

FFL Fall 2026 Catalog

ISU Idaho Falls Campus Parking Permits

Participants who plan to park on the Idaho State University Idaho Falls campus while attending an FFL class must obtain a valid **Tiger Paw parking permit**. Although the Idaho Falls campus issues a physical parking permit, it must also be linked to the vehicle's license plate for parking enforcement purposes.

Permits cost **\$7** and are valid for the entire school year from the date purchased to August 31. For your convenience, parking permits may be purchased through CEWT course registration from August 1–31.

Beginning September 1, permits must be purchased directly from the Idaho Falls ISU Parking Office:

Bennion Student Union Building

1784 Science Center Drive
Student Services Center, Office #202
Idaho Falls, ID 83404

Office hours

- Fall and spring semesters: Monday–Friday, 8:30 a.m.–4:30 p.m.
- Summer semester: Monday–Friday, 8:00 a.m.–3:30 p.m.
- Saturday and Sunday: Closed

After purchasing a permit, participants must complete the online vehicle registration form available through the registration system. Each permit may be associated with **up to four vehicles**; however, only one registered vehicle may be parked on campus at a time. The physical Tiger Paw permit must be displayed prominently in the vehicle while parked on campus. Vehicles without a valid permit or parked in unauthorized areas may be subject to citation.

Parking Pass - 4215

Fee: \$7.00 (This is additional, above the registration fee)

Content: You must register for a parking pass each year through ISU's online system if you

plan to park at the ISU campus or you may be ticketed.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-523-8859

FFL Volunteer Opportunities - 4242

Content: Friends For Learning operates totally on volunteers. As this organization has grown, the need for volunteers has increased. We need volunteers in the following areas: Curriculum, Catalogs, Cultural Cuisine, Hiking, Walking & Exploring, and helping with Leadership. By signing up on the registration form, you will be sent an email with the volunteer form to fill out as to the areas in which you would like to volunteer. Thank you for your interest and support.

Facilitator: Jeanell Coyne

Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237

Walking - 4793

Instructor: Cynthia Steele

Fee: \$0

Location: River Walk, Freeman Park, Snake River Landing, etc.

Content: Join us for walks Mondays, Wednesdays and Fridays around our beautiful city! During fall/winter months we meet at 3:00 pm then spring/summer we walk at 9:00 am. We walk anywhere from one mile to 2+ miles. We have all different levels of walkers so it is a "walk at your own pace" activity.

Credentials: Cynthia has been leading this group for over a year.

Facilitator: Cynthia Steele

Email: cynsteele1@gmail.com

Phone: 208 403 7288

Cross-Country Skiing and Snowshoeing - 4789

Instructor: Jeanell Coyne

Fee: \$0

Location: Outdoors!

Content: This class is for those interested in cross-country skiing and/or snowshoeing, whether you are a beginner or an advanced skier. This class gives you an opportunity to get together with others who are interested in XC skiing and snowshoeing. We will go on adventures locally and in the surrounding areas. *We are including this class in the Fall semester in hopes we have snow in December and the first part of January before the Spring semester is in full swing!

Credentials: Jeanell Coyne embraces winter in Idaho by cross-country skiing and snowshoeing. Idaho is beautiful in the winter. She would love to share these two sports with you wherever you are on your journey from arranging lessons to coordinating fun filled adventures.

Facilitator: Jeanell Coyne

Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237

HWE Shared Adventures - 4790

Instructor: Pam Johnson

Fee: \$0

Location: Outdoors!

Content: This Hiking, Walking, Exploring (HWE) "class" consists of various outdoor "shared adventures" (about two per month) from April or May through September or October (weather dependent). Activities may include hiking, biking, float trips, horseback riding, caving/climbing (non-technical), zip lining, bird watching, etc. This is a participatory class, guided by class (your) input and available facilitators/coordinators, so we are open to try most anything. Activities can range from easy to strenuous and might last two hours or all day depending on the activity and/or selected location. Locations generally must be within 150 miles or 2.5 hours (driving time) of Idaho Falls. Class enrollees will also be placed on the email distribution list for HWE's week-long trip announcements - generally, 3 or 4 trips per year (January - December). "Shared adventures" refers to outdoor recreational experiences undertaken by two or more individuals who are working cooperatively toward a common goal, sharing in decision-making, other responsibilities, and costs as equitably as possible. While there is a designated Facilitator (i.e., coordinator or point of contact) for each activity, there is no "leader" in the sense of a single person who makes all the decisions and who owns all of the responsibility. Shared adventures are an excellent opportunity to get outdoors, embrace personal challenge, develop resilience and learn adaptability in a supportive group environment.

Credentials: Pam Johnson and Jeff Bryan are HWE committee members each with years of hiking experience and a good familiarity with many hiking and biking trails in the Eastern Idaho/Western Wyoming geographic area.

Facilitator: Jeff Bryan

Email: bryanjd382@gmail.com

Phone: 208-313-0184

FFL In-person Registration - N/A

Instructor: The board & Shirley

Fee: \$0

Date: 8/10/26 **Time:** 9:00 AM - 11:00 AM

Location: ISU CHE 304

Content: If you wish to have help with registration, join us on campus to register. Bring your ISU password for the ISU program.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Men's Breakfast - 4564

Instructor: John Atchison

Fee: Purchase food **Max:** 30

Date: 8/12/26 **Time:** 9:00 AM - 11:00 AM

Location: Various IF Restaurants

Content: Men, let's gather together the second Wednesday of each month for breakfast, expand our FFL friends network, try new foods and eateries, trade stories and experiences, and catch up on local happenings. We rotate to a different restaurant each month for variety. Email reminders are sent to participants each month, confirming the

selected restaurant for that month. Bring your enthusiasm for good friends and good food on Wednesdays, 8/12, 9/9, 10/14, 11/11, and 12/9.

Credentials: John Atchison and Jeff Bryan are semi-retired and retired engineers (respectively) and longtime residents of Idaho Falls. They are looking to get interested men out of the house and actively involved in Friends for Learning. Oh... we also enjoy eating!

Facilitator: Jeff Bryan

Email: bryanjd382@gmail.com

Phone: 208-313-0184

Spanish - 4607

Instructor: Eva Montantes

Fee: \$0

Date: 8/17/26 **Time:** 6:00 PM - 7:30 PM

Location: Zoom

Content: Discussions in Spanish about Spanish speaking countries and current events. Sometimes the group will spend time on the very basics of Spanish, but most of the class will be at a college level. This group meets every Monday night via Zoom.

Credentials: Eva is a native Spanish speaker and was a Professor at the University of Guadalajara for 10 years.

Facilitator: Vance Hawley

Email: wa7fdr@Hotmail.com

Phone: 208-522-9296

Pickleball Open Play - 4503

Instructor: Mark Van Sickle

Fee: \$0

Date: 8/20/26 **Time:** 9:00 AM - 11:00 AM

Location: Lincoln Park Pickleball Complex
2280 Lincoln Road Idaho Falls ID 83401

Content: Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It is played on a badminton-size court and a slightly modified tennis net using a paddle and a plastic ball with holes. It can be enjoyed by all ages and skill level, is fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come and join us to help one another improve our pickleball skills starting in August - Now on Thursdays!

Credentials: Mark has enjoyed playing pickleball for many years.

Facilitator: Mark Van Sickle

Email: scubamarkvs56@gmail.com

Phone: 208-757-8687

Hand and Foot Card Game - 4289

Instructor: Peggy Ash

Fee: \$5 + Buy Lunch

Date: 8/20/26 **Time:** 11:00 AM - 3:00 PM

Location: Leo's Place Restaurant
155 S Holmes Ave Idaho Falls

Content: Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot" In this class students are taught the basic rules of the game and enjoy playing with other members

of FFL. Players should come between 11:00 am and 11:30 am to buy lunch and eat before card play begins for each session. A donation of \$5.00 is taken for replacement of card shufflers, batteries and playing cards. We play year round every Thursday.

Credentials: Peggy Ash has been playing Hand & Foot for several years and is knowledgeable in the specific rules of the game as it is played here.

Facilitator: Scott Hill

Email: scottehill1961@gmail.com

Phone: 208-521-3349

Pinochle-Double Deck - 4137

Instructor: Judy Mateo

Fee: \$3 + Buy Lunch

Date: 8/24/26 **Time:** 11:30 AM - 3:00 PM

Location: Homestead Pizza
1770 W. Broadway St. Idaho Falls

Content: We invite you to join us for our year-round double deck Pinochle games, starting at noon every Monday. It's a wonderful opportunity to meet new friends and enjoy friendly competition. Please arrive early, between 11 and 11:30 am, so we can enjoy lunch together before the games begin. Since we do not pay a fee to use the back room, participants are kindly asked to purchase lunch each week. Groups will be formed at the discretion of the facilitator or instructor, and mixing with different players ensures everyone gets to know each other and fosters a welcoming community. Once a month we will draw cards to really mix up tables and participants. A \$3 donation is collected each semester to help us buy new playing cards,

and we appreciate your contributions for keeping our games running smoothly. We look forward to seeing you each week and thank you for being a valued part of our Pinochle community.

Credentials:

Facilitator: Vicky Van Sickle

Email: victorialynnvns@hotmail.com

Phone: 208-589-6055

Walk to End Alzheimer's® FFL Team - 4128

Instructor: Shelly Jones

Fee: \$0

Date: 8/29/26 **Time:** 10:00 AM - 12:00 PM

Location: Snake River Landing

Content: We're excited to invite you to join the FFL Team at our third annual Walk to End Alzheimer's®. To participate, please register on the official Alzheimer's website.

https://act.alz.org/site/TR?fr_id=19583&pg=entry Sign up here to be part of the FFL group as we support a wonderful cause together
Schedule overview:

- 10:00 AM: Booths open—come early to visit, collect swag, and connect with others!
 - 11:00 AM: Team picture and a moving ceremony
 - 11:30 AM: The one-mile walk begins
- Everyone who registers on this FFL site by August 13th will receive an FFL Walk t-shirt.

Credentials: This is the third year we have registered as a team. Each registered participant will receive a Promise Garden flower. Please choose the color that best represents your connection to the disease. Blue represents someone living with Alzheimer's or another dementia.

Purple is for those who have lost someone to the disease.

Yellow represents someone who is currently supporting or caring for a person living with Alzheimer's.

Orange is for those who support the cause and the Association's vision of a world without Alzheimer's and all other dementia.

Facilitator: Vicky Van Sickle

Email: victorialynnvns@hotmail.com

Phone: 208-589-6055

Move Well, Live Well: Fitness Fundamentals - 4104

Instructor: Yorel Dean

Fee: \$0 **Max:** 50

Date: 9/1/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: Staying active is one of the most powerful ways to protect your health and independence as you age. In this class, we'll explore the foundations of fitness, including strength, balance, flexibility, and cardiovascular health. Participants will learn how to exercise safely, stay active year-round (even at home), and separate common fitness myths from facts. This session includes simple movement demonstrations, practical strategies, and realistic tips to help you build confidence and consistency. Whether you're just getting started or looking to maintain your routine, you'll leave with the knowledge and tools to move your body with purpose and confidence.

Credentials: Yorel has a BS in Exercise Physiology and is a ASCM Certified Personal Trainer (CPT).

Facilitator: Jackie Christiansen
Email: jackie.w.christiansen@gmail.com
Phone: 208-522-8705

Ebikes: Power to the Pedal - 4840

Instructor: Chris White
Fee: \$0

Date: 9/1/26 **Time:** 1:00 PM - 3:00 PM
Location: ISU CHE 215

Content: Join us for an informative and engaging presentation on electric bikes (eBikes) — the fast-growing trend transforming the way people commute, exercise, and explore the outdoors. We will cover the basics of how eBikes work, the different classes and features available, benefits for riders of all ages and abilities, and practical tips for choosing the right model. Whether you're curious about eBikes for recreation, transportation, or fitness, this session will give you the knowledge and confidence to get started. Bring your questions and enthusiasm — you may even find yourself ready to ride!

Credentials: Chris and his wife researched and purchased eBikes. They are avid riders and have ridden many bike trails in numerous states.

Facilitator: Chris White
Email: whitec42@gmail.com
Phone: 208-716-3245

Science Wednesdays - 4228

Instructor: Various
Fee: \$0

Date: 9/2/26 **Time:** 3:00 PM - 5:00 PM
Location: Idaho Brewing Company, 775 S Capital Ave, Idaho Falls

Content: Join a welcoming group of peers to discuss the latest frontiers of science. Each week, you will receive an accessible science article (via email) to read at home. In class, we gather for a relaxed, lively discussion to unpack the discoveries and explore their real-world impact. No scientific background is required—just curiosity!

Credentials:

Facilitator: Lynn Melander
Email: lmelander82@gmail.com
Phone: 208-881-3555

Museum of Idaho: Life Before Dinosaurs Tour – 4130

Instructor: Ty Taylor
Fee: \$12 **Max:** 30

Date: 9/2/26 **Time:** 3:00 PM - 5:00 PM
Location: Museum of Idaho, 200 N Eastern Ave

Content: A Guided Tour through the traveling exhibit, "Live Before Dinosaurs: Meet the Permian Monsters".

Credentials: Ty is a Certified Interpretive Guide and the Outreach Educator for the Museum of Idaho.

Facilitator: Cathy Johnson
Email: dacjohns@hotmail.com

Phone: 719-235-3910

Ancient Egypt - Introductory Lectures - 4120

Instructor: Sally Glass

Fee: \$0

Date: 9/4/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: Introduction to Ancient Egypt will be presented in 4 two-hour lectures providing students a view of the ways of life in Ancient Egypt throughout the millenias. (9/4, 9/18, 10/2, & 10/16) You don't have to attend all 4 sessions, but you will receive a more well rounded background if you can! Topics will include: Predynastic Egypt, chronological timeline of the kings, gods and goddesses. New Kingdom - the great warrior kings, Queen Hapshepsut, the Armarna period, and unknown details of Tutankhamun. Funerary practices and the 'common' people of Dier el Medina - what we know of everyday life. Art and iconology.

Credentials: University of London, Birkbeck College - 1999 - 2006, Bachelor's Degree (equivalent) +2 years post graduate studies.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Fitness Made Simple - 4433

Instructor: Leslee Blanch

Fee: \$20 **Max:** 60

Date: 9/8/26 **Time:** 10:00 AM - 11:00 AM

Location: Bonneville County Extension Office
1542 E. 73 S., Idaho Falls

Content: This class meets weekly on Tuesdays throughout the semester from 9/8 through 12/15. Notifications will be sent for any cancellations due to weather, illness, or travel. Leslee will give us the opportunity to improve our strength, flexibility and balance. Chairs are provided for balance and/or sitting if needed. A one time extra fee of \$20 (for the whole semester) is due on the first day of class for equipment and use of the space at Bonneville County Extension. Checks may be made out to Bonneville County Extension.

Credentials: Leslee is a Certified Fitness Instructor and Registered Dietitian. She is the Family and Consumer Science Associate Extension Educator with University of Idaho.

Facilitator: Kathy Duplessis

Email: kduplessis81@gmail.com

Phone: 208-390-9505

Women's Luncheon - 4748

Instructor: Various

Fee: Buy Lunch

Date: 9/9/26 **Time:** 11:30 AM - 1:00 PM

Location: Various IF Restaurants

Content: Women's Lunch is for all FFL women who enjoy getting together monthly at a local restaurant. We meet the 2nd Wednesday of each month and take turns choosing the

restaurant and hosting the event. Email reminders are sent to participants confirming the date, time and selected restaurant. Camaraderie and friendships are being formed during this monthly gathering.

Credentials:

Facilitator: Eileen Perkins

Email: eileenperkins404@gmail.com

Phone: 208-520-7483

Book Club - 4851

Instructor: Group Discussion

Fee: \$0

Date: 9/9/26 **Time:** 1:30 PM - 3:30 PM

Location: IF Public Library, 457 W Broadway, Idaho Falls

Content: Meet each month on the 2nd Wednesday to talk about a book chosen by the group to read. Bring a snack to share. We will be in the Public Library in meeting room #2.

Credentials: Respect for others opinions

Facilitator: Vicky Van Sickle

Email: victorialynnvns@hotmail.com

Phone: 208-589-6055

History of U.S. Psychiatric Hospitals & Asylums - 4114

Instructor: Kim Jardine-Dickerson

Fee: \$0

Date: 9/11/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 210

Content: In this class we will be learning about the history of American Psychiatric Hospitals and Asylums. Behind locked doors, institutionalized men, women, and children were warehoused and sometimes treated for mental illness and other reasons.

Credentials: Kim Jardine-Dickerson, RN, MSN Retired nursing professor. Worked in academia, corrections, mental health and public health community settings.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-523-8859

Zumba Gold (Seated) - 4241

Instructor: Jennifer O'Sullivan

Fee: \$15 **Max:** 20

Date: 9/11/26 **Time:** 12:00 PM - 12:45 PM

Location: Blue Barn Fitness
555 3rd St. Idaho Falls

Content: Seated exercise to fun music! Whether you have balance issues, physical issues or just prefer a seated class, this is for you! This class meets every Friday during the semester starting 9/11 through 12/11. Notifications will be sent via email with any cancellations due to weather, illness or travel. A one time extra fee of \$15 (for the whole semester) is due on the first day of class for equipment and use of the space at Blue Barn Fitness. Checks may be made out to Blue Barn Fitness.

Credentials: Jennifer is licensed in Zumba and Zumba Gold since 2013

Facilitator: Kathy Duplessis

Email: kduplessis81@gmail.com

Phone: 208-390-9505

Line Dancing - 4218

Instructor: Shari Sampson, Paula Blair & Sherrie Gouldthorpe

Fee: \$0

Date: 9/11/26 **Time:** 1:00 PM - 2:00 PM

Location: DWI (Development Workshop)
555 W. 25th St. Idaho Falls

Content: Join us weekly on Fridays as we learn line dances to various types of music from decades past to current day. All that's needed is a comfortable pair of shoes, a water bottle, and a desire to move. Line dancing is great exercise for the brain as well. Classes will start on September 11th and will run through December 4th. (No class November 27th.)

Credentials: Shari, along with Paula Blair & Sherrie Gouldthorpe, have attended this class with Friends for Learning for many years. This will be our second year instructing.

Facilitator: Shari Sampson

Email: sharisampson79@gmail.com

Phone: 208-201-9459

Road Scholars: Idaho's Highway Historical Markers - 4122

Instructor: Jan Gallimore

Fee: \$0

Date: 9/11/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: Idaho's Highway Historical Markers share stories from across the state,

highlighting significant people, places, and events that shaped Idaho's history. Installed along highways and byways, these interpretive signs provide travelers with accessible, place-based context about Idaho's natural, cultural, and historical landscapes. Learn more about the history of these markers and ongoing efforts to review, revise, and expand the program.

Credentials: Janet L. Gallimore serves as the Executive Director of the Idaho State Historical Society (ISHS), where she leads a dynamic statewide agency comprising the Idaho State Museum, Idaho State Archives and State Records Center, the Old Idaho Penitentiary, and statewide Historic Sites program. With over 35 years of experience in cultural resource management, Ms. Gallimore is dedicated to delivering impactful statewide services that preserve and share Idaho's rich and varied history with integrity, accessibility, and purpose.

Facilitator: Vicky Van Sickle

Email: victorialynnvs@hotmail.com

Phone: 208-589-6055

The Sly Smile: How the Snake River Plain Formed - 4127

Instructor: Shawn Willsey

Fee: \$0

Date: 9/14/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 213

Content: Why does southern Idaho have a massive, smooth crescent incised into its rugged mountains? This class explores the origin of the Snake River Plain. Learn how a moving tectonic plate and a stationary volcanic

hot spot combined to create many of the iconic landmarks in southern Idaho.

Credentials: Shawn Willsey is a Distinguished Professor of Geology at the College of Southern Idaho and a licensed professional geologist. He is the author of *Geology Underfoot in Southern Idaho* and co-author of *Roadside Geology of Idaho*. Shawn is widely recognized for his ability to translate complex geological processes into accessible, engaging narratives. Beyond the classroom, he runs a globally recognized geology education YouTube channel, where he shares high-quality field and other videos from the Intermountain West and beyond. He holds a Master of Science in Geology from Northern Arizona University and a Bachelor of Science degree from Weber State University.

Facilitator: Gretchen O'Brien
Email: gretchen.obleness@gmail.com
Phone: 208-681-3451

Always Wanted To Fly - 4134

Instructor: Gary A Peterson
Fee: \$0

Date: 9/14/26 **Time:** 2 – 3 PM
Location: ISU CHE 213

Content: Ever wonder what it takes to fly everything from a vintage biplane to the world's most advanced commercial dreamliners? Join veteran Captain and Test Pilot Gary as he shares his lifelong passion for aviation and his journey to mastering the skies. From his earliest dreams of flight to commanding iconic aircraft like the Boeing 747 and 787, Gary will take you inside the cockpit of a remarkably diverse aviation career.

Whether you are an aspiring pilot, an aviation enthusiast, or simply love an inspiring story of dedication, this session offers a rare, firsthand look into the art and science of flying.

Credentials: Gary's ratings include Airline Transport Pilot, Test Pilot, Line Check Airman-Captain (initial) and more. A few Aircraft: Learjet, Citation, Grumman AgCat, DC 3, PB4Y 2, Beech 18, Stearman, and the Boeing 727, 737, 747, 757, 767, 777, & 787.

Facilitator: Nancy Peterson
Email: ngpartist@gmail.com
Phone: 832-656-6786

Air Idaho Rescue base Tour - A - 4132-1

Instructor: Leah Peterson
Fee: \$0 **Max:** 30

Date: 9/15/26 **Time:** 1:00 PM - 2:00 PM
Location: 2860 Channing Way, Atrium, Idaho Falls

Content: Tour the Air Idaho Rescue base at EIRMC in Idaho Falls. Discover how this critical lifeline operates, see the helicopters up close, and learn how the flight crews bring life-saving emergency care to the region's most remote areas.

Credentials: We will meet with a certified flight registered nurse, paramedic, and helicopter pilot at this class.

Facilitator: Gretchen O'Brien
Email: gretchen.obleness@gmail.com
Phone: 208-6813451

Air Idaho Rescue base Tour - B - 4132-2

Instructor: Leah Peterson

Fee: \$0 **Max:** 30

Date: 9/15/26 **Time:** 2:00 PM - 3:00 PM

Location: 2860 Channing Way, Atrium, Idaho Falls

Content: Tour the Air Idaho Rescue base at EIRMC in Idaho Falls. Discover how this critical lifeline operates, see the helicopters up close, and learn how the flight crews bring life-saving emergency care to the region's most remote areas.

Credentials: We will meet with a certified flight registered nurse, paramedic, and helicopter pilot at this class.

Facilitator: Gretchen O'Brien

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

How to Manage Conflict in a Positive Way - 4899

Instructor: Dr. Joy Beck

Fee: \$0

Date: 9/16/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: Dr. Joy Beck will teach us skills to practice civility in a world full of conflict. We will learn how to build healthy relationships in our family, community, and work environment, based on respect for self and others, listening to understand, self-awareness, and responsibility for our own feelings.

Credentials: Dr. Joy Beck is an educator, author, and civility trainer with nearly 30 years of experience working with children, families, and communities. She developed the "Sandbox Civility" model to teach civil communication rooted in respect and self-awareness. She trains the trainers in mediation organizations in Kenya, the Pan-African University, and a ministry overseeing 45 schools in Kenya.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

The Credit Union Difference - 4105

Instructor: Dan Thurman

Fee: \$0

Date: 9/16/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: Discussion about the credit union difference, how credit unions were founded by groups of people to help people and how credit unions are still living by their motto of People Helping People today.

Credentials: Dan Thurman is the CEO of Frontier Credit Union where he has worked since April 2002. He has held positions as loan officer, assistant branch manager, branch manager, AVP of Operations, VP of Operations, Chief Operating Officer, Chief Lending Officer and CEO. Dan also serves on the Idaho Credit Union Governmental Affairs Committee, he is a board member for the GoWest Credit Union Association that covers Oregon, Washington, Idaho, Wyoming, Colorado and Arizona. Dan also serves on Americas Credit Unions national advocacy committee.

Facilitator: Margaret Kennelly
Email: margaret_kennelly@yahoo.com
Phone: 208-524-4930

Russia's Present, Future & Why it Matters - 4107

Instructor: Jeff Carr
Fee: \$0

Date: 9/17/26 **Time:** 1:00 PM - 3:00 PM
Location: ISU CHE 213

Content: Russia's onslaught in Ukraine has changed European history, but it's changing Russia even more. To maintain the war effort, Vladimir Putin has polarized his populace, drained his economy, and backed himself into a corner with few options to right the ship peacefully. That's bad news for everyone, including the US. We'll take a look at what's happening now and what to watch for in the coming years -- because Russia will not be ignored.

Credentials: Jeff Carr is the Executive Director of the Museum of Idaho. In a previous life, he lived in Russia, earned a master's in Russian Studies from Stanford University, and worked as a Russia political analyst for the Central Intelligence Agency.

Facilitator: Cathy Johnson
Email: dacjohns@hotmail.com
Phone: 719-235-3910

Dam to Farmland Tour, Henrys Fork Foundation - 4131
Instructor: Dr. Christina Morrisett
Fee: \$0 **Max:** 24

Date: 9/22/26 **Time:** 8:45 AM - 3:00 PM
Location: Fred Meyer Parking Lot - Henrys Fork Foundation Headquarters.

Content: Friends for Learning will be hosting a presentation by Climate Adaptation Program Manager Dr. Christina Morrisett, who is with the Henrys Fork Foundation. Dr. Morrisett will lead a 4-hour car caravan "Dam to Farmland" tour through the Island Park region. The tour includes stops at: Big Springs, Island Park Dam, Ashton-area farms, St. Anthony canal systems, and Egin Sand Dunes. Dr. Morrisett will take us through how water moves from the dam through farmland and supports agriculture across the region. This should be a very interesting session, especially for those who enjoy learning more about local landscapes, water systems, and how our region works. Participants will meet at Fred Meyer Parking Lot at 8:45 am and car pool from there. We will stop for lunch at the Henrys Fork Foundation headquarters. Bring your own lunch.

Credentials: Dr. Morrisett first joined the Foundation as an intern in 2015, stayed on as a Research Assistant until August 2016, and returned in 2018 as a Doctoral Research Associate. In January 2024, she transitioned into her current role as the Climate Adaptation Program Manager. The Climate Adaptation Program houses all HFF research, communications, outreach, and conservation-implementation related to climate and water, broadly defined. The program encompasses

both the Henry's Fork watershed and riverscapes throughout the Snake River Basin.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

Idaho Falls Humanitarian Center - A 4140-1

Instructor: Mozelle Neville

Fee: **Max:** 15

Date: 9/23/26 **Time:** 11:00 AM - 12:00 PM

Location: Idaho Falls Humanitarian Center
1415 Northgate Mile

Content: Come tour the Idaho Falls Area Humanitarian Center! The center is a nonprofit, non-denominational organization. They produce a variety of projects and collect household and hygiene items, and partner with over 100 agencies to provide for the underserved and needy in our community. Discover how you can help in your community!

Credentials: Don and Mozelle Neville have been a part of the Idaho Falls Area Humanitarian Center since its inception in 2010.

Facilitator: Jackie Christiansen

Email: jackie.w.christiansen@gmail.com

Phone: 208-522-8705

Dot Mandala Rock Painting - 4548

Instructor: Gretchen O'Brien

Fee: **Max:** 20

Date: 9/23/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 307

Content: In this class you will learn how to make geometric patterns using dots of acrylic paint on rocks to create your very own simple dot mandala rock. Gretchen will start you out using the basic anchor system to start your design. All supplies will be provided including a rock to paint and take home. She'll talk about the craze of painting rocks and hiding them for others to find in local parks, the minimal supplies needed to paint rocks, and some basic techniques. Still not sure what we're talking about? Google Dot mandala rock images! If you've already taken this class, please let other folks have an opportunity to attend!

Credentials: Gretchen started painting rocks in 2017 years ago on a lark and ended up discovering the Dot Mandala technique of painting rocks. She has expanded from just painting rocks to mugs, ornaments, and basically anything smooth that sits still for few minutes!

Facilitator: Gretchen O'Brien

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

I Found a Famous Ancestor, Sculptor From Illinois - 4116

Instructor: Kim Jardine-Dickerson

Fee: \$0

Date: 9/25/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: A journey finding an ancestor, a female sculptor from Illinois, with Irish roots. Learning about her life, her struggles, and her legacy.

Credentials: Kim Jardine-Dickerson, RN, MSN
Retired nursing professor. Worked in
academia, corrections, mental health and
public health community settings.

Facilitator: Kathy Hendrix
Email: chatiek06@gmail.com
Phone: 208-523-8859

Why and What Public Defenders Do - 4109

Instructor: Jordan Crane
Fee: \$0

Date: 9/29/26 **Time:** 1:00 PM - 3:00 PM
Location: ISU CHE 215

Content: In this class we will learn about the
Public Defender system, and its role in
defending indigent people charged with a
crime. We will learn how the Public Defender
system protects people's constitutional rights
to a fair trial.

Credentials: Jordan Crane graduated from the
University of Idaho College of Law in 2003. He
clerked for District Judge Jon Shindurling and
then worked in private law practice for 5 years.
He has worked in the Bonneville County Public
Defender's office for 17 years. He was recently
appointed as the Seventh District Public
Defender, where he oversees other public
defender attorneys in 10 counties.

Facilitator: Royce Lee
Email: royceblee337@gmail.com
Phone: 208-589-4276

Finding Hope and Resilience After Loss - 4112

Instructor: Jill Chalsty
Fee: \$0

Date: 9/30/26 **Time:** 10:30 AM - 12:00 PM
Location: Zoom

Content: In this class we will learn how to find
meaning after grief, resilience through
adversity, and purpose after loss, based on the
instructor's personal loss and cancer. We will
learn about how she rediscovered herself
during her 107 day journey at sea to 26 ports
around the world. This will be a class via Zoom
in conjunction with the New Knowledge
Adventures (NKA) group which is Pocatello's
version of FFL!

Credentials: Jill Chalsty, founder of
Overcoming Obstacles in 2007, has
empowered over 180 million young people
worldwide through life skills education.
Recently, her journey of personal loss and
cancer inspired her memoir, Pockets of Hope,
about resilience, love, and finding meaning
through service.

Facilitator: Royce Lee
Email: royceblee337@gmail.com
Phone: 208-589-4276

From The Netherlands to the USA - 4133

Instructor: Nelleke Meuzelaar
Fee: \$0

Date: 9/30/26 **Time:** 1:00 PM - 3:00 PM
Location: ISU CHE 210

Content: Our family's immigration in 1978
gave us a great tool for comparison between
The Netherlands and the USA. We can

illustrate the sad differences and the hilarious ones from a country that fits into Idaho 7 times and has 18 million people. If you want to go "DUTCH" join my class, we will have fun!

Credentials: BA in Education. People's award for humanitarian work. Leadership Award for PSIA Intermountain Children's committee. (Professional Ski Instructors of America)

Facilitator: Gretchen O'Brien
Email: gretchen.obleness@gmail.com
Phone: 208-681-3451

Everyone Can Draw - 4323

Instructor: Nancy Peterson
Fee: \$5 **Max:** 24

Date: 10/1/26 **Time:** 10:00 AM - 12:00 PM
Location: ISU CHE 215

Content: For the person who always wanted to draw or improve the skills they have. Several different mediums will be introduced including watercolor, pastels, ink and color pencil. All paper and pens will be supplied, please bring a regular #2 pencil, a sharpener and a simple box of color pencils (Crayola Brand works). Each class you will go home with a completed drawing while learning several new tools and techniques making drawing easy and fun. You're going to surprise yourself! This class meets Thursdays, on October 1, 8, 15, & 22.

Credentials: Nancy is a published children's book illustrator of twenty-five books and recently authored her own books. This class is designed to be enjoyed and relax while learning a new skill, not stressful. Teaching after school art to children for 15 years she learned how to have fun. She studied art at

Boise State University and Kingwood Texas Community college. She was also a calligraphy teacher for many years at that same Texas college.

Facilitator: Kathie Hendrix
Email: chatiek06@gmail.com
Phone: 208-523-8859

Iris Folding - 4265

Instructor: Karin Armstrong
Fee: \$2 **Max:** 16

Date: 10/5/26 **Time:** 10:00 AM - 12:00 PM
Location: ISU CHE 307

Content: Iris Folding is a Dutch craft that uses small pieces of folded paper to make beautiful designs. (Rarely flowers!) Students should bring scissors, magic tape, ruler, pencil. All other material will be supplied.

Credentials: Karin has taught this class for FFL many times.

Facilitator: Gretchen O'Brien
Email: gretchen.obleness@gmail.com
Phone: 208-681-3451

Intro to Medicare Workshop - 4180

Instructor: Helen Mayberry
Fee: \$0

Date: 10/6/26 **Time:** 9:30 AM - 11:00 AM
Location: ISU CHE 213

Content: Are you turning 65 soon? Are you already on Medicare but want to learn more about it? Come join us to learn all about

Medicare Parts A, B, C, D and Medicare Supplemental Insurance.

Credentials: Helen Mayberry has been a Medicare Counselor with the Idaho Department of Insurance for 11+ years.

Facilitator: Margaret Kennelly
Email: margaret_kennelly@yahoo.com
Phone: 208-524-4930

Medicare Updates/How to use the Drug Plan Finder - 4641

Instructor: Carrie Crom
Fee: \$0

Date: 10/6/26 **Time:** 11:30 AM - 1:00 PM
Location: ISU CHE 213

Content: An overview of any upcoming changes to Medicare in 2027 will be provided. Attendees will be provided with information about how to select their own Medicare Prescription Drug Plan and how to enroll in it. Using the Medicare website, students will be provided step-by-step instructions on how to enter their medications and pharmacy choice in order to create an individualized plan that will best suit their needs.

Credentials: Helen Mayberry has been a Medicare Counselor with the Idaho Department of Insurance for 11+ years.

Facilitator: Margaret Kennelly
Email: margaret_kennelly@yahoo.com
Phone: 208-524-4930

World Heritage Sites - Part 6 - 4749

Instructor: Robin Piet
Fee:

Date: 10/6/26 **Time:** 1:00 PM - 3:00 PM
Location: ISU CHE 213

Content: Come enjoy a presentation from Robin Piet as she shares her experiences and beautiful pictures of visiting World Heritage Sites (WHS). WHS are designated by UNESCO, the United Nations Educational, Scientific and cultural Organization as being meaningful to humanity. Note: This presentation is the 6th in a series and will display new and different WHS from all previous presentations.

Credentials: Robin has loved traveling and learning about other cultures all her life.

Facilitator: Royce Lee
Email: royceblee337@gmail.com
Phone: 208-589-4276

Tour of IF Fire Department - 4520

Instructor: Fire Chief Johan Olson & Staff
Fee: \$0 **Max:** 30

Date: 10/7/26 **Time:** 10:00 AM - 12:00 PM
Location: IF Fire Department HQ (Station 1)
343 E Street, Idaho Falls

Content: IFFD responds to fires and other all-hazard calls for the City of Idaho Falls and Bonneville County Fire Protection District #1, serving a population of approximately 117,000 and 290 square miles. The EMS Division responds to a larger area that includes the City of Idaho Falls, Bonneville County, and portions of Jefferson and Bingham Counties, serving a population of approximately 155,000 and 3,500 square miles.

Credentials: Chief Olson most recently served as deputy fire chief for the Grand Junction Fire Department and previously served as assistant fire chief for the Buckley Fire Department. He also served with the Idaho Falls Fire Department from 2007 to 2021, holding roles from firefighter to captain and moved up battalion chief.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

Meet the first 6 Extraordinary Presidential Wives - 4117

Instructor: Lexie French

Fee: \$0

Date: 10/8/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 213

Content: Lexie French will introduce you to Martha, Abigail, Martha, Dolly, Elizabeth and Louisa the first 6 Presidential Wives and their remarkable lives. (Part 1)

Credentials: Lexie French has a BA in English and History from ISU. She taught English at Skyline HS for 30 years

Facilitator: Nancy Carpenedo

Email: nancycarpe21@gmail.com

Phone: 208 529 4714

500 mile hike along the Camino de Santiago - 4135

Instructor: Catherine Black

Fee: \$0

Date: 10/9/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 210

Content: This class will involve the students in the famous journey or pilgrimage along the Camino de Santiago, or Way of St. James. The journey is up to 500 miles, depending on the starting point. It ends at the cathedral in Santiago de Compostela, the alleged burial site of the apostle St. James, in northwestern Spain. We will see pictures of the beautiful landscapes and hear stories about the experiences and the many hikers along the way.

Credentials: Catherine Black has hiked the Camino de Santiago 5 times in the last 10 years. Two of her hikes were the long version- 500 miles. She has stories and pictures about her experiences and the people she met along the Camino.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Personal Safety for Seniors - 4110

Instructor: IF Police Department

Fee: \$0

Date: 10/12/26 **Time:** 9:00 AM - 11:00 AM

Location: ISU CHE 213

Content: Friends for Learning will be hosting a presentation by the Police Department on an issue that is becoming increasingly

important—senior safety. They will talk about common crimes that often target seniors, including scams, fraud, and online threats. The presentation will also include practical suggestions on how to recognize these situations and steps you can take to protect yourself and your personal information. This should be a very helpful and informative session, especially given how quickly these types of crimes are evolving.

Credentials: Various members of Idaho Falls Police Department

Facilitator: Chris White
Email: whitec42@gmail.com
Phone: 208-716-3245

Religions of the world: Torah Law & Jewish philosophy - 4103

Instructor: Rabbi Sara Goodman
Fee: \$0

Date: 10/13/26 **Time:** 1:00 PM - 3:00 PM
Location: ISU CHE 213

Content: Rabbi Sara will discuss the history of the Jewish faith as derived from the Torah's 13 beliefs. .

Credentials: Rabbi Sara Goodman graduated from Northeastern University Illinois with a BA in Anthropology and Art. As a youth, she spent 11 summers at URJ's Olin Sand Ruby Union (a Jewish camp) and 8 summers as the Art and Music director at a camp for American and Israel highschool students. For 11 years she taught Hebrew and Jewish music in a Chicago day school and during summers led Jewish prayer and music at Ramah Day Camp in Chicago.

Facilitator: Nancy Carpenedo
Email: nancycarpe21@gmail.com
Phone: 208 529 4714

Building IF Together: Leadership, Growth, & Community - 4108

Instructor: Mayor Lisa Burtenshaw
Fee: \$0 **Max:** 35

Date: 10/14/26 **Time:** 10:00 AM - 12:00 PM
Location: IF City Council Chambers, 680 Park Ave, Idaho Falls

Content: Join Mayor Lisa Meikle Burtenshaw for a presentation exploring the challenges and opportunities facing Idaho Falls during a time of rapid regional growth. Drawing on her experiences as an engineer, school board chair, city council member, and now mayor, Burtenshaw will discuss how thoughtful planning, transparent government, infrastructure investment, and community partnerships help shape a strong and livable city.

The presentations will trace her journey from growing up in Idaho Falls and working at the Idaho National Laboratory to leadership in education and city government. Participants will gain insight into current issues affecting Idaho Falls, including growth management, economic development, public services, quality of life, and the importance of civic involvement in preserving the character of the community while preparing for the future. Through personal stories and discussion of real-world city challenges, attendees will gain a better understanding of how local government works and how engaged citizens can help guide the future of their community.

Credentials: Lisa Meikle Burtenshaw was raised in Idaho Falls and graduated in 1992 from Bonneville High School. After graduating from high school, she attended Ricks College and graduated from Brigham Young University in Provo with a Bachelor of Science in Mechanical Engineering. She spent several summers and a full year interning at the INL, working in a robotics lab for the cleanup of Pit 9. Lisa moved back to Idaho Falls in 2002, where her husband, Bryce, began at Family Dental Health Center. In 2008 she became a trustee for Idaho Falls District 91 and served on that board for 10 years, including six years as the Chairwoman. In April of 2021, she was appointed to the Idaho Falls City Council and was re-elected to a four-year term starting in January 2022. In December of 2025, she was elected to the office of Mayor, and her 4-year term began in January 2026. Her passion in the city is to work closely and proactively, planning for current and anticipated rapid growth throughout the region. She loves Idaho Falls and works to make it a great place to live, raise a family, and grow a business.

Facilitator: Chris White
Email: whitec42@gmail.com
Phone: 208-716-3245

Writing Your Story - 4652

Instructor: Sidney Hoopes
Fee: **Max:** 12

Date: 10/15/26 **Time:** 1:00 PM - 3:00 PM
Location: ISU CHE 307

Content: Come and discover the joy of expressing yourself through writing. This six-week class can help get you started preserving personal and family stories, or simply give you

a reason to start writing for pleasure. We have fun while learning and giving one another ideas and encouragement. This class meets on Thursdays on October 15, 22, 29 and November 5, 12, and 19.

Credentials: Sidney is an experienced writer who inspires participants to "put pen to paper." She draws on her Southern heritage with its rich tradition of storytelling and colorful expressions to create a casual and supportive environment in which to explore writing.

Facilitator: David Fultz
Email: davidfultz@msn.com
Phone: 612-339-2288

New IF Police Station Tour - A – 4750-1

Instructor: Jessica Clements
Fee: **Max:** 20

Date: 10/15/26 **Time:** 1:00 PM - 2:00 PM
Location: IF Police Department, 775 Northgate Mile, Idaho Falls

Content: The Idaho Falls new Police Station consolidates all functions of the Police Department in one place for the first time in IF history. This tour includes going up and down stairs. Please note that this tour is strictly limited to 20 people.

Credentials: Jessica is the Public Information Officer for the city of Idaho Falls for the Police Department.

Facilitator: Chris White
Email: whitec42@gmail.com
Phone: 208-716-3245

New IF Police Station Tour - B – 4750-2

Instructor: Jessica Clements

Fee: **Max:** 20

Date: 10/15/26 **Time:** 2:00 PM - 3:00 PM

Location: IF Police Department, 775 Northgate Mile, Idaho Falls

Content: The Idaho Falls new Police Station consolidates all functions of the Police Department in one place for the first time in IF history. This tour includes going up and down stairs. Please note that this tour is strictly limited to 20 people.

Credentials: Jessica is the Public Information Officer for the city of Idaho Falls for the Police Department.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

New IF Police Station Tour - C – 4750-3

Instructor: Jessica Clements

Fee: **Max:** 20

Date: 10/15/26 **Time:** 3:00 PM - 4:00 PM

Location: IF Police Department, 775 Northgate Mile, Idaho Falls

Content: The Idaho Falls new Police Station consolidates all functions of the Police Department in one place for the first time in IF history. This tour includes going up and down stairs. Please note that this tour is strictly limited to 20 people.

Credentials: Jessica is the Public Information Officer for the city of Idaho Falls for the Police Department.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

Idaho Falls Humanitarian Center - B 4140-2

Instructor: Mozelle Neville

Fee: **Max:** 15

Date: 10/20/26 **Time:** 11:00 AM - 12:00 PM

Location: Idaho Falls Humanitarian Center
1415 Northgate Mile

Content: Come tour the Idaho Falls Area Humanitarian Center! The center is a nonprofit, non-denominational organization. They produce a variety of projects and collect household and hygiene items, and partner with over 100 agencies to provide for the underserved and needy in our community. Discover how you can help in your community!

Credentials: Don and Mozelle Neville have been a part of the Idaho Falls Area Humanitarian Center since its inception in 2010.

Facilitator: Jackie Christiansen

Email: jackie.w.christiansen@gmail.com

Phone: 208-522-8705

MWT Snack Food Pilot Plant Tour - 4409

Instructor: Brad Frazee

Fee: **Max:** 20

Date: 10/21/26 **Time:** 10:00 AM - 12:00 PM

Location: Miles Willard Technologies, 655 West Sunnyside Road, Idaho Falls

Content: Presentation and tour of snack food R&D facility including cracker line demonstration.

Credentials: Bachelor's Degree in Chemical Engineering and 40 years experience developing and commissioning products.

Facilitator: Margaret Kennelly

Email: margaret_kennelly@yahoo.com

Phone: 208-524-4930

Korean War: The Forgotten Conflict - 4119

Instructor: Dr David Peck

Fee: \$0

Date: 10/21/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: Dr Peck will discuss the cause, fighting, armistice, and long-term impact of this war not only on the Korean Peninsula but also globally. More than 37,000 American battle deaths occurred during this conflict.

Credentials: Dr Pech had numerous PhDs but the one in History is the only one related to this presentation. He is retired from his teaching position at BYU - I

Facilitator: Nancy Carpenedo

Email: nancycarpe21@gmail.com

Phone: 208 529 4714

Let's Make Jelly - 4728

Instructor: Cathy Gray

Fee: \$10 **Max:** 15

Date: 10/23/26 **Time:** 1:00 PM - 2:30 PM

Location: Bonneville County Extension Office Kitchen, 1542 E. 73 S., Idaho Falls

Content: Making jelly is an easy process, but there are some tricks and things to be aware of. In groups of three, we will make a batch of jelly to take home. We'll use locally grown fruit, and follow the low-sugar recipe, letting the natural fruit flavor burst as you enjoy it on freshly made bread. Participants should bring aprons or clothes that can handle a few stains, as it might get a little messy. All supplies and jelly making ingredients will be provided.

Credentials: Cathy is a retired librarian who has been making jams and jellies for 30+ years, and makes over 1000 jars each year. Most of the fruit is from her backyard, where she has four plum trees, an apple tree, cherry tree, currant bushes, raspberries and rhubarb that produce prolifically. Let's make some jelly!

Facilitator: Jackie Christiansen

Email: jackie.w.christiansen@gmail.com

Phone: 208-522-8705

Strictly Sourdough Starter - A – 4142-1

Instructor: Jackie Christiansen

Fee: \$5 **Max:** 20

Date: 10/23/26 **Time:** 2:30 PM - 4:00 PM

Location: Bonneville County Extension Office Kitchen, 1542 E. 73 S., Idaho Falls

Content: Come learn about and enjoy the wonderful world of sourdough. This class is for

the novice. A sourdough starter is simple and is not as much work as you might think. We'll discuss the care and feeding of a sourdough start and make one. Sourdough culture can be used in many recipes. Come begin a wonderful tasty journey!

Credentials: Jackie began her sourdough adventure in 2020 and has taught this class several times.

Facilitator: Jackie Christiansen

Email: jackie.w.christiansen@gmail.com

Phone: 208-522-8705

Museum of Idaho: Galileo Tour - A – 4784-2

Instructor: Ty Taylor

Fee: \$12 **Max:** 30

Date: 10/26/26 **Time:** 3:00 PM - 5:00 PM

Location: Museum of Idaho, 200 N Eastern Ave

Content: A guided tour through the Galileo exhibit at the Museum of Idaho, learning about his achievements, his discoveries, and his contributions to science and modern thought.

Credentials: Ty is a Certified Interpretive Guide and the Outreach Educator for the Museum of Idaho.

Facilitator: Cathy Johnson

Email: dacjohns@hotmail.com

Phone: 719-235-3910

The Four-String Banjo in American Music - 4125

Instructor: Ron Hinkle

Fee: \$0

Date: 10/27/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 210

Content: Ron gives a demonstration of the four-string jazz banjo with playing examples of music from the 1910s-1920s. He also discusses his Army Band career, centering on his use of the banjo in that setting.

Credentials: Ron was born into a banjo family, and has played the four-string banjo since the age of 12. His father Myron was inducted into the American Banjo Museum Hall of Fame in 2009, and Ron is now a board member of the museum. He has played extensively throughout the American West at banjo conventions and traditional jazz festivals, and in Europe and Asia as an Army Bandsman. He has a Music Education degree from Central Wash. University, and has written several method books for the tenor and plectrum banjos.

Facilitator: Catherine Costello

Email: ccostelloden@gmail.com

Phone: 303-249-0013

Wonderful World of Poinsettias! - 4106

Instructor: Brandy Dixon

Fee: \$0 **Max:** 45

Date: 10/28/26 **Time:** 10:00 AM - 12:00 PM

Location: Town & Country Gardens, 5800 S. Yellowstone Hwy, Idaho Falls, ID

Content: Poinsettia care, how to keep them growing. Where do they come from? Are they a desert or tropical plant?

Credentials: Brandy has been the greenhouse supervisor for the past 4 years at Town & Country Gardens.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-523-8859

Beginning Colored Pencil Art - 4546

Instructor: Coleen Bohan & Denise Morton

Fee: \$10 **Max:** 15

Date: 10/28/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 307

Content: This class will meet twice and will teach colored pencil techniques such as how to: transfer an image using tracing & transfer paper, use different types of pencil strokes & pencil pressures to produce a realistic image, mix colors by adding layers of different colored pencils, depict reflections on a shiny surface and texture of a fabric. Students should bring regular pencils, erasers, pencil sharpener if you have one, and a set of 24 or 36 Prismacolor Premier pencils. (Purchase at Sam's Club for \$20.00.) AVOID other brands including Prismacolor Scholar or watercolor pencils. Class will meet Wednesday, Friday, October 28 & November 4th.

Credentials: Colleen has taught colored pencil classes for a number of years. Denise has joined in teaching and participating with Colleen since taking a class from her about six or so years ago. Together they have had a lot of success and satisfaction in sharing with

students the joys of colored pencil art. Coleen and Denise both are fine artists and are members of the Colored Pencil Society of America. They have shown their work at Idaho Falls Council Hall Gallery, The Willowtree Gallery, and TAM (The Art Museum).

Facilitator: Gretchen O'Brien

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

Computer Security & Artificial Intelligence - 4129

Instructor: Tom Larson

Fee: \$0

Date: 10/30/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 213

Content: We all hear about cybersecurity attacks, and know there are criminals trying to take advantage of people on-line. Now those criminals use Artificial Intelligence (AI) to make their attacks more difficult to catch, but not many people know there are just a few simple rules that can protect you from most cyber attacks. Tom will share those rules and include other good ideas to make your online activities safe and enjoyable, even in the age of AI.

Credentials: Tom Larson is the Cybersecurity Awareness Lead at Idaho National Laboratory and has been working in Cybersecurity for more than 20 years.

Facilitator: Gretchen O'Brien

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

Weddings from India - 4102

Instructor: Gretchen O'Brien

Fee: \$0

Date: 11/3/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 213

Content: Last fall, my daughter married a man whose parents were born in India and migrated to the US when they were young. I will share images from the various wedding events (it's a 5 day affair!) along example of the outfits we wore and the activities we participated in. If you have any Indian attire (salwar kameez, lehenga, sarees, kurta, jodhpur, etc.) this is a great event to wear your Indian clothes to!

Credentials: Having attended two Indian weddings now, doesn't make me an expert by any means, but I am able to share my experiences as both a guest and as the mother of the bride!

Facilitator: Gretchen O'Brien

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

George & Martha Washington, A Good Mix - 4113

Instructor: Kim Jardine-Dickerson

Fee: \$0

Date: 11/6/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 210

Content: An integral part of the American Revolution, Martha Dandridge Custis and George Washington were a couple that influenced history. From complex family

backgrounds to their contributions to colonial history, George and Martha made a difference.

Credentials: Kim Jardine-Dickerson, RN, MSN

Retired nursing professor. Worked in academia, corrections, mental health and public health community settings.

Facilitator: Margaret Kennelly

Email: margaret_kennelly@yahoo.com

Phone: 208-524-4930

Cultural Cuisine - India - 4111

Instructor: Catherine Gray

Fee: \$15

Date: 11/9/26 **Time:** 5:00 PM - 8:00 PM

Location: First Evangelical Lutheran Church, 455 W Sunnyside Road, Idaho Falls

Content: Embark on a sensory journey through the vibrant landscapes of India—all from the comfort of the kitchen. This course offers a hands-on introduction to one of the world's most diverse and influential culinary traditions. Participants will move beyond the basic curry powder to explore the regional spices, techniques, and stories that define Indian hospitality.

Credentials: FFL has presented many fun, delicious, and entertaining Cultural Cuisines since 2003.

Facilitator: Jeanell Coyne

Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237

Idaho Falls Water Tower Tribute - 4115

Instructor: Kristina Frandson

Fee: \$0

Date: 11/10/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 213

Content: This course covers the early history of Eagle Rock (later, Idaho Falls) and its inextricable connection with water, culminating in a look at the different iconic water towers that have defined the town's skyline throughout the years.

Credentials: Museum of Idaho Curator
MSc in Human Osteoarchaeology - University of Edinburgh, Scotland
BS in Anthropology with a double major in Classics - Franciscan University of Steubenville, Ohio

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-523-8859

Museum of Idaho: Galileo Tour - B - 4784

Instructor: Ty Taylor

Fee: \$12 **Max:** 30

Date: 11/12/26 **Time:** 3:00 PM - 5:00 PM

Location: Museum of Idaho, 200 N Eastern Ave

Content: A guided tour through the Galileo exhibit at the Museum of Idaho, learning about his achievements, his discoveries, and his contributions to science and modern thought.

Credentials: Ty is a Certified Interpretive Guide and the Outreach Educator for the Museum of Idaho.

Facilitator: Cathy Johnson

Email: dacjohns@hotmail.com

Phone: 719-235-3910

Phyllo - Baklava & Spanikopita - 4819

Instructor: Gretchen O'Bleness

Fee: \$5 **Max:** 10

Date: 11/13/26 **Time:** 10:00 AM - 12:00 PM

Location: Bonneville County Extension Office
Kitchen, 1542 E. 73 S., Idaho Falls

Content: In this class, students will be put in pairs, and the class will make 5 pans of Baklava to be donated to the Festival of Trees the following week! Baklava is a layered pastry dessert made with phyllo dough pastry basted with butter, filled with chopped nuts, and sweetened with a sugar & honey syrup. There will be a \$5 fee for this class. All supplies will be provided and students will get to taste the Baklava! A recipe for Baklava along with a recipe for Spanakopita will be provided via email before the class.

Credentials: Gretchen has been making both of these dishes for over 30 years!

Facilitator: Gretchen O'Bleness

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

Strictly Sourdough Starter - B – 4142-2

Instructor: Jackie Christiansen

Fee: \$5 **Max:** 20

Date: 11/13/26 **Time:** 1:00 PM - 2:30 PM

Location: Bonneville County Extension Office
Kitchen, 1542 E. 73 S., Idaho Falls

Content: Come learn about and enjoy the wonderful world of sourdough. This class is for the novice. A sourdough starter is simple and is not as much work as you might think. We'll discuss the care and feeding of a sourdough start and make one. Sourdough culture can be used in many recipes. Come begin a wonderful tasty journey!

Credentials: Jackie began her sourdough adventure in 2020 and has taught this class several times.

Facilitator: Jackie Christiansen

Email: jackie.w.christiansen@gmail.com

Phone: 208-522-8705

What's in Your Collection - 4123

Instructor: Catherine Costello

Fee: \$0

Date: 11/17/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 210

Content: Are you a collector? Want to brag about your collection? Or maybe you just want to see what other people find so fascinating. If so, join us as we explore the weird and wonderful world of the collector! Attendees will be contacted prior to the class and asked if they would like to share a few photos (or the live(ish) items) from their collection and say a few words about it (like

how many they have, why they collect it, and what got them started, all in about 2-5 minutes each). If you'd rather just listen, that's okay too.

Credentials: Catherine is an avid collector of way, way too many things and is running out of room in her basement for all the LEGOs (and comic books and coins and Christmas ornaments and the list goes on). She loves talking about her treasures and loves to hear other people talk about theirs.

Facilitator: Gretchen O'Brien

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

Community Food Basket Tour - 4525

Instructor: Ariel Jackson

Fee: **Max:** 20

Date: 11/18/26 **Time:** 10:00 AM - 12:00 PM

Location: Community Food Basket 351 W. 14th St. Idaho Falls

Content: Community Food Basket – Idaho Falls began in 1980 as a community effort among several churches to meet the emergency needs of their church members. Come learn about how they serve more than 1,000 families monthly to meet their emergency food needs.

Credentials: Ariel is the director of the Community Food Basket - Idaho Falls.

Facilitator: Jackie Christiansen

Email: jackie.w.christiansen@gmail.com

Phone: 208-522-8705

Eastern Idaho Water Update - 4809

Instructor: Alan Jackson

Fee: \$0

Date: 11/18/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: Update on water issues pertaining to eastern Idaho.

Credentials: Manager of the Bingham Ground Water District with over 20 years experience working in water throughout the western US. BS in Agricultural Engineering and MS in Environmental Science.

Facilitator: Deb Melander

Email: dmelander83@me.com

Phone: 208-313-6783

Make your own gigantic, lighted Christmas ball decorations - 4900

Instructor: Royce Lee

Fee: \$TBD

Date: 12/1/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 215

Content: Class members will make their own Christmas ball decorations, 18 inches in diameter, made with chicken wire and a string of lights. It will be a surprising and new style of decoration to hang outdoors on trees around your house. Small fee for supplies.

Credentials: Royce Lee discovered this new Christmas decoration in Atlanta where an entire neighborhood displays these decorations, like Candy Cane Lane in Idaho Falls.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Supporting People with Down Syndrome & Other Disabilities - 4126

Instructor: Mary Murray

Fee: \$0

Date: 12/2/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: In this class we will learn insight and information about how to connect with and support a child or adult with Down Syndrome, autism, ADHD, oppositional defiant disorder, and others. Learn the skills of awareness, understanding, and inclusion, so you can support family, friends, and strangers with a disability.

Credentials: Mary Murray helped start Eastern Idaho Down Syndrome Family Connect eleven years ago. She teaches people in our community about how to support and connect with children and adults who have a disability. She earned her bachelor's degree in Special Education at Gonzaga University. She is raising her child with Down Syndrome.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Pagan Origins of Many Christmas Traditions - 4118

Instructor: Lexie French

Fee: \$0

Date: 12/3/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 213

Content: Did you know that Christmas trees, Yule logs, mistletoe, and gift giving all had pagan origins? Lexie French will share the stories of these and other pagan traditions that we celebrate at Christmas time.

Credentials: Lexie French has a BA in English and History from ISU. She taught English at Skyline HS for 30 years

Facilitator: Nancy Carpenedo

Email: nancycarpe21@gmail.com

Phone: 208 529 4714

World Heritage Sites - Part 7 - 4749

Instructor: Robin Piet

Fee:

Date: 12/7/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 210

Content: Come enjoy a presentation from Robin Piet as she shares her experiences and beautiful pictures of visiting World Heritage Sites (WHS). WHS are designated by UNESCO, the United Nations Educational, Scientific and cultural Organization as being meaningful to humanity. Note: This presentation is the 7th in a series and will display new and different WHS from all previous presentations.

Credentials: Robin has loved traveling and learning about other cultures all her life.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Holiday Luncheon - 4171

Instructor: Karin Armstrong

Fee: \$25 **Max:** 65

Date: 12/8/26 **Time:** 11:30 AM - 2:00 PM

Location: Idaho Falls Country Club, 11611 S. Country Club Road, (113 South) Idaho Falls

Content: The FFL Holiday Lunch at the Idaho Falls Country Club is always festive and delicious. the new Chef is committed to good food. Come enjoy friends and conversation and a great lunch. Please send a non-refundable \$25 check made out to Karin Armstrong, 2155 E. Olympic Ave. Idaho Falls ID 83404 by Deadline Dec. 2.

Credentials: This will be the 6th annual Holiday Lunch. Please bring a \$15 wrapped gift if you want to participate in the gift exchange...always fun.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-523-8859

Cookie Exchange Party! - 4713

Instructor: Vicky Van Sickle

Fee: Bring Cookies

Date: 12/15/26 **Time:** 2:00 PM - 4:00 PM

Location: Mark & Vicky Van Sickle Home
1485 Blue Ridge Circle Idaho Falls ID 83402

Content: 'Tis the season to indulge in delicious treats and spread some holiday cheer! Join us for an afternoon of sweet indulgence and merry mingling. Here's the scoop. Bake Your Best Treats: Channel your inner baker and whip up three dozen of your favorite holiday cookies or treats. Share the Recipe: Email the recipe to Vicky prior to the Exchange to share with fellow treat enthusiasts. If you are unable to email the recipe bring along a copy of your recipe when you come to the Exchange. That way, everyone can recreate their favorite treats long after the party is over. Sample the Sweetness: Once all the treats are laid out, it's time to indulge! Grab a plate and sample the delectable creations brought by your fellow guests. One per customer please! Spread Holiday Cheer: As we savor the treats and swap stories, let's take a moment to celebrate the joy of the season and the warmth of friendship. Water will be provided to drink.

Credentials: Vicky has been baking and making holiday treats for many years. Come join us for a sweet day!

Facilitator: Vicky Van Sickle

Email: victorialynnvns@hotmail.com

Phone: 208-589-6055

Card Magic - 4124

Instructor: David Gilmore

Fee: \$5

Date: 12/16/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 210

Content: Be the hit of your family and holiday parties with these five professional level, easy to learn, no setup card magic tricks. You'll learn my top 5 go to card tricks that will blow

your friends and families minds. But they are easy to learn. The \$5 class fee will cover the cost of a new deck of magic cards.

Credentials: David has toured and performed in twelve countries, on four continents, on land, sea, and air. Known for his amazing sleight of hand, close-up and stage magic.

Facilitator: Jeanell Coyne

Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237
