Things are changing at New Knowledge Adventures

» Registration is online only at https://aarp.cvent.com/NKAFall2018. Registration will be open at 8 a.m. MDT Tuesday, September 4th.

» No Registration Fee! There is no longer a NKA registration fee; few classes charge fees that will be collected upon admission, cash only.

» There is no enforced registration class limit, but PLEASE only register for those classes that you will attend. 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.

» NKA reserves the right to overbook some classes 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. Class admission is limited by each location’s maximum capacity guided by safety regulations. Please understand if you are not admitted for this reason. Admission will be on a first-come, first-served basis, until the venue is filled to capacity. Plan to arrive early to ensure seating.

For more information and questions, email us at aarpid@aarp.org or leave a message at 208-899-1226.
Older. Wiser. Still curious.
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 tours to tastings 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 fee
» Registration opens Tuesday, September 4, 2018
SEPTEMBER

Active Together
DATE SEPT 12  TIME 4:30PM - 5:30PM  WED
This is a simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, and flexibility. LOCATION WEST YMCA

Harvest Food Preservation — Jams and Jellies
DATE SEPT 12  TIME 6PM - 8PM  WED
Learn about the different types of jams and jellies, how to make homemade liquid pectin, and how to remake your soft spreads if they do not set-up. Class fee of $10 due at admission. LOCATION U OF I EXTENSION OFFICE, GARDEN CITY

What Makes Idaho Potatoes Famous?
DATE SEPT 14  TIME 2PM - 3PM  FRI
Review of Idaho Potato Commission’s marketing programs that help make Idaho’s potatoes world famous. LOCATION MERIDIAN SILVERSTONE AMENITY CENTER

Confidently Buy a NEW Used Car
DATE SEPT 15  TIME 10AM - 12PM  SAT
This is a two part class on sequential Saturdays that ensures that you know everything needed to never purchase a NEW car again. LOCATION TUNE TECH FAIRVIEW

MK Nature Center Tour
DATE SEPT 18  TIME 10AM - 12PM  TUE
Guided tour of 18 sites along the MK Nature Center interpretive trail. Class fee at admission is $8. LOCATION MORRISON KNUDSEN NATURE CENTER

Yanke Motor Museum
DATE SEPT 18  TIME 10AM - 1PM  TUE
Enjoy a docent led review of the Yanke family’s vintage vehicles, farm equipment, and household appliances. LOCATION YANKE MOTOR MUSEUM

Moving for Better Balance
DATE SEPT 18  TIME 8AM - 9AM  TUE
Tai Chi is a graceful form of exercise and deep breathing, designed to help you improve your strength, balance, flexibility, and mobility through slow and therapeutic movements. LOCATION WEST YMCA

Idaho Museum of Mining and Geology
DATE SEPT 19  TIME 10:30AM - 12PM  WED
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 general geology displays 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 AND GEOLOGY

World Center for Birds of Prey
DATE SEPT 20  TIME 9:30AM - 11:30AM  THUR
Guided tour of the world of raptors and a live bird presentation. “Watching like a hawk” or “eagle eyes” refers to the amazing eyesight of all birds of prey. Learn what makes a raptor a raptor! Class fee at admission is $8. LOCATION WORLD CENTER FOR BIRDS OF PREY

Bocce Ball
DATE SEPT 20  TIME 10AM - 12PM  THUR
Bocce is a popular international game, second only to soccer as the most played sport in the world. Come learn to play at our very own courts here at Municipal Park. LOCATION BOCCE BALL COURTS AT MUNICIPAL PARK

Ultimate Road Trip by Motorcycle
DATE SEPT 21  TIME 1PM - 3:30PM  FRI
Presentation of the ultimate motorcycle road trip from Vancouver to Key West - 17,000 miles of adventure and discovery! LOCATION AARP DOWNTOWN BOISE

Estate Planning – Will or Trust?
DATE SEPT 21  TIME 10AM - 12PM  FRI
This class will address trust-based plans and will-based plans, the difference between the two, and will help you decide which plan best meets your current needs. LOCATION AARP DOWNTOWN BOISE

Polynesian Fitness for MATUA
DATE SEPT 21  TIME 1:05PM - 2PM  FRI
MATUA is our version of HOT HULA fitness® for older adults. Consistent with the HOT HULA fitness® program, the workout is inspired by the dances of the Pacific Islands. LOCATION WEST YMCA

Viscaya Winery Tour and Tasting
DATE SEPT 24  TIME 12PM - 2PM  MON
An owner led tour of the winery begins with wine tasting, followed by a tour of the production facility where you will learn about the grapes and vineyard management. Class fee at admission is $25. LOCATION VISCAYA WINERY

For full class descriptions and to register, visit https://aarp.cvent.com/NKAFall2018. All classes are subject to change.

REGISTRATION OPENS TUESDAY, SEPTEMBER 4, 2018.
Adventures of a Wedding Photographer
**DATE** SEPT 25  **TIME** 1PM - 2PM  **TUE**
Humorous stories compiled from photographing hundreds of weddings over a period of 16 years.
**LOCATION** AARP DOWNTOWN BOISE

Active Older Adults (AOA)
**DATE** SEPT 26  **TIME** 1:10PM - 2PM  **WED**
This is a cardio conditioning, strengthening, and stretching exercise program for Active Older Adults.
**LOCATION** WEST YMCA

Cement Leaves September
**DATE** SEPT 27  **TIME** 10AM - 12PM  **THUR**
Create a gorgeous concrete leaf casting work of art for your yard. **Class fee at admission is $5.**
**LOCATION** NE BOISE PRIVATE RESIDENCE

Backyard Bird Watching
**DATE** SEPT 28  **TIME** 9:30AM - 12PM  **FRI**
A fascinating look at birding right in your own backyard.
**LOCATION** CABELA’S, 8109 W. FRANKLIN ROAD, BOISE

OCTOBER

Presidents & First Ladies: Astonishing Trivia
**DATE** OCT 1  **TIME** 1PM - 2:30PM  **MON**
Explore fascinating facts about POTUS and FLOTUS. **LOCATION** MERIDIAN SILVERSTONE AMENITY CENTER

Zumba Gold
**DATE** OCT 1  **TIME** 1:05PM - 2PM  **MON**
Perfect for active older adults or beginners who are looking for a modified Zumba class that introduces easy-to-follow choreography focusing on balance, range of motion, and coordination.
**LOCATION** WEST YMCA

Learn to Play Cribbage
**DATE** OCT 2  **TIME** 1PM - 3PM  **TUE**
Plan to attend all three sessions; October 2, October 9, and October 16. Cribbage is one of the best two hand card games – and one of the most enduring, for the game was entertaining card players as far back as the 1600’s.
**LOCATION** AARP DOWNTOWN BOISE

Line Dancing
**DATE** OCT 2  **TIME** 2:30PM - 3:30PM  **TUE**
No need to sit out line dances any more. You will learn a variety of group line dances, no experience is necessary, just come expecting to have a lot of fun.
**LOCATION** WEST YMCA

Who Gets Grandma’s Yellow Pie Plate?
**DATE** OCT 3  **TIME** 10AM - 11:30AM  **WED**
Practical information about inheritance and transfer of non-titled personal property; this class helps families communicate, make decisions, and lessen potential conflict. **An optional but recommended class workbook is available for purchase for $10.**
**LOCATION** U OF I EXTENSION OFFICE, GARDEN CITY

Carved in Stone
**DATE** OCT 4  **TIME** 1PM - 4PM  **THUR**
Learn how to interpret the cryptic signs and symbols found on the monuments of the dearly departed. A little history, a lot of symbolism, and some graveyard humor.
**LOCATION** AARP DOWNTOWN BOISE

Who Lies Beneath?
**DATE** OCT 5  **TIME** 10AM - 12PM  **FRI**
Virtual tour of many of the area’s cemeteries and the interesting people laid at rest, all have a story!
**LOCATION** AARP DOWNTOWN BOISE
### Cooking Under Pressure
**DATE** Oct 9  **TIME** 10AM - 12PM  **TUE**  
You will learn about the safety features, additional equipment that you can purchase, tips and tricks that you can use to make cooking a breeze. **Class fee of $5 due at admission.**  
**LOCATION** U OF I EXTENSION OFFICE, GARDEN CITY

### Revealing facts about the US District & Bankruptcy Courts
**DATE** Oct 9  **TIME** 3PM - 4:30PM  **TUES**  
This class will share insights into the federal judicial process, reveal the state of the courts, and answer questions pertaining to the federal judiciary.  
**LOCATION** JAMES A. MCCLURE FEDERAL BUILDING AND UNITED STATES COURTHOUSE

### Don’t Flunk at Retirement
**DATE** Oct 10  **TIME** 10AM - 12PM  **WED**  
Rather than only focusing on financial goals for retirement, also learn to plan for what you want to do during retirement.  
**LOCATION** AARP DOWNTOWN BOISE

### Cement Leaves October
**DATE** Oct 11  **TIME** 10AM - 12PM  **THUR**  
Create a gorgeous concrete leaf casting work of art for your yard. **Class fee at admission is $5.**  
**LOCATION** 2533 INGLEWOOD RD, BOISE

### Ste. Chapelle Winery Tour and Tasting
**DATE** Oct 12  **TIME** 10AM - 12PM  **FRI**  
Tour the well-known largest winery in Idaho, and enjoy tasting five locally produced wines. **Class fee at admission is $3 for tour; additional $10 for tasting.**  
**LOCATION** STE. CHAPPELLE WINERY

### The Basque Museum Tour
**DATE** Oct 17  **TIME** 10AM - 11:30AM  **WED**  
The story of the Basques is unique and Boise, Idaho has a special role in that story. Right in your 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

### The Neurobiology of Autism
**DATE** Oct 19  **TIME** 1PM - 3PM  **FRI**  
Discussion of autism including causes, diagnosis and special talents of autistic individuals.  
**LOCATION** ST. LUKE’S HOSPITAL MERIDIAN

### The Power of Positivity
**DATE** Oct 20  **TIME** 10:30AM - 11:30AM  **SAT**  
Dr. Howard Gauthier introduces you to some key factors that can help you live a happier and more fulfilling life.  
**LOCATION** IDAHO STATE UNIVERSITY - MERIDIAN

### Diabetes in Seniors
**DATE** Oct 22  **TIME** 10AM - 11AM  **MON**  
This class will provide information to help work with your medical provider and pharmacist to determine the best management for you or your elderly loved ones.  
**LOCATION** AARP DOWNTOWN BOISE

### Pinochle
**DATE** Oct 23  **TIME** 10AM - 12PM  **TUE**  
Four consecutive Tuesday morning sessions starting on October 23rd will ensure that you learn this engaging and challenging game of bidding, strategy, and competition.  
**LOCATION** LIBRARY! COLE AND USTICK

### Make a Snowman Wreath
**DATE** Nov 1  **TIME** 1PM - 4PM  **THUR**  
Bring your own scissors and pliers and learn to make an adorable snowman wreath. **Class fee at admission is $10.**  
**LOCATION** AARP DOWNTOWN BOISE

### Navigating the Medication Minefield
**DATE** Nov 8  **TIME** 1:30PM - 3:30PM  **THUR**  
Learn how to get the best results from your medications.  
**LOCATION** AARP DOWNTOWN BOISE

### Free All Day Pass to the YMCA
**DATE** OPEN  **TIME** OPEN  
You will receive a full access, all day pass to any of the Treasure Valley Family YMCA Branches: Caldwell, Downtown Boise, West Boise and South Meridian.  
**LOCATION** YMCA

---

**For full class descriptions and to register, visit** https://aarp.cvent.com/NKAFall2018  
**REGISTRATION OPENS TUESDAY, SEPTEMBER 4, 2018.**