts	30	10:30-11:30 a.m. Understanding Lab Tests

JUNE 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6	
8	6-8 p.m. Dirt to Grapes- Wine 101: Making and Tasting	9	10-12 p.m. Minidoka: In Our Back Yard	10		11	10-11:30 a.m. The History of the Red Hot Chile Pepper	12		13	
15		16		17		18		19		20	
22		23		24		25		26		27	10:30-11:30 a.m. Prevention and Early Detection of Cancer

NEW KNOWLEDGE ADVENTURES – TREASURE VALLEY SPRING 2015 - (Pilot Series) MEMBERSHIP & REGISTRATION

Register for Membership and Classes	
Online	Phone
CETRAN.ISU.EDU/NKATV	208-373-1809

