

NEW KNOWLEDGE ADVENTURES

NKA

Fall 2026



Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Dear Friends in New Knowledge Adventures:

I am honored to be your 2026/2027 president, and I want to acknowledge the leadership provided by Suzanne Hong Johnson and last year's Board of Directors (BOD). I am excited to welcome the new and returning members to the board who I am certain will bring us another successful year.

We continue to partner with Idaho State University (ISU) Continuing Education / Workforce Training (CEWT). They are critical to our existence which merits timely and respectful communications.

Other resources critical to our organization are our volunteer instructors, facilitators, and Zoom techs. They respectfully share their knowledge and time with us. Please be considerate and notify ISU CEWT / the facilitator if you are signed up for a class and cannot attend. In some cases, this may allow others to attend a class.

I encourage our members to volunteer to assist our Technology Coordination Committee with Zoom at our lecture classes located at Liberty Hall. Class participation through Zoom is increasing so it's more important than ever to ensure we can support it. We've reached out to the Pocatello / Chubbuck School District 25 and several departments at ISU for help with Zoom which, to date, has been unsuccessful.

Please note the local businesses who volunteered to place an advertisement in our catalog for a small donation to help us defray the costs of printing. They were very enthusiastic in supporting us!

Our "Call for Classes" for the Spring 2027 Semester is starting soon on September 2, 2026. The Class Information Form (CIF) can be found on the ISU CEWT / NKA website by using the QR code provided in the catalog. The CIF's are to be completed and submitted to the Curriculum Coordinator by September 30, 2026. You're encouraged to share ideas for fun and exciting classes. Please volunteer to teach, facilitate, and/or Zoom a class.

Watch for the monthly newsletter to stay informed and let me know your thoughts and ideas for the year ahead. I hope you have a safe and fulfilling Fall 2026 Semester!

*Deanna Aslett,
NKA President, 2026/2027*



NKA 2026-2027 OFFICERS AND BOARD

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**Donate to our new building at:*

United Seniors Project
P.O. Box 4378
Pocatello, Idaho 83205

POLICIES AND PROCEDURES FOR NKA CLASSES

NKA is a lifelong learning group for people 50+ years of age. It is based upon the Road Scholar program and offers a variety of educational classes to its members. There is a Fall and Spring catalog that describes the semester classes being offered and states dates, times, locations, and a brief description of the class. Members may register for and participate in as many classes as they like, (space provided).

1. Each class has a facilitator who fills out the Class Information Form (CIF) to be turned in to the curriculum committee. The facilitator oversees the class and ensures that it adheres to the times, dates, locations and other information listed in the catalog. If changes are necessary, the facilitator notifies the curriculum chairperson, who will then notify CEWT and the President.
2. Each class will operate within the semester dates designated by the Curriculum Committee (which typically follows the ISU calendar).
3. If the class is held in a venue that NKA contracts with, (i.e. Liberty Hall or Elks Lodge), then the class will abide by the parameters set in the contract.
4. NKA may cancel a class that does not comply with these guidelines.

HEALTH POLICY

If you are sick or don't feel well, stay home, cancel class and zoom.

EMERGENCY CLASS CANCELLATION POLICY

In case of emergencies such as hazardous weather conditions (and if School District 25 has canceled school) then NKA classes will also be canceled. Membership will be notified via e-mail and the NKA Facebook page. If a presenter must cancel a class, the presenter will notify the facilitator, who will contact CEWT to send an email to class members.

PRESENTERS

Generally, presenters are volunteers and are not compensated. We are very fortunate that our presenters share their time and knowledge with us. Please take a minute to thank them.

HOW DO YOU BECOME A MEMBER?

Fill out the Membership and Registration Form (both sides) in the back of this catalog, sign the "Agreement and Release of Liability" form, choose classes and method of attendance, and return forms with registration fees. Or register online. Membership is by semester and fees are due each semester. For additional information, call 208-282-2789, M-F, 8 AM to 5 PM

NKA MEMBERSHIP CLASS REQUESTS

Registrations will be accepted after the due date, but you may not be able to enroll in all the classes you want because of room or class size limitations. Be assured that every effort will be made to accommodate and register you for requested classes.

NOTICES

- INSTRUCTORS, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or activity without jeopardizing the health or safety of the members, other participants, or the instructor.
- FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Some fees will need to be paid either at the first class or prior to the class.
- The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of NKA governing board.
- PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out.

PARKING

Parking on ISU campus is **free only after 4 p.m.** For daytime classes on campus, you need a parking permit (General Lots). The Pocatello campus does not issue physical parking permits. Parking enforcement is based on your registered license plate. An NKA Permit is \$7.00; and is valid for the entire school year from the date purchased to August 31, and may be purchased during member registration. After purchasing a permit, complete the online vehicle registration form available through the registration system to associate your permit with your vehicle's license plate. Each permit may be associated with **up to four vehicles**; however, only one registered vehicle may be parked on campus at any given time. After August 31st, all permits must be purchased directly from ISU's Public Safety Office (208) 282-2515.

For additional information, please contact ISU Workforce Training at (208) 282-3372.

BUS TRANSPORTATION

For bus stops: 208-234-ABUS; pocatellotransit.com

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Adventures for the Fall of 2026

ART, MUSIC & THEATER

NKA Annual Christmas Party Skit (#3303)

Wednesdays: November 11 – December 2; 3:00 – 4:00 PM

Ever want to try your hand at performing? This is your opportunity to express your creativity as we plan, rehearse, and perform for 10-12 minutes at the NKA Christmas Party in December. In the past, we've performed silly skits, sang Christmas carols, read holiday stories and more. No memorization required.

Location: Liberty Hall

Instructor/Facilitator: Jim Mariani (208-851-0842),
jsm22553@yahoo.com

Class Limit: 15

Creating Community Theater (#3843)

Thursday: October 1; 1:30 – 3:00 PM

We'll investigate the process of turning a playscript into a stage production from selection of the play through opening night. We'll also tour the theater.

Location: Westside Playhouse, 1009 S. 2nd Ave., Pocatello

Instructor: Jackie Czerepinski, Ph.D., Artistic Director
Westside Players

Facilitator: Geoff Hogander (208-232-3437),
ghogande@yahoo.com

Marching Band: How to with Director of Bands Luke Strother (#3844)

Thursday: October 8; Noon – 1:00 PM

Do you have what it takes to be in a marching band? Learn at this fun class with ISU's Director of Bands Luke Strother. This preview will be ahead of the annual Marching Band Invitational held at the ISU ICCU Dome Field.

Location: ICCU Dome Field, 550 Memorial Dr., Pocatello

Instructor: Luke Strother, Director of Bands at ISU

Facilitator: Sharon Manning (208-233-9425),
manninsh@aol.com

Preview to the Play: Peace, Love and Cupcakes (#3884)

Friday: September 18; Noon – 1:00 PM
Peace, Love and Cupcakes

When a group of middle school girls launches a cupcake business, they discover that friendship can be just as complicated as the perfect recipe. Filled with humor, heart and plenty of sweet moments, *Peace, Love and Cupcakes* is a charming coming-of-age story about teamwork, creativity and finding confidence in yourself.

Performance Dates: September 25 & 26; October 1, 2, & 3 at 7:30 PM

Location: Stephens Performing Arts Center, Black Box Theatre

Instructor: Hannah Dubner, Director, ISU Faculty

Facilitator: Sharon Manning (208-233-9425), manninsh@aol.com

Preview to the Play: The Play That Goes Wrong (#3848)

Friday: November 6; Noon – 1:00 PM
The Play That Goes Wrong

Everything that can go wrong does in this hilarious backstage comedy hit. When a well-meaning theatre troupe attempts to stage a classic murder mystery, missed cues, collapsing scenery and theatrical disasters quickly send the production into complete chaos, with laugh-out-loud results from start to finish.

Performance Dates: November 13, 14, 19, 20 & 21 at 7:30 PM

Location: Stephens Performing Arts Center, Bistline Theatre

Instructor: Jef Petersen, Director, ISU Faculty

Facilitator: Sharon Manning (208-233-9425),
manninsh@aol.com

Preview to the Symphony (#3322)

Friday: September 25; November 6;
December 4; 4:00 – 5:00 PM

Dr. Nell Flanders begins the symphony concert series, "Anchors in the Storm." In these classes, she will describe what to expect in each upcoming performance, including the compositions, composers, their times, and styles. These previews will enhance your enjoyment when attending the concerts. For more information, visit www.thesymphony.us.

Concert Schedule:

September 25 – ISU New Music Ensemble Concert

October 2 – The Sea and the Seasons

November 13 – Resilience

December 11 & 12 – Joy to the World

Location: Fine Arts Building on the ISU campus,
Room 102, and Zoom

Instructor: Dr. Nell Flanders, Artistic Director and
Conductor of the Idaho State Civic Symphony

Facilitator: Elizabeth Dyer (573-210-7588),
dyer2158@gmail.com

The Music of Radiohead with Jon Armstrong and Jenna McLean (#3845)**Wednesday: October 21; Noon – 1:00 PM**

Hear about the inspiration that will go into the Commercial Music Concert later that week.

Location: Stephens Performing Arts Center, Promenade**Instructors:** Jon Armstrong and Jenna McLean, ISU Music Faculty**Facilitator:** Sharon Manning (208-233-9425), manninsh@aol.com**ISU CRAFT SHOP CLASSES**

For those taking **ISU craft shop classes**, **prepayment is required** at time of enrollment. **Cancellations will NOT be reimbursed unless a replacement for your seat is found.** Emergencies are an exception.

ISU Craft Shop Give it a Whirl: Try Pottery on the Wheel (#3846)**Tuesday: September 29 and glaze on October 13; 12:30 – 3:00 PM**

Learn the basics of throwing on the wheel. You will be able to keep two pieces. All tools and supplies are included. Two weeks after initial firing you will return to glaze your pieces. Please note: it is hard to throw if you have long fingernails.

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.**Instructor:** Alesha Kelley or Craft Shop Staff**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 8**Class Fee:** Prepay \$50 nonrefundable**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full. Nonrefundable unless your spot can be filled by another participant.**ISU Craft Shop Mosaic Serving Tray (#3847)****Tuesday: November 3 and return November 10 to grout; 12:30 – 2:30 PM**

Arrange colored glass, tiles or stones using a mosaic technique to decorate an ornate but useful 10-by-13-inch tray. Bring items from home if you wish to incorporate something special. Will need approval from instructor for use.

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.**Instructor:** Mary Mille**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 8**Class Fee:** Prepay \$40 nonrefundable**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full. Nonrefundable unless your spot can be filled by another participant.**ISU Craft Shop Needle Felted Bird (#3850)****Tuesday: October 27; 12:30 – 2:30 PM**

Use colored wool and a needle to form a cute bird that is sure to bring a smile to all. Please note that needle felting involves repetitive, physical hand and arm exercise.

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.**Instructor:** Alesha Kelley or Craft Shop Staff**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 10**Class Fee:** Prepay \$30 nonrefundable**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full. Nonrefundable unless your spot can be filled by another participant.**HawthornePetDen**

*Dog Boarding *Dog Grooming *Doggy Daycare

Pocatello's only kennel-free
doggy daycare
and boarding facility.

6:30 a.m. - 6:30 p.m.

4241 Hawthorne Rd
Pocatello, ID 83202
(208) 242-3768

ISU Craft Shop Needle Felted Jack O'Lantern (#3851)

Tuesday: September 22; 12:30 – 2:30 PM

Use colored wool and a needle to form a fun Jack O'Lantern in plenty of time for Halloween decorating. Turn it around and you have a simple pumpkin for fall decorating too. Please note that needle felting involves repetitive, physical hand and arm exercise.

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

Instructor: Alesha Kelley or Craft Shop Staff

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 10

Class Fee: Prepay \$30 nonrefundable

How to Pay: Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full. Nonrefundable unless your spot can be filled by another participant.

ISU Craft Shop Silk Painting (#3852)

Tuesday: December 1; 12:30 – 2:30 PM

Use a combination of wax resist and silk dye to paint silk that is pre-stretched on a 10-inch circular hoop. Come with an original idea or use a pre-made pattern to create a gift for you or someone else.

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

Instructor: Alesha Kelley or Craft Shop Staff

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 10

Class Fee: Prepay \$30 nonrefundable

How to Pay: Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full. Nonrefundable unless your spot can be filled by another participant.

CRAFTS & HOBBIES

Beginning and Intermediate Knitting (#3135)

Tuesdays: September 8 – December 15; 1:30 – 3:30 PM

Basic knowledge of casting on stitches – knit and purl required. Bring size 8 knitting needles and cotton or 4-ply acrylic yarn. You may choose a project from our many patterns on hand or bring your own to share.

Location: Senior Activity Center, Room 4

Instructor: Shanna Erickson

Facilitator: Sue Miller (208-993-1133), millerpag@yahoo.com

Class Limit: 16

Bird Feeders (#3395)

Monday: October 19: Section 1: 2:00 PM

Section 2: 4:00 PM

Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Decorating wine bottles and wood frame to hold the wine bottle.

Location: Elwen Cottage, 334 N. Main St., Pocatello

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792), curran.mollie@icloud.com

Class Limit: 18 per section

Class Fee: \$15 – please bring to class

Centerpiece (#3853)

Wednesday: September 30: Section 1: 2:00 PM

Section 2: 4:00 PM

Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Create a floral centerpiece using a book.

Location: Elwen Cottage, 334 N. Main St., Pocatello

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792), curran.mollie@icloud.com

Class Limit: 18 per section

Class Fee: \$20 – please bring to class

Christmas Cards (#3960)

Tuesday: November 10; 1:00 – 3:30 PM

We will be making greeting cards using stamps, dies, and embellishments.

Location: Senior Activity Center, Room 11

Instructor: Diane Tauscher

Facilitator: Mary Spinner (208-241-7258), maryspinner@yahoo.com

Class Limit: 10

Class Fee: \$12 – please bring to class

Creative Cards (#3739)***Tuesday: September 29; 1:00 – 3:30 PM***

We will be making greeting cards using stamps, dies, and embellishments.

Location: Senior Activity Center, Room 11**Instructor:** Diane Tauscher**Facilitator:** Mary Spinner (208-241-7258),
maryspinner@yahoo.com**Class Limit:** 10**Class Fee:** \$12 – please bring to class**Crochet 102 (#3309)*****Tuesdays: September 29 –
December 15; 10:00 – 11:30 AM***

Participants will continue learning new stitches and work on a project provided by us or of their own they would like help with, or just time to work on it without the distractions at home. If you'd like, Rosita will teach you to make kitchen towel toppers, explain material needs and provide a pattern at the first class. You will need a kitchen towel for this project. Linda has many patterns/ideas available and will help you with your personal projects.

Location: The Senior Activity Center, Room 4**Instructors/Facilitators:** Linda Furstenwerth
(208-251-1996), lfurstenwerth@msn.com and Rosita
Park (208-223-7604)**Class Limit:** 15**Flowers with L.D. – Halloween
Bouquet (#3487)*****Tuesday: October 27; 1:30 – 3:30 PM***

L.D. will walk us through the creation of a spooky Halloween bouquet.

Location: The Senior Activity Center, dining room**Instructor:** L.D. Wolfley, owner of Flowers by L.D.**Facilitator:** Nancy Dafoe (208-596-0491)
nancyd@uidaho.edu**Class Limit:** 30**Class Fee:** \$75**How to Pay:** Make check payable to Flowers by L.D.
and send to Nancy Dafoe, 2800 Birdie Thompson,
Pocatello, ID 83201 by **October 20th**.**Fun with Crochet (#3401)*****Thursdays: September 10 –
December 17; 1:30 – 3:30 PM***

Knowledge of crochet basics is a plus, but not necessary. Come and make animal scrubbies, headbands and more. Bring your pattern book, hook and yarn for the project you'd like to start.

Location: The Senior Activity Center, Room 11**Instructor:** Shanna Erickson**Facilitator:** Sue Miller (208-993-1133),
millerpag@yahoo.com**Class Limit:** 14**Fun with Granny Squares (#3854)*****Tuesdays: September 8, 15 & 22; 10:00 – 11:30 AM***

We will learn different granny square patterns and how to use them. Examples are bags, articles of clothing, Xmas socks and of course Afghans. We have lots of patterns and ideas to explore.

Location: Senior Activity Center, Room 4**Instructors:** Linda Furstenwerth and Rosita Park**Facilitator:** Linda Furstenwerth (208-251-1996),
lfurstenwerth@msn.com**Class Limit:** 15

(208) 232-5476
shop@flowersbyld.florist



(208) 589-8396
nathan@confectionsbakeryidaho.com

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Fused Glass Christmas Candle (#3407)*Tuesday: November 17; 4:00 – 6:00 PM*

Decorate a pre-cut fused glass piece to create a beautiful Christmas themed piece with candles and poinsettias. You'll be using fused glass of varied shapes and sizes to create a unique gift for yourself or someone else in time for the holidays.

Location: 456 University Dr., Pocatello**Instructors:** Melissa Neirs and Faith Nolte**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 16**Class Fee:** \$45

How to Pay: Payment must be received by **November 3rd** to save your seat. Send check payable to: Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 or contact Christine for other options. Nonrefundable unless a substitute is found. Venmo available, contact facilitator.

Fused Glass Turkey (#3855)*Thursday: October 1; 6:00 – 8:00 PM*

Decorate a pre-cut fused glass piece to create a colorful turkey. You'll be using fused glass of varied shapes and sizes to create a unique gift for yourself or someone else in time for Thanksgiving.

Location: 456 University Dr., Pocatello**Instructors:** Melissa Neirs and Faith Nolte**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 16**Class Fee:** \$45

How to Pay: Payment must be received by **September 17th** to save your seat. Send check payable to: Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 or contact Christine for other options. Non-refundable unless a substitute is found. Venmo available, contact facilitator.

Holiday Centerpiece (#3856)*Monday: November 2: Section 1: 2:00 PM**Section 2: 4:00 PM**Section 3: 6:00 PM*

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Making a fun and beautiful Holiday centerpiece.

Location: Elwen Cottage, 334 N. Main St., Pocatello**Instructor:** Wendy Vaughn, Owner**Facilitator:** Mollie Curran (208-251-6792),

curran.mollie@icloud.com

Class Limit: 18 per section**Class Fee:** \$20 – please bring to class**Introduction to Zentangle™ Art Method Techniques (#3858)***Mondays: September 14 & 28; October 12 & 26; 10:00 AM – Noon*

Zentangle™ is a meditative art form that uses repetitive strokes to create patterns, or “tangles”. We will explore the 8 steps of Zentangle and learn the basic strokes used in introductory tangles, then build on the techniques to learn more tangle patterns and techniques in subsequent weeks. All materials needed will be supplied for each participant to take home. Additional supplies will be supplied as needed throughout the weeks. Introductory class (September 14th) is required before taking subsequent classes.

Location: Liberty Hall**Instructor/Facilitator:** Susan Carter, Certified Zentangle™ Instructor**Class Limit:** 12**Class Fee:** \$20 per session (\$80 for four classes)

How to Pay: Send check payable to Susan Carter, 13456 N. Smith Rd., Pocatello ID 83202, or Venmo @susan-carter-77933 before class begins.

Knitting on Looms (#3551)*Thursdays: October 8 – December 17; 10:00 – 11:30 AM*

We will learn the basics of the round and long looms and make a hat and scarf. Please bring looms, hook tools, and yarn to class. We will have extra looms, hooks, and yarn available. No need to buy anything until you know if looming is for you.

Location: Senior Activity Center, Room 4**Instructors:** Linda Furstenwerth and Rosita Park**Facilitator:** Linda Furstenwerth (208-251-1996), lfurstenwerth@msn.com**Class Limit:** 10**Class Fee:** \$5 – please bring to first class**Lap Blanket Service Group (#3196)***Tuesdays: September 15 – December 15; 1:00 – 2:30 PM*

A service group that meets once a week to crochet or knit lap blankets for the PMC cancer center and for children in the CASA program. Bring your hooks or needles. Some yarn is furnished. You will need a basic knowledge of crocheting or knitting. This is a fun and rewarding way to practice your skills and to be creative with colors and
(continues...)

(continued: *Lap Blanket Service Group*)

patterns. In this class, you can work at your own pace...no stress or deadlines.

Location: Senior Activity Center, Room 6

Instructor/Facilitator: Nancy Ellis (208-237-0995),
Rnellis6050@gmail.com

Class Limit: 20

Monster Books (#3859)

Monday: October 5; Section 1: 2:00 PM

Section 2: 4:00 PM

Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Repurpose books into Holiday decorations using different mediums for decorating!

Location: Elwen Cottage, 334 N. Main St., Pocatello

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),
curran.mollie@icloud.com

Class Limit: 18 per section

Class Fee: \$15 – please bring to class

Mosaic Trivet (#3860)

Monday: December 7; Section 1: 2:00 PM

Section 2: 4:00 PM

Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Using mosaic tiles to create trivets!

Location: Elwen Cottage, 334 N. Main St., Pocatello

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),
curran.mollie@icloud.com

Class Limit: 18 per section

Class Fee: \$20 – please bring to class

Origami for Grandparents (#3861)

Section 1: Thursday; September 24; October 1 & 8; 1:30 – 3:30 PM – Marshall Public Library, Community Room

Section 2: Friday; September 25; October 2 & 9; 1:30 – 3:30 PM – The Senior Activity Center, Room 11

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Your grandkids already think you are cool and patient and good for great healthy snacks. In this class you will learn a few origami tricks to really impress. Transform a flat colorful square of paper into a pretty bird, then pull her tail to flap her wings. Choose another paper and fold a dinosaur. Or a frog that jumps. Or a bird with a brood of babies. The models in this class are simple to fold. Some kids will want to learn to fold themselves.

Instructor: Kris Hansen

Facilitator: Nancy Dafoe (208-596-0491),
nancyd@uidaho.edu

Class Limit: 10

Class Fee: \$7 for all three sessions – please bring to first class

Origami Kusudama (#3155)

Section 1: Thursday: October 29 & November 12; 1:30 – 3:30 PM – Marshall Public Library, Community Room

Section 2: Friday: October 30 & November 13; 1:30 – 3:30 PM – The Senior Activity Center, Room 11

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In the first class, you will learn to fold a simple unit. You will choose a set of 30 matching squares with a colorful print. You will then have two weeks to complete 30 matching units. In the second class, we will fit your units into a beautiful sphere that you will cherish and display in your home, or perhaps you will present it to someone as a gift. The word 'Kusudama' literally means 'prayer ball' or 'medicine ball'. If you have someone in mind who could use some positive support, you can mindfully create your Kusudama as a truly meaningful gift of love and support.

Instructor: Kris Hansen

Facilitator: Nancy Dafoe (208-596-0491),
nancyd@uidaho.edu

Class Limit: 10

Class Fee: \$7 for both sessions – please bring to first class

Paint Still Life (#3804)

Friday: October 2; 1:30 – 3:30 PM

Join artist Deanna Eveland and learn to see the beauty in everyday objects while discovering the timeless art of still life. Whether you are a beginner or experienced artist, this course offers hands-on instruction in drawing and painting, composition, light and shadow, proportion, and color while working from real-life arrangement. This session includes demonstrations, guided practice, and feedback in a supportive environment. All skill levels are welcome. Basic supplies will be provided.

(continues...)

(continued: *Paint Still Life*)

Location: Liberty Hall

Instructor: Deanna Eveland, Artist

Facilitator: Brenda Ehrler (801-554-9396),
bl_ehrler@att.net

Class Limit: 15

Class Fee: \$20 for supplies

How to Pay: Please send \$20 check for supplies to Brenda Ehrler, PO Box 582, Lava Hot Springs, ID 83246. If payment is not received before **August 29**, wait-list members will be invited. Paying with Venmo is also an option; please call Brenda for more information.

Paint with Acrylics (#3198)

Friday: October 2; 10:30 AM – 12:30 PM

Why not learn to paint! Painting embraces creativity, problem solving, stress reduction, fine motor skills and more! Artist Deanna Eveland shares knowledge gained from academic training and practical experience to help you understand composition, line, value, and color. Using acrylics, you will learn techniques to create paintings with depth and dimension. Deanna holds a B.A. from Boise State University, and attended the master's program at Academy of Art, San Francisco. This class is great for all levels.

Location: Liberty Hall

Instructor: Deanna Eveland, Artist

Facilitator: Brenda Ehrler (801-554-9396),
bl_ehrler@att.net

Class Limit: 15

Class Fee: \$20 for supplies

How to Pay: Payment of \$20 for supplies due upon enrollment. Please send check, payable to Brenda Ehrler, PO Box 582, Lava Hot Springs, ID 83246. If payment is not received before **August 29**, wait-list members will be invited. Paying with Venmo is also an option; please call Brenda for more information.

Painted Picture (#3862)

Monday: December 14; Section 1: 2:00 PM
Section 2: 4:00 PM
Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Poinsettia canvas painted with plastic wrap!

Location: Elwen Cottage, 334 N. Main St., Pocatello

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),
curran.mollie@icloud.com

Class Limit: 18 per section

Class Fee: \$20 – please bring to class

Painting with Balloons (#3863)

Monday: November 23; Section 1: 2:00 PM
Section 2: 4:00 PM
Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Using balloons to paint on canvas boards!

Location: Elwen Cottage, 334 N. Main St., Pocatello

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),
curran.mollie@icloud.com

Class Limit: 18 per section

Class Fee: \$15 – please bring to class

Polymer Clay Beads (#3864)

Tuesday: November 17; Section 1: 2:00 PM
Section 2: 4:00 PM
Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Learning to make and decorate polymer clay beads and using them to make a keychain!

Location: Elwen Cottage, 334 N. Main St., Pocatello

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),
curran.mollie@icloud.com

Class Limit: 18 per section

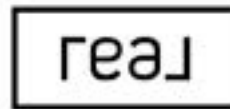
Class Fee: \$20 – please bring to class



JoAnn Bailey

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Quilling (#3220)**Wednesday: October 28; November 4 & 18; 1:00 – 3:00 PM**

Come join the fun of making Christmas snowflakes with combs and strips of paper.

Location: Senior Activity Center, Room 6**Instructor:** Carol Johnston**Facilitator:** Angela Luckey (208-221-0200), luckange@isu.edu**Class Limit:** 10**Class Fee:** \$5.00 – Please bring to first class. If you are a former student, please bring your tools for a discount on fees.**Santa Gnome (#3865)****Monday: November 30; Section 1: 2:00 PM****Section 2: 4:00 PM****Section 3: 6:00 PM****ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Santa Gnome made from a wine bottle!

Location: Elwen Cottage, 334 N. Main St., Pocatello**Instructor:** Wendy Vaughn, Owner**Facilitator:** Mollie Curran (208-251-6792), curran.mollie@icloud.com**Class Limit:** 18 per section**Class Fee:** \$20 – please bring to class**Snow Crystals Fused Glass (#3866)****Section 1: Saturday: October 31; 3:00 – 5:00 PM****Section 2: Saturday: November 7; 3:00 – 5:00 PM****Section 3: Saturday: November 28; 3:00 – 5:00 PM****Section 4: Saturday: December 12; 3:00 – 5:00 PM****ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Choose glass from a variety of shapes and colors that you arrange on a grid to create a beautiful geometric snow crystal a max of 8 inches in diameter. Follow a pattern or create your own design to make a unique crystal to hang in a window or on a tree. The project design will be completed during class, fused by the instructor and ready for pick-up one week later.

Location: Pocatello Art Center, 444 N. Main St., Pocatello**Instructor:** Ana Pena**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 10**Class Fee:** \$35 – nonrefundable unless your spot can be filled**How to Pay:** Save your spot by paying your fee one week prior to class. Please get checks or cash to Chris Brower at 235 Sorenson Ave., Pocatello ID 83201, or contact for Venmo info.**Stained Glass Circular Landscape (#3867)****Section 1: Thursday: September 24; 2:00 – 4:30 PM****Section 2: Thursday: October 22; 2:00 – 4:30 PM****BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this beginner-stained glass class you will make a circular landscape suncatcher. Learn to cut glass, wrap the pieces in copper foil and solder them together to create a simple design that you'll complete by the end of class to take home. All supplies and instructions will be provided for you. Please wear closed-toe shoes. Note this class is in Blackfoot, contact facilitator regarding possible carpool.

Location: Abodelight Goods and Glass, 1241 Parkway Dr., Blackfoot (next to Arby's)**Instructor:** Sara Scholfield**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 6**Class Fee:** \$50**How to Pay:** Reserve your seat by sending a check by **September 17th (section 1)** or **October 15th (section 2)** to Chris Brower at 235 Sorenson Ave., Pocatello ID 83201, or contact for Venmo info.**Suncatcher (#3868)****Tuesday: September 8; Section 1: 2:00 PM****Section 2: 4:00 PM****Section 3: 6:00 PM****ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Create an owl suncatcher!

Location: Elwen Cottage, 334 N. Main St., Pocatello**Instructor:** Wendy Vaughn, Owner**Facilitator:** Mollie Curran (208-251-6792), curran.mollie@icloud.com**Class Limit:** 18 per section**Class Fee:** \$20 – please bring to class

Woodcarving, Advanced (#3558)

*Mondays, Wednesdays, and Fridays as desired:
September 7 – December 18; 9:00 AM – 11:30 AM
(Clean-up from 11:15 – 11:30)*

Advanced woodcarving classes are for carvers who have completed at least one semester as a beginner carver or who have prior experience and do not require constant assistance and/or supervision. Advanced carvers will provide their own tools and equipment to include rotary power tools and knives/gouges (edged hand tools). Carvers select projects per their individual interests. Related optional activities include participation in woodcarving competitions and displays. If interested in beginning instruction, fee is \$20. Please contact the class facilitator as space is limited.

Location: Home Depot Lumber Dept., Aisle 34, 4340 Hawthorne Rd., Chubbuck

Instructor: None – tips may be provided by other advanced carvers in class

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 20

Class Fee: \$5 + purchase of any additional supplies – please bring to first day of class

FITNESS & MOTION

2 Mile Walking Video – Inside (#3810)

Tuesdays: October 13 – November 3; 10:30 – 11:30 AM

Let's take a two-mile indoor walk with Leslie Sansone! This fun and energizing video workout is a great way to meet your cardio goals – especially when the weather isn't cooperating. Leslie guides you through a series of full-bodied movements that get your heart rate up and keep you moving for a complete cardio workout.

Location: Liberty Hall, upstairs

Instructor/Facilitator: Brenda Ehrler, 500 RYT (801-554-9396), bl_ehrler@att.net

Class Limit: 35

Chair Yoga (#3640)

Thursdays: September 17 – October 22; 10:30 AM – Noon

Join me for this chair yoga class! In this class, we will practice a seated asana movement sequence designed to increase both flexibility and strength. Each class will conclude with pranayama (breathwork) and guided Vishoka meditation for relaxation and mindfulness.

Location: Liberty Hall, upstairs

Instructor/Facilitator: Brenda Ehrler 500 RYT, Certified Vishoka Meditation teacher (801-554-9396), bl_ehrler@att.net

Class Limit: 35

Fit and Fall Proof™ (#3106)

*Mondays and Wednesdays: September 9 – December 16;
9:30 – 10:30 AM (no class October 12th & November 11th)*

Fit and Fall Proof™ is an exercise-based fall prevention program that focuses on improving strength, mobility, and balance to reduce the risk of falling. Wear loose clothing and bring water to stay hydrated.

Location: Senior Activity Center, Room 3

Instructor/Facilitator: Jim Mariani (208-851-0842), jsm22553@yahoo.com

Class Limit: 30

Line Dancing, STARTER (#3013)

Mondays: September 14 – November 16; Noon – 12:50 PM

If you are new to line dancing, this is the place to “start.” Basic line dance steps, step patterns and rhythms will be taught, which will then be combined into simple and easy-to-learn dances. This will help with memory and coordination so you will get both physical and mental exercise. This class is for guys and gals, and you do not need a partner. Please bring water if desired.

Location: Elks Lodge, 410 S. Main St., Pocatello

Instructors: Judy Liday; Kay Elsethagen; Myra Miles

Facilitator: Judy Liday (208-317-6664), lidayjam@gmail.com

Class Limit: 50



Line Dancing, Beginning 1 (#3111)***Mondays: September 14 – November 16; 1:00 – 1:55 PM***

The Beginner 1 class is for those who have completed the Starter class or for those who are familiar with line dancing. Basic line dance steps, rhythms, and step patterns will be more complex than in the Starter class but will be easy to learn. This will help with memory and coordination so you will get both physical and mental exercise. This class is for guys and gals, and you don't need a partner. Bring water if desired.

Location: Elks Lodge, 410 S. Main St., Pocatello**Instructor:** Penny Cooper**Facilitator:** Judy Liday (208-317-6664), lidayjam@gmail.com**Class Limit:** 50**Line Dancing, Beginning 2 (#3112)*****Mondays: September 14 – November 16; 2:05 – 3:00 PM***

This class will build on what was taught in the Beginning 1 class. The line dances in this class are more complex than the dances in the Beginning 1 class, but they are still fun and relatively easy. Line dancing helps to build memory and coordination with physical and mental exercise. This class is for guys and gals, and you don't need a partner. You can bring water.

Location: Elks Lodge, 410 S. Main St., Pocatello**Instructor:** Marcia Burton**Facilitator:** Judy Liday (208-317-6664), lidayjam@gmail.com**Class Limit:** 50**Line Dancing, Intermediate (#3113)*****Tuesdays: September 15 – November 17; 9:30 – 10:25 AM***

Intermediate line dancing is for those who have completed the Beginning 2 class. This class introduces more challenging dances. We will start slowly and keep adding to our repertoire, working up to the intermediate level. You'll have lots of fun learning new dances, and no partner is needed. Bring water if desired.

Location: Elks Lodge, 410 S. Main St., Pocatello**Instructor:** Susan Cramer**Facilitator:** Judy Liday (208-317-6664), lidayjam@gmail.com**Class Limit:** 50**Line Dancing, Advanced (#3819)*****Thursdays: September 17 – November 19; 9:30 – 11:00 AM***

If you like a little more challenge to your line dancing, we encourage those who have completed the Beginning/Intermediate classes and are familiar with most line dance steps to join our Advanced Line Dance class. We teach new

dances and review/reteach oldies and then incorporate different songs/rhythms. These dances are geared toward introducing additional steps/turns to slightly more complicated dances. Bring water if desired.

Location: Elks Lodge, 410 S. Main St., Pocatello**Instructor:** Susan Cramer**Facilitator:** Judy Liday (208-317-6664), lidayjam@gmail.com**Class Limit:** 50**Line Dancing, "Oldies but Goodies" (#3110)*****Tuesdays: September 15 – November 17; 10:35 – 11:30 AM***

This class is a combination of dances previously learned in the Beginner and Intermediate classes. All dances will be reviewed (not taught) with a variety of music and rhythms beginning with very easy dances to the intermediate level. If you know the basic steps in line dancing, you will love this class. Please join us for lots of fun, exercise, and dancing. Bring water if desired.

Location: Elks Lodge, 410 S. Main St., Pocatello**Instructors:** Judy Liday and Marjean Waford**Facilitator:** Judy Liday (208-317-6664),

lidayjam@gmail.com

Class Limit: 50**Line Dancing at the Senior Center (#3939)*****Every Wednesday: 1:00 – 2:00 p.m. – All Semester Long!
(No Class November 11th)***

This class is designed to be lots of fun with a variety of dances and music. Basic line dance steps, step patterns and rhythms will be taught and reviewed. This will help with memory and coordination, so you will get both physical and mental exercise. This class is for guys and gals, and you do not need a partner. Please bring water if desired.

Location: Senior Activity Center, Dining Room**Contact:** Judy Liday (208-317-6664), lidayjam@gmail.com**Progressive Kayaking with Pocatello Parks & Recreation (#3668)*****Thursday: September 10; 10:00 AM – 2:00 PM******Thursday: September 17; 9:00 AM – 3:00 PM***

This class is suitable for beginners or for those out of practice. The first session we'll paddle on flat water and the second session location will be determined based on water quality and level. Equipment and transportation to launch site included. Inflatable kayaks, paddles and life

(continues...)

(continued: Progressive Kayaking with Pocatello Parks & Recreation)

jackets will be provided. NO discount for your own gear, you must have current invasive species sticker on your kayak. Note: when paddling an inflatable kayak, you will get wet!

Location: TBD; watch for an email or call the facilitator 2 days prior to class

Instructor: Cary Rhodes or P&R staff

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 10

Class Fee: \$15

How to Pay: Payment must be received by **September 4th** to confirm as there is a minimum number of participants needed. Send check payable to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 or contact Christine for other options. Nonrefundable unless a substitute is found.

Qigong (#3282)

Fridays: September 11 – December 18; 1:00 – 2:00 PM
(no class October 23rd, November 27th & December 4th)

More vigorous than Tai Chi, Qigong is a system of coordinated body-posture/movements, breathing, and meditation used to improve health and spirituality. We'll do Qigong to recorded videos, led by expert practitioners.

Location: Liberty Hall upstairs and Zoom

Instructor/Facilitator: Jim Mariani (208-851-0842), jsm22553@yahoo.com

Class Limit: 15

Square Dance (#3105)

Fridays: September 11 – December 18

Section 1: Basic & Mainstream; 6:00 – 7:30 PM

Section 2: Intro to Plus Level (for those who have completed Basic & Mainstream); 7:30 – 9:00 PM

Learn the joy of square dance! No partner needed – we have several experienced dancers who dance male/female positions. You commit your time, and we'll all have fun! Wear comfortable dance shoes and bring a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, square dance caller. Dance dates are subject to change.

Location: Roy F. Christensen Bldg. #48 in the Tech Café, 777 Memorial Dr., Pocatello

Instructor: Steve Sullivan

Facilitator: Shirley Hockett (208-241-7317), shirleyhockett@isu.edu

Class Limit: 32

Class Fee: Non-NKA members: \$5/person per evening

Strength Training – An Introduction (#3557)

Section 1: Tuesday: September 15, 22, 29; October 6; 10:30 – 11:30 AM

Section 2: Thursday: September 17 & 24; October 1 & 8; 1:30 – 2:30 PM

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Many people shy away from strength training, thinking it takes too much effort – but it doesn't have to. If your doctor has been encouraging you to get started, here's your chance to be a good patient and give it a try. Bring a pair of 2- or 3- lb. weights (or even 2 cans of soup), a mat, and a resistance band. If you don't have a band, they'll be available for just \$4. Join this introductory class as we put on some music and spend around 35 minutes exploring a simple, fun strength-training routine designed to build muscle and support bone health.

Location: Liberty Hall, upstairs

Instructor/Facilitator: Brenda Ehrler 500-hour RYT (801-554-9396), bl_ehrler@att.net

Class Limit: 35

Swing Dance Workshop (#3869)

Saturday: September 19; 11:00 AM – 1:00 PM

Let's dance!! The art of swing dancing begins with easy footwork...if you can march you can swing. Then we add arms, rhythms, toes, and heels, and of course fun!! This workshop will be followed by continuing classes, if there is interest!

Location: Mind Your Body, 234 S. Main St., Pocatello

Instructor/Facilitator: Lori J. Head, PhD, Dance professor, Idaho State University, retired (208-251-2047), mindyourbody@gmail.com

Class Fee: \$5 per person

Tai Chi Chih, Beginning (#3103)

Mondays: September 7 – November 16; 12:30 – 1:15 PM

Beginning Tai Chi Chih is a progressive introduction to the Nineteen disciplines of Chih, a meditative, slower form of Tai Chi Chih.

Location: Liberty Hall

Instructor/Facilitator: Janean White (208-251-7289), whitejanean@gmail.com

Class Limit: 30

Tai Chi Chih, Advanced (#3104)

Tuesdays & Thursdays: September 29 – December 17; 9:00 – 10:00 AM

Meditation in motion. Harvard Women's Health Letter calls Tai Chi "Medicine in Motion." It can improve cognitive function, prevent memory loss, lower blood pressure, improve balance, and help with managing depression. We practice the 19 Tai Chi Chih disciplines, plus several classical Qigong forms. Class limited to those who have previous experience or are willing to come 10 minutes early for instruction. You may Zoom and/or come in person.

Location: Liberty Hall upstairs, and Zoom
Instructor/Facilitator: Stephanie Gill (208-241-1990), sgillforterra@gmail.com
Class Limit: 30

Water Aerobics (#3265)

Saturdays: September 12, 19, 26; October 3 & 10; 8:30 – 9:30 AM

Join us for a fun and low-impact water exercise class at Lava Hot Springs! This class uses the natural resistance of water to safely improve strength, balance, flexibility, and endurance – all while helping to tone your muscles. We'll be working out in Lava's indoor pool, using water, your own body resistance, noodles, and buoyancy equipment. You bring your body – we'll provide the noodles and buoys! The warm water (approximately 86 degrees) allows you to exercise comfortably without putting strain on your joints. Best of all, no swimming skills are required. Organize a car-pool and travel the 35-mile trip to Lava Hot Springs for this fun, safe, and refreshing workout!

Location: Indoor pool, 195 N. Center, Lava Hot Springs
Instructor/Facilitator: Brenda Ehrler (500 RYT) (801-554-9396), bl_ehrler@att.net
Class Limit: 15
Class Fee: \$25 total (\$5 per session) - due at first class

Zumba Gold® (#3952)

Fridays: September 11 – October 30; 9:00 – 10:00 AM

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about! It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party geared for seniors. It's exercise in disguise for all men and women!

Location: Assemble' Learning and Event Center, 820 E. Young Ave., Pocatello
Instructor: Elizabeth McKenna, Licensed Zumba Gold®, Zumba® and Aqua Zumba® Instructor
Facilitator: Rod Johnson (208-251-4230), rodjohnson703@gmail.com
Class Limit: 40

FOOD & BEVERAGE**Food Sensation** (#3870)

Thursdays: September 10; October 8; November 12;

December 10; 4:00 – 5:00 PM

Potluck – Bring recipe and to-go containers!

Location: Liberty Hall
Instructor/Facilitator: Margo Hathaway (208-837-5133), margoannhathaway1960@gmail.com

Jalapeño Bread at the Temple (#3871)

Section 1: Wednesday: October 7; 1:00 – 3:00 PM

Section 2: Thursday: October 8; 1:00 – 3:00 PM

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Enjoy a demonstration and hands-on experience making Jalapeño bread (cheese optional) with your NKA friends at Temple Emanuel. You'll be making dough so bring an apron if you'd like.

Location: Temple Emanuel, 318 N. 18th St., Pocatello
Instructor: Dale Spencer
Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com
Class Limit: 24 per section
Class Fee: None – donations are appreciated



Jim Dandy Brewing – Tour and Beer Tasting (#3574)**Monday: November 16; 3:00 – 4:30 PM**

Tour the brewery at Jim Dandy's to learn the important steps of the brewing process from start to finish. After the tour, participate in tasting four Jim Dandy beers while enjoying some snacks.

Location: 305 E. Lander St., Pocatello**Instructors:** Hailee and Davis Gove, Owners**Facilitator:** Darcy Taylor (208-251-8001), daw32@live.com**Class Limit:** 20**Class Fee:** \$25**How and When to Pay:** Please send check to Darcy Taylor, 151 Hawthorne Ave., Pocatello ID 83204 by **November 7th.****Off the Rails Brewing Beer Tasting (#3422)****Tuesday: October 27; 3:00 – 5:00 PM**

Join your NKA friends at Off the Rails Brewing for a beer tasting event. There will be a selection of different beers from which you can choose six 3-oz samples. Snacks will also be provided.

Location: Off the Rails Brewing, 228 S. Main St., Pocatello**Instructor:** Peyton Kiggins, co-owner**Facilitator:** Janean White (208-251-7289), whitejanean@gmail.com**Class Limit:** 30**Class Fee:** \$20/person – includes gratuity**How to Pay:** Make check payable to Off the Rails Brewing and mail to Janean White at 4959 Rebecca Dr., Chubbuck ID 83202 by **October 20th.****Wine Pairing at PV's Uncorked (#3943)****Wednesday: October 21; 6:00 – 8:00 PM**

Five-course Wine Pairing – Join us for an unforgettable wine pairing experience where thoughtfully curated wines meet perfectly matched bite. Each course is designed to highlight the unique character of the wine – its aromas, structure, and finish – while the food elevates every sip.

Guided by a knowledgeable host, guests will explore flavor profiles, learn the art of pairing, and discover how wine and food can transform each other when enjoyed together.

Location: PV's Uncorked, 138 N. Main St., Pocatello**Instructors:** Donny and Jenn Flores**Facilitator:** Geoff Hogander (208-232-3437), ghogande@yahoo.com**Class Limit:** 36**Class Fee:** \$50, includes gratuity**How and when to pay:** Make check payable to PV's Uncorked. Send to Geoff Hogander, 255 Fairmont Ave., Pocatello ID 83201 by **Friday, October 16th.****Wine Pairing at the Yellowstone (#3642)****Monday: September 28; 5:00 – 7:00 PM**

The Yellowstone Restaurant is reprising their successful five-course meal complete with pairing matching menu items to complement the attributes of each wine.

Location: The Yellowstone Restaurant inside The Yellowstone Hotel, 230 W. Bonneville, downtown Pocatello**Instructor:** Jennifer Erchul, owner**Facilitator:** Janean White (208-251-7289), whitejanean@gmail.com**Class Limit:** 50**Class Fee:** \$52 – includes gratuity.**How to pay:** Send check payable to Janean White, 4959 Rebecca Drive, Chubbuck, ID 83202 by **September 18th.****Wine Tasting at Café Tuscano (#3120)****Tuesday: October 13; Section 1: 2:00 – 4:00 PM
Section 2: 5:00 – 7:00 PM****BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Sip, Savor, Celebrate! Join Café Tuscano for an afternoon/evening of fine wine, savor hors d'oeuvres, great stories, and even better company! Please sign-up for the section you prefer to attend.

Location: Café Tuscano, 2231 E. Center St., Pocatello**Instructor:** Allyson Burnham**Facilitator:** Sharon Manning (208-233-9425), manninsh@aol.com**Class Limit:** 40**Class Fee:** \$50 – pays for wines, pairings, and gratuity.**How to Pay:** Please send check payable to Café Tuscano and mail to: Sharon Manning at 830 Spyglass Point, Pocatello ID 83204 by **September 25th.****Wine Tasting at Gate City Coffee & Wine Bistro (#3276)****Tuesday: November 10; 6:00 – 8:00 PM**

Enjoy a relaxing evening with friends before the holidays begin. Taste a selection of wines provided by Terry Capell, a light snack will be provided. Just in time for holiday shopping, the gift shop will offer a 20% for NKA. The café will be open initially for food purchases this time, as well.

Location: Gate City Coffee & Gifts, 320 W. Center St., Pocatello**Instructors:** Terry Capell with hosts Bill and Elaine Kelvie**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 40**Class Fee:** \$16 – includes tip**How to Pay:** Payment must be received by **November 3rd** to secure your spot. Send check payable to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201. Fees are nonrefundable unless your seat can be filled by another participant.

GAMES

Bridge Practice! Be Competitive (#3874)

Tuesdays: October 27 – November 17; 9:30 AM – Noon

Practice making Overcalls and Take Out Doubles. Practice responding with Negative, Responsive Doubles, Redoubles, and the Law of Total Tricks. We will play 8 hands each week. Discuss the bidding, the responses, and the defense of each hand.

Location: The Senior Activity Center, Room 11

Instructor: Peggy Vogt

Facilitators: Barbara Bain (208-232-3415), bainbarb@isu.edu and Janice Matteson-Howell (208-221-4276), howejani@isu.edu

Bridge Practice! Let's Bid Slam (#3875)

Tuesdays: November 24 – December 15; 9:30 AM – Noon

Practice using Gerber, Blackwood, and Control bids. Practice opening Two Clubs and responses. And all those conventions that you've forgotten. We will play 8 hands each week. Discuss the bidding, the responses, and the defense of each hand.

Location: The Senior Activity Center, Room 11

Instructor: Peggy Vogt

Facilitators: Barbara Bain (208-232-3415), bainbarb@isu.edu and Janice Matteson-Howell (208-221-4276), howejani@isu.edu

Bridge Practice! The Basics (#3128)

Tuesdays: September 29 – October 20; 9:30 AM – Noon

Practice opening One of a suit and responses. Practice opening ONE NO TRUMP and responses – natural and conventions. Practice opening Preempts and responses. We will play 8 hands each week. Discuss the bidding, the responses, and the defense of each hand.

Location: The Senior Activity Center, Room 11

Instructor: Peggy Vogt

Facilitators: Barbara Bain (208-232-3415), bainbarb@isu.edu and Janice Matteson-Howell (208-221-4276), howejani@isu.edu

Lunch and Games (#3126)

Section 1: Friday: September 18; Noon – 3:00 PM

Section 2: Friday: October 23; Noon – 3:00 PM

Section 3: Friday: November 20; Noon – 3:00 PM

Section 4: Friday: December 18; Noon – 3:00 PM

Welcome back to Lunch and Games at Juniper Hills Country Club. Lunch is served at noon. Hand and Foot game OR Dominoes Mexican Train game will be played from 1:00

to 3:00 PM. You must sign-up to participate each month. You will receive a phone call each month to verify your attendance for the class. Be sure to indicate on the registration form the months you plan to attend. Call the facilitator, Sharon Manning (208-233-9425) if you must cancel.

Location: Juniper Hills Country Club, 6600 S. Bannock Highway

Facilitator: Sharon Manning (208-233-9425), manninsh@aol.com

Class Limit: 72

Class Fee: \$25 per lunch to be paid at the door (This fee covers lunch, beverage, dessert, gratuity and room fee).

Mahjong (#3125)

Wednesdays: September 16 – November 25; 1:30 – 4:00 PM
(no class November 11th)

Mahjong, similar to the Western card game rummy, is a game of skill, strategy, calculation, and involves a certain degree of chance. It is a four-player table game with some 3-player variations found in Korea, Japan, and the Philippines. The game requires players to draw (to make melds) and discard until a winning hand is completed. This game is fun!

Location: Senior Activity Center, Room 3

Instructor: Lucy Bonman

Facilitator: Anita Rounds (208-251-1848), roundsaa@gmail.com

Team Trivia (#3014)

Tuesdays: September 8 – December 15; 1:00 – 2:30 PM

Why scratch your head alone? We'll form teams right on the spot and change them out each session. Play for bragging rights only.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Jim Mariani (208-851-0842), jsm22553@yahoo.com

Class Limit: 40

Texas Hold'em II (#3269)

Wednesdays: September 23 – November 18; 3:30 – 5:30 PM

This class is for everyone who wants to play Texas Hold'em Poker. Groups will be set up by ability levels. We will teach anyone to play.

Location: Liberty Hall, small room

Instructor: Carol Harsch (208-251-2761)

Facilitators: Tom and Ginger Baxter (208-251-9526), pot_pog@hotmail.com

Class Limit: 24

GENERAL INTEREST

107 Days at Sea: The Journey That Changed Everything (#3876)*Wednesday: September 30; 10:30 AM – Noon*

At 63, Jill Chalsty boarded a ship alone, grieving her husband's death and battling cancer. What began as a voyage around the world became far more than a trip. In this lecture, Jill shares the story behind her memoir *Packets of Hope*, inviting participants to travel alongside her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact. Jill demonstrates how one person's courage can create ripples that span continents. Participants are encouraged to read her memoir, available free at www.packetsofhope.com, before the presentation.

Location: The instructor will be presenting on Zoom from New York. The class will also be on Zoom at Liberty Hall so you can watch on a big screen.

Instructor: Jill Chalsty, Author (Guest Lecturer)

Facilitator: Deanna Aslett (208-390-0389), deaslett@gmail.com; Publicist, Nancy Siegal, nancy@flockofsiegalspr.com

"A Brief History of Earth" (#3878)*Wednesday: September 16; 1:30 – 3:00 PM*

The lecture will be based on the 2023 book *A Brief History of Earth*, by Andrew H. Knoll. As it turns out, I even know Andy Knoll, and helped supervise one of his students. Anyway, the topic is fundamental concepts of how the earth works and how it has interacted with the Biological World and produced Earth's 4.5-billion-year history, including fascinating Big Picture concepts about Earth History, including Meteorites, and Gaia and Geological perspective on climate change.

Location: Liberty Hall and Zoom

Instructor: Dr. Paul Link, Emeritus Professor, ISU

Facilitator: Geoff Hogander (208-232-3437), ghogande@yahoo.com

AARP Driver Safety "Smart Driver" Course (#3877)

Tuesday: September 29; 8:30 AM – 4:00 PM – Registration at 8:30 AM. Class starts at 9:00 AM. Please bring your class fee, AARP membership card and driver's license. Lunch is on your own.

Refresh your knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way situations, roundabouts, and other scenarios. Discover proven driving methods to help keep you and your loved

ones safe on the road. Contains up-to-date information about changes over time in ourselves, our vehicles, and roadways. Include current information regarding Idaho traffic laws. Designed to increase confidence, minimize crash risk, and prolong independent mobility. Includes no "on-the-road" driving. May provide eligibility for auto insurance discount. AARP membership not required.

Location: Portneuf Health Trust City Center Campus, 1001 N. 7th St., Pocatello

Instructor: Nels Jensen, AARP Driver Safety Volunteer Instructor and AARP Driver Safety Idaho State Coordinator

Facilitator: Phil Joslin (208-251-1951), phil.r.joslin@gmail.com

Class Limit: 30

Class Fee: \$20 with AARP Membership; \$25 without - Please pay at class

Adventures in Tunisia (#3935)*Tuesday: December 8; 10:30 AM – Noon*

Travel to Tunisia includes ancient amphitheaters, beautiful mosaics, ocean views, desert stays, Ramadan, and STAR WARS. If you are "If you are curious, be bored with Kath and Cliff's 2025 adventures in Tunisia, join Kath and Cliff for their 2025 Adventures in Tunisia.

Location: Liberty Hall and Zoom

Instructors: Kath and Cliff Olsen

Facilitator: Rod Johnson (208-251-4230), rodjohnson703@gmail.com



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SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 NKA Meeting • 10:00 - Noon	4
7 Woodcarving, Adv. • 9:00-11:30 Beginning Tai Chi • 12:30-1:15	8 Granny Squares • 10:00-11:30 Land of Pharaohs • 10:30-Noon Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Suncatcher - Session 1 • 2:00 - Session 2 • 4:00 - Session 3 • 6:00	9 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Nutrition Strategies • 10:30-Noon Line Dancing/SAC • 1:00-2:00 Aquarium/Pet Keeping • 1:30-3:00	10 Kayaking • 10:00-2:00 Falls and Fire • 10:30-Noon New Day Tour • 10:30-Noon Celebrating 125 Yrs • 1:30-3:00 Fun with Crochet • 1:30-3:30 Food Sensation • 4:00-5:00	11 Woodcarving, Adv. • 9:00-11:30 Zumba Gold • 9:00-10:00 Indian Relay Racing • 10:30-Noon Qigong • 1:00-2:00 Square Dance - Section 1 • 6:00-7:30 - Section 2 • 7:30-9:00
14 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Intro to Zentangle • 10:00-Noon Starter Line Dance • Noon-12:50 Beginning Tai Chi • 12:30-1:15 Beginner 1 Line Dnc. • 1:00-1:55 Beginner 2 Line Dnc. • 2:05-3:00	15 Inter. Line Dance • 9:30-10:25 Granny Squares • 10:00-11:30 Sacajawea Park • 10:00-Noon General Injury Care • 10:30-Noon Strength Training - Section 1 • 10:30-11:30 Oldies Line Dance • 10:35-11:30 Wings/Wildflowers • 11:00 Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	16 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Fungi Foray • 10:30-Noon Line Dancing/SAC • 1:00-2:00 Brief History of Earth • 1:30-3:00 Mahjong • 1:30-4:00	17 Advanced Line Dnc. • 9:30-11:00 Kayaking • 9:00-3:00 AmeriCorps Seniors • 10:30-Noon Chair Yoga • 10:30-Noon Strength Training - Section 2 • 1:30-2:30 Fun with Crochet • 1:30-3:30 Intro to Spanish • 1:30-3:00	18 Malad/Samaria Trip • 9:00 Woodcarving, Adv. • 9:00-11:30 Zumba Gold • 9:00-10:00 Intro to Medicare • 10:30-Noon Peace, Love, Cupcakes • Noon-1:00 Lunch and Games - Section 1 • Noon-3:00 Qigong • 1:00-2:00 Square Dance - Section 1 • 6:00-7:30 - Section 2 • 7:30-9:00
21 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Glen Allen Art • 10:30-Noon Starter Line Dance • Noon-12:50 Beginning Tai Chi • 12:30-1:15 Beginner 1 Line Dnc. • 1:00-1:55 Minor League BB • 1:30-3:00 Beginner 2 Line Dnc. • 2:05-3:00	22 Inter. Line Dance • 9:30-10:25 Granny Squares • 10:00-11:30 Managing Stress • 10:30-Noon Strength Training - Section 1 • 10:30-11:30 Oldies Line Dance • 10:35-11:30 ISU Jack O'Lantern • 12:30-2:30 Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	23 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Line Dancing/SAC • 1:00-2:00 Mahjong • 1:30-4:00 Texas Hold'em • 3:30-5:30	24 Advanced Line Dnc. • 9:30-11:00 Chair Yoga • 10:30-Noon Idaho Fossils • 10:30-Noon Strength Training - Section 2 • 1:30-2:30 Mini Donkey Ranch - Section 1 • 11:30-1:30 Fun with Crochet • 1:30-3:30 Intro to Spanish • 1:30-3:00 Origami for Grandparents - Section 1 • 1:30-3:30 Stained Glass Landscape - Section 1 • 2:00-4:30	25 Woodcarving, Adv. • 9:00-11:30 Zumba Gold • 9:00-10:00 Health and Wildfires • 10:30-Noon Qigong • 1:00-2:00 Bee Farm • 1:30-3:00 Origami for Grandparents - Section 2 • 1:30-3:30 Symphony Preview • 4:00-5:00 Square Dance - Section 1 • 6:00-7:30 - Section 2 • 7:30-9:00
28 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Intro to Zentangle • 10:00-Noon Starter Line Dance • Noon-12:50 Beginning Tai Chi • 12:30-1:15 Beginner 1 Line Dnc. • 1:00-1:55 Creative Writing • 2:00-4:00 Beginner 2 Line Dnc. • 2:05-3:00 Wine/Yellowstone • 5:00-7:00	29 AARP Driver Safety • 8:30-4:00 Advanced Tai Chi • 9:00-10:00 Bridge/Basics • 9:30-Noon Inter. Line Dance • 9:30-10:25 Crochet 102 • 10:00-11:30 Hot Topics • 10:30-Noon Strength Training - Section 1 • 10:30-11:30 Oldies Line Dance • 10:35-11:30 ISU Pottery Wheel • 12:30-3:00 Creative Cards • 1:00-3:30 Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	30 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 107 Days at Sea • 10:30-Noon Line Dancing/SAC • 1:00-2:00 Healthy Aging • 1:30-3:00 Mahjong • 1:30-4:00 Centerpiece - Session 1 • 2:00 - Session 2 • 4:00 - Session 3 • 6:00 Texas Hold'em • 3:30-5:30	Saturday, Sept. 12th Water Aerobics/Lava • 8:30-9:30 Saturday, Sept. 19th Water Aerobics/Lava • 8:30-9:30 Saturday, Sept. 19th Swing Dance Workshop • 11:00-1:00 Saturday, Sept. 26th Water Aerobics/Lava • 8:30-9:30 Fall Travel Malad/Samaria Welsh Festival: Friday, September 18th Spring Travel 42nd Annual National Cowboy Poetry Gathering – Elko, NV; Thursday, January 28th – Sunday, January 31st, 2027	

OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Saturday, October 3rd | Water Aerobics/Lava • 8:30-9:30

Saturday, October 10th | Water Aerobics/Lava • 8:30-9:30

Saturday, October 31st | Snow Crystals - Section 1 • 3:00-5:00

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Woodcarving, Adv. • 9:00-11:30
Fit & Fall Proof • 9:30-10:30
Volcanoes & Caves • 10:30-Noon
Starter Line Dance • Noon-12:50
Beginning Tai Chi • 12:30-1:15
Beginner 1 Line Dnc. • 1:00-1:55
Creative Writing • 2:00-4:00
Beginner 2 Line Dnc. • 2:05-3:00
Monster Books
Session 1 • 2:00
Session 2 • 4:00
Session 3 • 6:00

12

Woodcarving, Adv. • 9:00-11:30
Intro to Zentangle • 10:00-Noon
Starter Line Dance • Noon-12:50
Beginning Tai Chi • 12:30-1:15
Beginner 1 Line Dnc. • 1:00-1:55
Creative Writing • 2:00-4:00
Beginner 2 Line Dnc. • 2:05-3:00

19

Woodcarving, Adv. • 9:00-11:30
Fit & Fall Proof • 9:30-10:30
Academy University • 10:30-Noon
Starter Line Dance • Noon-12:50
Beginning Tai Chi • 12:30-1:15
Beginner 1 Line Dnc. • 1:00-1:55
Creative Writing • 2:00-4:00
Beginner 2 Line Dnc. • 2:05-3:00
Brain Gym • 3:00-4:00
Bird Feeders
Session 1 • 2:00
Session 2 • 4:00
Session 3 • 6:00

26

Woodcarving, Adv. • 9:00-11:30
Fit & Fall Proof • 9:30-10:30
Intro to Zentangle • 10:00-Noon
Starter Line Dance • Noon-12:50
Beginning Tai Chi • 12:30-1:15
Beginner 1 Line Dnc. • 1:00-1:55
Creative Writing • 2:00-4:00
Beginner 2 Line Dnc. • 2:05-3:00
Full Moon Hike • 6:30-9:00

6

Advanced Tai Chi • 9:00-10:00
Bridge/Basics • 9:30-Noon
Inter. Line Dance • 9:30-10:25
Crochet 102 • 10:00-11:30
IMNH Tour
-Section 1 • 10:00-11:30
Microbiology • 10:30-Noon
Strength Training
-Section 1 • 10:30-11:30
Oldies Line Dance • 10:35-11:30
Lap Blanket Group • 1:00-2:30
Team Trivia • 1:00-2:30
Knitting • 1:30-3:30
Libby App • 1:30-3:00

13

Advanced Tai Chi • 9:00-10:00
Bridge/Basics • 9:30-Noon
Inter. Line Dance • 9:30-10:25
Crochet 102 • 10:00-11:30
2-Mile Walk Video • 10:30-11:30
Google Basics • 10:30-Noon
Oldies Line Dance • 10:35-11:30
ISU Pottery Wheel • 12:30-3:00
Fighting Hunger • 1:00-3:00
Lap Blanket Group • 1:00-2:30
Team Trivia • 1:00-2:30
Knitting • 1:30-3:30
Wine Tasting Café Tuscano
Section 1 • 2:00-4:00
Section 2 • 5:00-7:00

20

Advanced Tai Chi • 9:00-10:00
Bridge/Basics • 9:30-Noon
Inter. Line Dance • 9:30-10:25
Crochet 102 • 10:00-11:30
2-Mile Walk Video • 10:30-11:30
Microbiology • 10:30-Noon
Oldies Line Dance • 10:35-11:30
Lap Blanket Group • 1:00-2:30
Team Trivia • 1:00-2:30
Knitting • 1:30-3:30

27

Advanced Tai Chi • 9:00-10:00
Bridge/Competitive • 9:30-Noon
Inter. Line Dance • 9:30-10:25
Crochet 102 • 10:00-11:30
2-Mile Walk Video • 10:30-11:30
Hot Topics • 10:30-Noon
Oldies Line Dance • 10:35-11:30
ISU Felted Bird • 12:30-2:30
Lap Blanket Group • 1:00-2:30
Team Trivia • 1:00-2:30
Flowers with L.D. • 1:30-3:30
Knitting • 1:30-3:30
Off the Rails Brewing • 3:00-5:00

7

Woodcarving, Adv. • 9:00-11:30
Fit & Fall Proof • 9:30-10:30
IMNH Tour
-Section 2 • 10:00-11:30
Medicare Updates • 10:30-Noon
Jalapeño Bread
-Section 1 • 1:00-3:00
Line Dancing/SAC • 1:00-2:00
Zoo Idaho Tour • 1:00-2:30
Healthy City USA • 1:30-3:00
Mahjong • 1:30-4:00
Texas Hold'em • 3:30-5:30

14

Woodcarving, Adv. • 9:00-11:30
Fit & Fall Proof • 9:30-10:30
Chance Encounters • 10:30-Noon
Line Dancing/SAC • 1:00-2:00
Mahjong • 1:30-4:00
Three Weeks/Namibia • 1:30-3:00
Texas Hold'em • 3:30-5:30

21

Woodcarving, Adv. • 9:00-11:30
Fit & Fall Proof • 9:30-10:30
American Politics • 10:30-Noon
Music of Radiohead • Noon-1:00
Line Dancing/SAC • 1:00-2:00
Mahjong • 1:30-4:00
Nourish w/Every Bite • 1:30-3:00
Texas Hold'em • 3:30-5:30
Wine Pairing PV's • 6:00-8:00

28

Woodcarving, Adv. • 9:00-11:30
Fit & Fall Proof • 9:30-10:30
History of Ireland • 10:30-Noon
Line Dancing/SAC • 1:00-2:00
Quilling • 1:00-3:00
Mahjong • 1:30-4:00
Texas Hold'em • 3:30-5:30

1

Advanced Tai Chi • 9:00-10:00
Advanced Line Dnc. • 9:30-11:00
Mindfulness • 10:00-11:30
NKA Meeting • 10:00-Noon
Chair Yoga • 10:30-Noon
Strength Training
-Section 2 • 1:30-2:30
Today's DAR • 10:30-Noon
Mini Donkey Ranch
-Section 2 • 11:30-1:30
Community Theater • 1:30-3:00
Fun with Crochet • 1:30-3:30
Intro to Spanish • 1:30-3:00
Origami for Grandparents
-Section 1 • 1:30-3:00
Fused Glass Turkey • 6:00-8:00
Book and a Glass • 3:00-4:30

8

Advanced Tai Chi • 9:00-10:00
Advanced Line Dnc. • 9:30-11:00
IMNH Tour
-Section 3 • 10:00-11:30
Knitting on Looms • 10:00-11:30
Mindfulness • 10:00-11:30
Chair Yoga • 10:30-Noon
iPhone 12 Intro
-Section 1 • 10:30-Noon
Strength Training
-Section 2 • 1:30-2:30
Marching Band • Noon-1:00
Jalapeño Bread
-Section 2 • 1:00-3:00
Fun with Crochet • 1:30-3:30
Intro to Spanish • 1:30-3:00
Origami for Grandparents
-Section 1 • 1:30-3:30
Plant Based Cooking • 2:00-5:00
Food Sensation • 4:00-5:00

15

Advanced Tai Chi • 9:00-10:00
Advanced Line Dnc. • 9:30-11:00
Knitting on Looms • 10:00-11:30
Sacajawea Park • 10:00-Noon
Chair Yoga • 10:30-Noon
iPhone 2.2 Inter.
-Section 1 • 10:30-Noon
Breathwork Detox • 1:30-3:00
Fun with Crochet • 1:30-3:30
Intro to Spanish • 1:30-3:00
Plant Based Cooking • 2:00-5:00

22

Advanced Tai Chi • 9:00-10:00
Advanced Line Dnc. • 9:30-11:00
Knitting on Looms • 10:00-11:30
Chair Yoga • 10:30-Noon
iPhone Pics • 10:30-Noon
Sound Bowls
-Section 1 • 1:00-3:00
Fun with Crochet • 1:30-3:30
Intro to Spanish • 1:30-3:00
Plant Based Cooking • 2:00-5:00
Stained Glass Circular Landscape
-Section 2 • 2:00-4:30

29

Advanced Tai Chi • 9:00-10:00
Advanced Line Dnc. • 9:30-11:00
Knitting on Looms • 10:00-11:30
Sound Bowls
-Section 2 • 1:00-3:00
Fun with Crochet • 1:30-3:30
Intro to Spanish • 1:30-3:00
Origami Kusudama
-Section 1 • 1:30-3:30
Plant Based Cooking • 2:00-5:00

2

Woodcarving, Adv. • 9:00-11:30
Zumba Gold • 9:00-10:00
Paint with Acrylics • 10:30-12:30
Qigong • 1:00-2:00
Origami for Grandparents
-Section 2 • 1:30-3:30
Paint Still Life • 1:30-3:30
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

9

Woodcarving, Adv. • 9:00-11:30
Zumba Gold • 9:00-10:00
Gem Valley/Soda Springs
Field Trip • 10:00-4:00
Intro Windows 11 • 10:30-Noon
Qigong • 1:00-2:00
Lindisfarne Gospels • 1:30-3:00
Origami for Grandparents
-Section 1 • 1:30-3:30
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

16

Woodcarving, Adv. • 9:00-11:30
Zumba Gold • 9:00-10:00
Idaho Downwinders • 10:30-Noon
Qigong • 1:00-2:00
River Cruising Europe • 1:30-3:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

23

Woodcarving, Adv. • 9:00-11:30
Zumba Gold • 9:00-10:00
Lunch and Games
-Section 2 • Noon-3:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

30

Woodcarving, Adv. • 9:00-11:30
Zumba Gold • 9:00-10:00
Pranayama • 9:00-9:30
Cybersecurity • 10:30-Noon
Qigong • 1:00-2:00
Origami Kusudama
-Section 2 • 1:30-3:30
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 D-Day • 10:30-Noon Starter Line Dance • Noon-12:50 Beginning Tai Chi • 12:30-1:15 Beginner 1 Line Dnc. • 1:00-1:55 Creative Writing • 2:00-4:00 Beginner 2 Line Dnc. • 2:05-3:00 Holiday Centerpiece Session 1 • 2:00 Session 2 • 4:00 Session 3 • 6:00 Paws, Hooves, Spines • 5:30-6:30	3 Advanced Tai Chi • 9:00-10:00 Bridge/Competitive • 9:30-Noon Inter. Line Dance • 9:30-10:25 Crochet 102 • 10:00-11:30 2-Mile Walk Video • 10:30-11:30 Oldies Line Dance • 10:35-11:30 ISU Mosaic Tray • 12:30-2:30 Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	4 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Line Dancing/SAC • 1:00-2:00 Quilling • 1:00-3:00 Immigration Policy • 1:30-3:00 Mahjong • 1:30-4:00 Texas Hold'em • 3:30-5:30	5 Advanced Tai Chi • 9:00-10:00 Advanced Line Dnc. • 9:30-11:00 Knitting on Looms • 10:00-11:30 NKA Meeting • 10:00-Noon Stop the Bleed • 10:30-Noon Fun with Crochet • 1:30-3:30 Book and a Glass • 3:00-4:30	6 Pranayama • 9:00-9:30 Woodcarving, Adv. • 9:00-11:30 Henry Thoreau • 10:30-Noon Play That Goes Wrong • Noon-1:00 Qigong • 1:00-2:00 Symphony Preview • 4:00-5:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
9 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Starter Line Dance • Noon-12:50 Beginning Tai Chi • 12:30-1:15 Beginner 1 Line Dnc. • 1:00-1:55 Creative Writing • 2:00-4:00 Beginner 2 Line Dnc. • 2:05-3:00	10 Advanced Tai Chi • 9:00-10:00 Bridge/Competitive • 9:30-Noon Inter. Line Dance • 9:30-10:25 Crochet 102 • 10:00-11:30 Star Trek Science • 10:30-Noon Oldies Line Dance • 10:35-11:30 ISU Mosaic Tray • 12:30-2:30 Christmas Cards • 1:00-3:30 Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Wine/Gate City • 6:00-8:00	11 Woodcarving, Adv. • 9:00-11:30 Our Ageing World • 1:30-3:00 Christmas Skit • 3:00-4:00 Texas Hold'em • 3:30-5:30	12 Advanced Tai Chi • 9:00-10:00 Advanced Line Dnc. • 9:30-11:00 Knitting on Looms • 10:00-11:30 iPhone 1.2 Intro -Section 2 • 10:30-Noon Fun with Crochet • 1:30-3:30 Origami Kusudama -Section 1 • 1:30-3:30 Rockhounding • 1:30-3:00 Food Sensation • 4:00-5:00	13 Pranayama • 9:00-9:30 Woodcarving, Adv. • 9:00-11:30 Qigong • 1:00-2:00 Origami Kusudama -Section 2 • 1:30-3:30 Smart Nutrition • 1:30-3:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
16 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Starter Line Dance • Noon-12:50 Beginning Tai Chi • 12:30-1:15 Beginner 1 Line Dnc. • 1:00-1:55 Creative Writing • 2:00-4:00 Beginner 2 Line Dnc. • 2:05-3:00 Jim Dandy Brewing • 3:00-4:30	17 Advanced Tai Chi • 9:00-10:00 Bridge/Competitive • 9:30-Noon Inter. Line Dance • 9:30-10:25 Crochet 102 • 10:00-11:30 Oldies Line Dance • 10:35-11:30 Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Christmas Candle • 4:00-6:00 Polymer Clay Beads Session 1 • 2:00 Session 2 • 4:00 Session 3 • 6:00	18 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Line Dancing/SAC • 1:00-2:00 Quilling • 1:00-3:00 Mahjong • 1:30-4:00 Rural Living Today • 1:30-3:00 Christmas Skit • 3:00-4:00 Texas Hold'em • 3:30-5:30	19 Advanced Tai Chi • 9:00-10:00 Advanced Line Dnc. • 9:30-11:00 Knitting on Looms • 10:00-11:30 iPhone 2.2 Inter -Section 2 • 10:30-Noon Fun with Crochet • 1:30-3:30 Idaho to Artemis • 1:30-3:00	20 Woodcarving, Adv. • 9:00-11:30 Pranayama • 9:00-9:30 Apple Smart Watch • 10:30-Noon Lunch and Games -Section 3 • Noon-3:00 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
23 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Creative Writing • 2:00-4:00 Painting with Balloons Session 1 • 2:00 Session 2 • 4:00 Session 3 • 6:00	24 Advanced Tai Chi • 9:00-10:00 Bridge/Bid Slam • 9:30-Noon Crochet 102 • 10:00-11:30 Hot Topics • 10:30-Noon Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	25 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Line Dancing/SAC • 1:00-2:00 Mahjong • 1:30-4:00 Christmas Skit • 3:00-4:00	26 Thanksgiving	27 No Classes Liberty Hall Woodcarving, Adv. • 9:00-11:30 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
30 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Santa Gnome Session 1 • 2:00 Session 2 • 4:00 Session 3 • 6:00	Saturday, November 7th Snow Crystals - Section 2 • 3:00-5:00 Saturday, November 28th Snow Crystals - Section 3 • 3:00-5:00			

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Advanced Tai Chi • 9:00-10:00 Bridge/Bid Slam • 9:30-Noon Crochet 102 • 10:00-11:30 Managing Stress • 10:30-Noon ISU Silk Painting • 12:30-2:30 Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	2 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Line Dancing/SAC • 1:00-2:00 Christmas Skit • 3:00-4:00	3 Advanced Tai Chi • 9:00-10:00 Knitting on Looms • 10:00-11:30 NKA Meeting • 10:00-Noon Fun with Crochet • 1:30-3:30 Book and a Glass • 3:00-4:30	4 No Classes Liberty Hall Woodcarving, Adv. • 9:00-11:30 Winter Wonderland • 1:30-3:00 Symphony Preview • 4:00-5:00 Square Dance • -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
7 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Creative Writing • 2:00-4:00 Mosaic Trivet Session 1 • 2:00 Session 2 • 4:00 Session 3 • 6:00	8 Advanced Tai Chi • 9:00-10:00 Bridge/Bid Slam • 9:30-Noon Crochet 102 • 10:00-11:30 Tunisia • 10:30-Noon Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	9 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Line Dancing/SAC • 1:00-2:00	10 Advanced Tai Chi • 9:00-10:00 Knitting on Looms • 10:00-11:30 Fun with Crochet • 1:30-3:30 Food Sensation • 4:00-5:00	11 Pranayama • 9:00-9:30 Woodcarving, Adv. • 9:00-11:30 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
14 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Creative Writing • 2:00-4:00 Painted Picture Session 1 • 2:00 Session 2 • 4:00 Session 3 • 6:00	15 Advanced Tai Chi • 9:00-10:00 Bridge/Bid Slam • 9:30-Noon Crochet 102 • 10:00-11:30 Hot Topics • 10:30-Noon Lap Blanket Group • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30	16 Woodcarving, Adv. • 9:00-11:30 Fit & Fall Proof • 9:30-10:30 Line Dancing/SAC • 1:00-2:00	17 Advanced Tai Chi • 9:00-10:00 Knitting on Looms • 10:00-11:30 Fun with Crochet • 1:30-3:30 Glacier Bay Photos • 1:30-3:00	18 Woodcarving, Adv. • 9:00-11:30 Lunch and Games -Section 4 • Noon-3:00 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
21	22	23	24	25 Christmas
28	29	30	31	

Saturday, December 12th | Snow Crystals - Section 4 • 3:00-5:00

Thursday, January 28th, 2027 | Cowboy Poetry - Elko NV • 8:00

American Politics and Human Rights (#3879)*Wednesday: October 21; 10:30 AM - Noon*

This talk will explore the current state of human rights across a broad spectrum to include other world views and progress. The United States is only one of eight countries, and the only Western democracy, that has not ratified the 1979 Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW). Is American Politics in 2026 moving the human rights forum forward, backward, or both directions in different aspects?

Location: Liberty Hall and Zoom**Instructor:** Dr. Edward Kammerer, ISU Associate Professor of Political Science**Facilitator:** Teresa Westfall (703-973-5074), twestfall0@gmail.com**Are You or a Family Member an Idaho Downwinder? (#3934)***Friday: October 16; 10:30 AM – Noon*

Idaho Downwinder: someone who lived in Idaho during the above-ground atmospheric nuclear testing of the 1950s and 1960s and was exposed to radioactive fallout.

As of July 2025, Idaho Downwinders who lived in Idaho for one year between 1/01/1951 and 11/06/1962 and who have been or are diagnosed with certain qualifying cancers may be eligible for compensation under the Radiation Exposure Compensation Act (RECA). This class will cover Idaho Downwinders and RECA.

Location: Liberty Hall and Zoom**Instructors:** Leigh Ford, Executive Director, Snake River Alliance & Shannon Carter**Facilitator:** Phil Joslin (208-251-1951), phil.r.joslin@gmail.com**Continuing a Legacy of Service in Today's DAR (#3937)***Thursday: October 1; 10:30 AM – Noon*

Learn of the history of Pocatello's Wyeth Chapter of the National Society Daughters of the American Revolution (DAR) and how today's DAR is continuing to serve Southeast Idaho through service to veterans, by supporting education, and promoting patriotism.

Location: Liberty Hall and Zoom**Instructor:** Beth Kauffmann, Regent of Wyeth Chapter, NSDAR**Facilitator:** Deb Pein (208-221-7029), debpe89@gmail.com**Glen Allen Projects (GAP): Where Art Saves Lives (#3881)***Monday: September 21; 10:30 AM – Noon*

The GAP is a place where people can produce, heal, and connect. Our vision is to be a systems leader for a vibrant art and STEM ecosystem in Pocatello and a model for others to build on. Our Teen Center and Maker Space is for middle-school youth with high-school seniors helping as well as retired community members for an intergenerational vibe. Across from Marshall Public Library, we are open every day after school and weekday summer afternoons.

Location: Liberty Hall and Zoom**Instructor:** Ruta Casabianca, Program Director, Glen Allen Project Teen Center**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**Hot Topics (#3827)***Tuesday: September 29; October 27; November 24; December 15; 10:30 AM - Noon*

Events are moving very quickly in our modern world. Some move so quickly we can't even calendar them for the following semester but need to address them as they unfold. Just in case this semester will see some strange and exciting events, we are leaving time open to discuss those topics hot off the press. Suitable instructors will be invited as events unfold.

Location: Liberty Hall and Zoom**Instructor:** Various**Facilitator:** Trent Stephens (208-240-4994), stephenstrent7@gmail.com**Immigration Policy in the US: Histories and Realities (#3882)***Wednesday: November 4; 1:30 – 3:00 PM*

Immigration is fundamental to the American experience, yet its complicated history renders it controversial in politics. This class presents an overview of US immigration policy, and how its current frameworks operate in ways that we may not have intended.

Location: Liberty Hall and Zoom**Instructor:** Dr. Colin Johnson, ISU Assistant Professor of Political Science**Facilitator:** Teresa Westfall (703-973-5074), twestfall0@gmail.com

Intro to Medicare (#3905)*Friday: September 18; 10:30 AM – Noon*

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, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance.

Location: Liberty Hall**Instructor/Facilitator:** Helen Mayberry, Medicare Counselor – Idaho Department of Insurance/SHIBA (208-236-6350), helen.mayberry@doi.idaho.gov**Intro to Spanish (#3883)***Thursdays: September 17 – October 29; 1:30 – 3:00 PM*

This course introduces students to basic Spanish communication skills through the study of essential grammatical structures, everyday vocabulary, and guided conversational practice. Students develop listening comprehension and speaking abilities while learning to interact in common real-life situations. The course also explores the cultures of Spanish-speaking countries, helping students build intercultural awareness alongside linguistic competence. Emphasis is placed on practical language use, comprehension, and confidence in basic oral communication.

Location: Liberty Hall**Instructor:** Eduardo Villalobos, Assistant Professor of Spanish at Idaho State University**Facilitator:** Sharon Manning (208-233-9425), manninsh@aol.com**Class Limit:** 20**Make a Difference with ISU's AmeriCorps Seniors RSVP Program! (#3885)***Thursday: September 17; 10:30 AM – Noon*

This class will provide information about the Retired and Senior Volunteer Program, with ways to be involved as a volunteer, participant, or community partner. After the presentation, we'll have a Q&A session, followed by a small craft activity.

Location: Liberty Hall and Zoom**Instructor:** Annie Mendoza, Project Director**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**Medicare Updates (#3121)***Wednesday: October 7; 10:30 AM – Noon*

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 their pharmacy choice in order to create an individualized plan that will best suit their needs.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Helen Mayberry, Idaho Department of Insurance/SHIBA (208-236-6350), helen.mayberry@doi.idaho.gov**Minor League Baseball in America, Being a Team Owner in the Northern Utah League (#3886)***Monday: September 21; 1:30 – 3:00 PM*

How baseball has changed in Idaho, Utah, and all of America in the past 10 years.

Location: Liberty Hall and Zoom**Instructor:** Terry Frederickson, co-owner AA., B.S., CADC, M.J.**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**Our Ageing World (#3887)***Wednesday: November 11; 1:30 – 3:00 PM*

Across the globe, societies are experiencing longer life expectancy and lower birth rates, which are generating new demographic issues. This course will cover how these demographic trends are shaping our collective futures and present us with new challenges and opportunities.

Location: Liberty Hall and Zoom**Instructor:** Dr. Colin Johnson, ISU Assistant Professor of Political Science**Facilitator:** Teresa Westfall (703-973-5074), twestfall0@gmail.com**River Cruising in Europe (#3888)***Friday: October 16; 1:30 – 3:00 PM*

Discover the magic of Europe from the water in this engaging introduction to European river cruising. This class explores the most popular river cruise destinations, while highlighting the history, culture, and scenic landscapes travelers experience along the way. Whether you are planning your first European river cruise or simply want to learn more about this growing style of travel, come and get expert tips for navigating Europe's iconic waterways.

Location: Liberty Hall**Instructors:** Holley Henderson, President Sunrise Travel; Cody Phillips, AMA Waterways**Facilitator:** Sue Miller (208-993-1133)

Rural Living Today (#3889)*Wednesday: November 18; 1:30 – 3:00 PM*

Rural life has undergone tremendous change, as local economies, social structures, and political connections have all been transformed as we've entered the 21st century. This class critiques how we typically perceive rural life and its challenges, and it presents some potential ways for us to "rewrite the script" on how we approach rural communities and their needs.

Location: Liberty Hall and Zoom**Instructor:** Dr. Colin Johnson, ISU Assistant Professor of Political Science**Facilitator:** Teresa Westfall (703-973-5074), twestfall0@gmail.com**Spirit of Indian Relay Racing (#3890)***Friday: September 11; 10:30 AM – Noon*

Participants will learn about the history, cultural significance, and fundamentals of Indian Relay racing. The class will include discussion of relay teams, horse care, rider safety, race techniques, and the role Indian Relays play in Native communities today. Participants will also hear about the traditions and athleticism connected to this fast-paced Native sport.

Location: Liberty Hall and Zoom**Instructor:** Yvonne Warjack, Sho-Ban News Reporter and Community Presenter**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**The Psychology of Chance Encounters and Fortuitous Events – As Explained by Quantum Mechanics (#3815)***Wednesday: October 14; 10:30 AM – Noon*

All humans have experienced occasions of chance encounters (people who are unfamiliar to each other) as well as experiencing occasions of fortuitous events (unintended/unplanned). Some of these events have little or no impact on our lives while others of these events may have either a slight, moderate, or even profound impact on our lives. How can psychology assist humans in fostering valued futures?

Location: Liberty Hall**Instructor:** Victor C. Joe, Emeritus Professor of Psychology, ISU**Facilitators:** Karen MacKay (208-240-3708), kmvolorg@gmail.com; Virginia Kelly (ginnykelly@gmail.com)**Three Weeks in Namibia (#3892)***Wednesday: October 14; 1:30 – 3:00 PM*

Three friends head to Namibia Africa for a big game hunt and tours of Etosha, Dorob and Namib Naukluft National Parks.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Geoff Hogander (208-232-3437), ghogande@yahoo.com**Tramping the Woods with Henry David Thoreau (#3933)***Friday: November 6; 10:30 AM – Noon*

Many people have read Walden, the book in which Henry David Thoreau describes his years of living in a little cabin at the edge of Walden Pond. He wrote: "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."

However, Thoreau's writing about his retreat in the forest is only a very small part of his most important work, at least in his opinion. Over the course of his all too short life (44 years), he filled more than 14 journals with his near daily observations of nature, humanity, and life, as he continued in his goal of living deliberately.

In this presentation, we will focus on some of those lesser-known writings and dig out treasures of his insights and experiences, as well as some little-known facts about his backstory and his family history.

Location: Liberty Hall and Zoom**Instructor:** Kathryn Lopez Luker, Children's Librarian at the Marshall Public Library**Facilitator:** Nancy Dafoe (208-596-0491), nancyd@uidaho.edu**HEALTH & WELLNESS****Brain Gym for Vision (#3524)***Monday: October 19; 3:00 – 4:00 PM*

This is an introduction to simple and easy physical movements that develop the brain specifically related to vision. Vision is a function of the brain. As visual stress is released and neural pathways are strengthened, vision can improve. This is not a theory class but is a rather simple (continues...)

(continued: **Brain Gym for Vision**)

application of brain development that anyone of all physical abilities can do. It is a hands-on learning experience.

Location: Liberty Hall

Instructor/Facilitator: LaDawn Henry, Brain Gym Instructor/Consultant (208-709-1464),
info.progressmade@gmail.com

Class Limit: 40

Breathwork Detox (#3624)

Thursday: October 15; 1:30 – 3:00 PM

Do you know your issues are in your tissues? Phil Dugas has been dedicated to his spiritual growth journey for many years and has learned the importance of maintaining high vibrations. Through NKA, he has incorporated the healing use of sound bowls and now offers his latest approach, Breathwork Detox. This powerful guided breath practice is designed to help participants release all beliefs and emotional patterns that may be keeping them in a low vibration. The goal is to help clear issues and create space for healing, clarity, and renewal. Please bring a mat, sitting is perfectly fine, although lying down is considered optimal for the experience.

Location: Liberty Hall

Instructor: Phil Dugas, Certified Breathwork Facilitator

Facilitator: Brenda Ehrler (801-554-9396),
bl_ehrler@att.net

Class Limit: 30

Class Fee: \$15 – please pay at the door – since this work is so important, if you do not have the fee, come anyway and someone will sponsor you.

Everything You Ever Wanted to Know About Healthy City, USA (#3319)

Wednesday: October 7; 1:30 – 3:00 PM

What is Healthy City, USA all about? Why did it begin? This class will help you to understand and learn about the programs offered by this educational arm of the Portneuf Health Trust.

Location: Liberty Hall and Zoom

Instructor: Micaela Prochazka, Director of Wellness, Portneuf Health Trust

Facilitator: Sharon Manning (208-233-9425),
manninsh@aol.com

Falls and Fire Prevention (#3893)

Thursday: September 10; 10:30 AM – Noon

Fire and Fall prevention – provide eight (8) fire and eight (8) fall prevention tips. The NFPA's Steps to Safety™ program is designed to help older adults reduce their risk of fire and falls at home. It provides simple, practical tips and resources to make living spaces safer and support independent living as people age.

Location: Liberty Hall and Zoom

Instructors: Kim Stouse, Community Risk Reduction Specialist, Pocatello Fire Department; Parker Williams, Emergency Management & Injury Prevention Coordinator, Portneuf Medical Center

Facilitator: Scarlett Howe (208-840-9139),
slhowe75@icloud.com

Food as Medicine: Plant-Based Cooking for Health (#3821)

Thursdays: October 8, 15, 22, & 29; 2:00 – 5:00 PM

Did you know that poor diet accounts for more deaths than smoking? High consumption of processed meats, red meat, ultra-processed foods, sugar-sweetened beverages, and trans fatty acids account for about half of diet-related deaths. Low intake of fiber and high consumption of sodium are associated with the other half.

In this class we will make and taste delicious plant-based dishes (new recipes), using whole grains, fruits, vegetables, nuts, and seeds, which can help you optimize your health.

Location: LDS Demo Kitchen, 590 Roosevelt (across from Deseret Industries)

Instructors/Facilitators: Helena Rizor, retired dietitian and physician assistant (208-681-9111), helena.rizor@gmail.com; Janice Domiter (908-642-3586)

Class Limit: 22

Class Fee: \$35 total for the four classes

How and When to Pay: Mail \$35 to Helena Rizor, 544 Taylor Ave., Chubbuck ID 83202 by **October 1st**, or pay through Venmo to @Helena-Rizor

General Injury Care and Prevention for Older Adults (#3520)

Tuesday: September 15; 10:30 AM – Noon

This course will provide information to help prevent injuries when performing activities of daily living, such as gardening, shoveling snow, or other exercise. We share stretches and warm-up/cool-down activities to help thwart muscle soreness or future chronic conditions. It includes how to take care of acute and chronic pain for those times

(continues...)

(continued: General Injury Care and Prevention for Older Adults)

the body just didn't play nicely. This will be an active class, so dress in comfortable clothing and bring a mat/towel if you want to sit on the floor.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Dani Moffit, Professor, Idaho State University (208-282-4441), moffdani@isu.edu

Guided Meditation and Breathwork (Pranayama) (#3521)

Fridays: October 30 – December 11; 9:00 – 9:30 AM

Bring your yoga mat (a few are available in class) and blankets, if you like. We will practice guided meditation and breathwork (Pranayama) to get our focus sharp for the day while lowering our stress.

Location: Liberty Hall, upstairs

Instructor/Facilitator: Gwendolyn Sluder (208-241-7058), gwendolynsluder@yahoo.com
Class Limit: 30

Harvesting the Fruits of Mindfulness (#3229)

Thursday: October 1 & 8; 10:00 – 11:30 AM

Mindfulness practices have been used by people worldwide for centuries to increase inner peace and wellness and to cope with change and difficulties. In this two-session course, participants will learn some simple ways to benefit our minds and bodies through mindful awareness and practices, including meditation and self-compassion. We will meet in person and online over Zoom.

Location: Portneuf Sangha Meditation Center, 424 W. Lewis, Pocatello and Zoom

Instructors: Paula and Tony Seikel

Facilitator: Barb Bain (208-232-3415), bainbarb@isu.edu
Class Limit: 25 in person, unlimited on Zoom

Health and Wildfires: Making the Most of your Idaho Autumn (#3894)

Friday: September 25; 10:30 AM – Noon

Every Idahoan knows the season, when the sunsets are blood red and the air is tinged with smoke. Wildfires are increasing in intensity and duration across the western US and all those fires can have an impact on your health. In this course we'll discuss some of the factors that are creating conditions for intense wildfires in our region, the potential health impacts from prolonged exposure to poor air quality from wildfires and ways to stay healthy during wildfire season.

Location: Liberty Hall and Zoom

Instructor: Daniel Stone, Esq. (Upper Snake River Tribes Foundation); Sunny Stone, MPH (Northwest Portland Area Indian Health Board)

Facilitator: Deanna Aslett (208-390-0389), deaslett@gmail.com

Managing Stress (#3701)

Tuesday: September 22 & December 1; 10:30 AM – Noon

Stress, whether acute or chronic, can significantly impact emotional and physical well-being. My speaking event focuses on managing stress, emotional resilience, and personal growth. I guide audiences in recognizing the effects of stress and share actionable coping strategies for a balanced, healthier life.

Location: Liberty Hall

Instructor: Kacheena Schramm, speaker/founder of Life Transformed, LLC

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 25

Nourish with Every Bite (#3895)

Wednesday: October 21; 1:30 – 3:00 PM

This course explores evidence-based nutrition basics of healthy eating focusing on nutrients important for the 50+ age group. Participants will learn how food choices impact energy, mental agility, aging, and quality of life. This interactive course will emphasize progress over perfection and encourage a positive, balanced approach to nutrition for the later stages in life.

Location: Liberty Hall and Zoom

Instructor: Misty Roberts, Registered Dietitian Nutritionist, Licensed Dietitian

Facilitator: Deanna Aslett (208-390-0389), deaslett@gmail.com

Class Limit: 40

Nutrition and Exercise Strategies for Preserving Muscle Mass During Perimenopause and Menopause (#3896)

Wednesday: September 9; 10:30 AM – Noon

This class provides evidence-based dietary and exercise recommendations for maintaining muscle mass during the menopause transition.

Location: Liberty Hall and Zoom

Instructor: Eunice Bivins, Nutrition MS student

Facilitator: Janean White (208-251-7289), whitejanean@gmail.com

Smart Nutrition for the Season (#3897)**Friday: November 13; 1:30 – 3:00 PM**

A practical and engaging nutrition course focused on making healthy choices during the busy holiday season. Participants will learn strategies for navigating holiday meals, parties, travel, and stress eating while enjoying favorite traditions. This course emphasizes balance over restriction and helps participants build sustainable habits that support health, energy, and enjoyment.

Location: Liberty Hall**Instructor:** Misty Roberts, Registered Dietitian Nutritionist, Licensed Dietitian**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**Class Limit:** 40**Sound Bath Music Bowls (#3540)****Section 1 – Thursday: October 22; 1:30 – 3:00 PM****Section 2 – Thursday: October 29; 1:30 – 3:00 PM****BOTH SECTIONS ARE THE SAME CLASS**

Phil Dugas has been engaged in sound healing therapy for over 15 years. While in India he experienced a physical injury and discovered the healing power of sound bowls, which healed his injury instantly. This experience led him to become a Certified Sound Bowl Practitioner. He shares these powerful healing vibrations weekly in Lava Hot Springs and works with Hospice supporting people confronting mortality. Along with quartz crystal and metal sound gongs, this combination affects different energy, which respond to specific tone vibrations. Sound Bowl Therapy is an ancient technology used to make a difference in emotional, physical, and spiritual healing. Bring a mat if you have one, some mats are available.

Location: Liberty Hall, upstairs**Instructor:** Phil Dugas, Certified Breathwork Facilitator**Facilitator:** Brenda Ehrler (801-554-9393), bl_ehrler@att.net**Class Limit:** 40**Stop the Bleed (#3333)****Thursday: November 5; 10:30 AM – Noon**

Teach participants how to handle minor to major bleeding situations. Stop the Bleed course is designed to teach people how to recognize life-threatening bleeding and respond quickly with techniques like applying pressure, packing wounds, and using a tourniquet. The goal is to empower bystanders to save lives before emergency responders arrive.

Location: Liberty Hall and Zoom**Instructors:** Kim Stouse, Community Risk Reduction Specialist for Pocatello Fire Department; Parker Williams, Injury Prevention Coordinator for Portneuf Medical Center
Facilitator: Scarlett Howe (208-840-9139), slhowe75@icloud.com**Thomas Geriatric Aging Symposium Preview (#3899)****Wednesday: September 30; 1:30 – 3:00 PM**

What Matters to Me: Shared Decisions in Health & Healing is a fun, interactive introduction to the Ginny Thomas Healthy Aging Symposium – what to expect, who you'll meet, and how to make the most of the day. You're the expert in your own health story. Come curious, leave confident!

Location: Liberty Hall and Zoom**Instructor:** Rylee O'Neill, MPA Idaho State University**Facilitator:** Phil Joslin (208-251-1951), phil.r.joslin@gmail.com**HISTORY****Celebrating 125 Years of Higher Learning (#3912)****Thursday: September 10; 1:30 – 3:00 PM**

This presentation will be about Idaho State University's 125th Anniversary celebration in 2026 and how everyone can be involved in the celebration.

Location: Liberty Hall and Zoom**Instructor:** Miriam Dance, Associate Vice President of Marketing and Communications; and/or Lee Ann Waldron, Executive Director of University Communications.**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com

If you see this black bar next to an event it is Information for NKA Members. There is no charge for these events.

Constitutional Fulfillment of Declaration of Independence?**Monday: August 17; 7:00 – 8:30 PM**

The Idaho Humanities Council and NKA present this America 250th Anniversary Presentation. In June 1776, the Continental Congress formed a drafting committee to compose a "common sense" explanation, in "terms so plain and firm, as to command assent for why the American colonies should dissolve all political connection" with Great Britain. What are these foundational principles and what have they meant to Americans and other peoples living under the burden of oppression and ignorance? How has the Declaration of Independence inspired Americans and others to overturn the power of tyrants and to fight for equality? Dr. Adler will discuss the Declaration of Independence and what it has meant to the United States and to the world.

Please invite a friend to join you for this celebration of our country's 250th Anniversary!

Location: Bengal Theatre, Idaho State University Student Union Building**Instructor:** Dr. David Adler, President of the Alturas Institute**Facilitator:** Sharon Manning (208-233-9425), manninsh@aol.com

From Academy to University (#3232)*Monday: October 19; 10:30 AM – Noon*

A visual tour through the history of Idaho State University from its beginning as The Academy of Idaho, a single building at the south end of 7th Avenue in 1901, to the campus it is today. The presentation includes information about the people for whom the buildings were named and views of the campus at various stages of its growth and development.

Location: Liberty Hall and Zoom**Instructor:** Arlen Walker, President of the Bannock County Historical Society**Facilitator:** Nancy Dafoe (208-596-0491), nancyd@uidaho.edu**History of Ireland (#3902)***Wednesday: October 28; 10:30 AM – Noon*

History of Ireland – early to present day

Location: Liberty Hall and Zoom**Instructor:** Robert Blackaby**Facilitator:** Trent Stephens (208-240-4994), stephenstrent7@gmail.com**Major John Howard and the Ox and Bucs on June 6, 1944: D-Day (#3903)***Monday: November 2; 10:30 AM – Noon*

A British light infantry company was the lead unit of a mission to secure bridges over the Caen Canal and the River Orne in Normandy just after midnight on June 6, 1944: D-Day. The Allies needed to take – and hold – these two bridges to prevent a failure of the D-Day landings. Gliders were used to deliver the unit to its objective. This presentation will be about that mission, including why the bridges are now called Pegasus and Horsa.

Location: Liberty Hall and Zoom**Instructor:** F.C. "Chuck" Humphrey, PhD, ISU Professor Emeritus**Facilitator:** Jane E. Humphrey, (208-540-2284), jehumphrey7@gmail.com**The Lindisfarne Gospels: A thousand stories in a single letter (#3906)***Friday: October 9; 1:30 – 3:00 PM*

The Lindisfarne Gospels an 8th-century Latin manuscript of the first four books of the New Testament,

is the fascinatingly elaborate work of a single scribe, the bishop of Lindisfarne in Northumbria. The product of years of arduous effort, this illustrative mixture of Celtic and Roman inspiration represents his inspired effort to bridge the rift between the two churches.

Location: Liberty Hall**Instructor:** Anne Boyack, adjunct instructor of English at ISU**Facilitator:** Debbie Castle (208-251-4275), castdeb2@gmail.com**Visiting the Land of the Pharaohs (#3904)***Tuesday: September 8; 10:30 AM – Noon*

Brad Bugger takes you to the pyramids and the ancient temples of the Egyptian dynasty.

Location: Liberty Hall and Zoom**Instructor:** Brad Bugger**Facilitator:** Nancy Dafoe (208-596-0491), nancyd@uidaho.edu**NATURE, SCIENCE & TECHNOLOGY****Apple Smart Watch: An Incredible Device (#3824)***Friday: November 20; 10:30 AM – Noon*

The Apple Smart Watch is a device with incredible capabilities which many of us have yet to unlock. This course focuses on the most important features available to you, without getting too technical. We will begin by setting up your watch properly and customizing it to your needs for safety, fitness, and convenience. Please bring your fully charged Apple Watch and iPhone with you to class.

Location: Liberty Hall**Instructor:** Jonathan Palmer, Owner/Operator of Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991), racegirl949@gmail.com**Aquarium and Exotic Pet Keeping (#3907)***Wednesday: September 9; 1:30 – 3:00 PM*

Keeping exotics and impacting the world.

Location: Liberty Hall and Zoom**Instructor:** Ross Gregersen, Aquatic Oasis owner**Facilitator:** Trent Stephens (208-240-4994), stephenstrent@gmail.com

Bee Farm (#3710)**Friday: September 25; 1:30 – 3:00 PM**

Get ready to be utterly bee-dazzled in this class that's all about BEEs! Journey with us into their magical miniature world. Uncover the secrets of their waggle dance language, the amazing architecture of their honeycombs, and how these tiny superheroes pollinate the flowers that bring us delicious fruits and veggies. We'll share enchanting stories and simple ways you can sprinkle a little bee-love into your world.

Location: Liberty Hall**Instructors:** Jody and David Perkins**Facilitator:** Sue Miller (208-993-1133)

millerpag@yahoo.com

Current Trends in Cybersecurity & Online Scams (#3711)**Friday: October 30; 10:30 AM – Noon**

Cybercriminals are constantly innovating new attacks. This course is a continuation of the version that was taught previously this year, with updates to reflect evolving trends. In this course we cover all manners of online scams, trickery, social engineering, and artificial intelligence (A.I) to better prepare the learner to recognize and prevent such attacks. Also covered are the steps to take if you have been victimized by such scams.

Location: Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner, Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)**From Idaho to Artemis: Forward to the Moon! (#3909)****Thursday: November 19; 1:30 – 3:00 PM**

The Artemis missions have ushered in an exciting new era of human spaceflight and exploration. Did you know that the Snake River Plain in Idaho has been playing a role in human exploration of the Moon since Apollo astronauts visited in the 1960's? Come learn about past, present, and future work being done in our neighborhood to support astronauts on the Moon, as well as updates from the recent Artemis II mission.

Location: Liberty Hall and Zoom**Instructor:** Shannon Kobs Nawotniak, Professor and Chair, Department of Geosciences at ISU**Facilitator:** Sharon Manning (208-233-9425), manninsh@aol.com**Fungi Foray Fundamentals (#3713)****Wednesday: September 16; 10:30 AM – Noon**

This course will cover the basic guidelines for a safe and successful hunt for wild fungi. We will discuss identification of edible mushrooms and how to recognize toxic fungi. The focus of this presentation will be on fall mushrooms in Southeast Idaho.

Location: Liberty Hall and Zoom**Instructor:** June Pounder, Ph.D./Unaffiliated**Facilitator:** TBD**Class Limit:** 40**Google Basics: Using Your Own Device (#3938)****Tuesday: October 13; 10:30 AM – Noon**

Learn how to get more out of Google using your personal electronic device. This beginner-friendly class is designed for people who are new to Google tools such as Gmail, Google Drive, Google Docs, and other Google apps, or want to feel more confident using them. The class will be hands-on, with guidance and time to practice on your own device. Please bring your Smartphone, tablet, and/or laptop; charging cord; Google account login information, or you can create an account during class.

Location: Liberty Hall and Zoom**Instructor:** Earla Durfee, retired Science teacher/ adjunct faculty ISU Geosciences and Physics**Facilitator:** Teresa Timpson (208-251-5831), Timpt160@gmail.com**Introduction to Windows 11 (#3714)****Friday: October 9; 10:30 AM – Noon**

This course is designed with the novice Windows user in mind. It is very similar to the version that was taught previously, but has been updated to cover new features that have since been released. Topics include basic keyboard/ mouse skills, as well as navigation, settings, desktop file management, and artificial intelligence (A.I.)

Location: Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner, Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)

iPhone 1.2 – An Introduction (#3716)*Section 1 - Thursday: October 8; 10:30 AM – Noon**Section 2 - Thursday: November 12; 10:30 AM – Noon****BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE***

This class focuses on getting the most out of your iPhone (non-Android) without getting too technical. Learn to set up your iPhone and use it efficiently, with a focus on helpful features for convenience, safety, and privacy. Based on the iPhone 1.1 class that was taught in Spring, with a few changes made for the benefit of those who have taken the course before. Be sure to bring your iPhone with you, and Apple ID Password if you have it.

Location: Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner/Operator of Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991), racegirl949@gmail.com**iPhone 2.2 – Intermediate Learning (#3719)***Section 1 - Thursday: October 15; 10:30 AM – Noon**Section 2 - Thursday: November 19; 10:30 AM - Noon****BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE***

This class picks up where the previous course left off (iPhone 1.2: An Introduction). Covering more advanced topics to help you get the most from your iPhone (non-Android). Based on the iPhone 2.1 class that was taught in the Spring, with a few changes made to benefit those who have taken the course before. Be sure to bring your iPhone with you, and Apple ID Password if you have it.

Location: Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner/Operator of Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991), racegirl949@gmail.com**iPhone Pics (#3721)***Thursday: October 22; 10:30 AM – Noon*

We take hundreds or even thousands of photos using

our smartphones. This course is designed to answer the real-world question of how to get those photos off the phone so they can be easily shared, transferred, or backed up safely. Designed with the novice/intermediate iPhone user in mind with a promise not to get too technical.

Location: Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner/Operator of Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991), racegirl949@gmail.com**Libby for Beginners – An Introductory Course (#3102)***Tuesday: October 6; 1:30 – 3:00 PM*

Meet Libby, the library reading app. With Libby, you can borrow free eBooks, digital audiobooks, and magazines from your library to read on your phone or tablet. If you are interested in learning how to get started with this app, then this is the class for you. We will walk you through downloading the app, signing in using your current library card information, and searching for available materials. Attendees will need to bring their devices as well as their library card information.

Location: Liberty Hall**Instructor/Facilitator:** Jackie Wood, Marshall Public Library (208-232-1263 ext.112), jwood@marshallpl.org**Class Limit:** 25**Microbiology in Your World (#3913)***Tuesday: October 6 & 20: 10:30 AM – Noon*

This two-session course will focus on the microorganisms that impact your life. The first session will be an introduction to Microbiology as a scientific discipline and cover viruses. The second session will be over bacteria and fungi important in the human world and the environment. Beneficial and pathogenic microbes will be discussed.

Location: Liberty Hall and Zoom**Instructor:** June Pounder, PhD/Unaffiliated**Facilitator:** TBD**Class Limit:** 40

Paws, Hooves, and Spines: A Live Look at Animal Chiropractic (#3914)**Monday: November 2; 5:30 – 6:30 PM**

Join us for an educational and interactive animal chiropractic demonstration with Dr. Kari Schultz of Hoof & Hound Chiropractic, LLC! We'll cover the science behind animal chiropractic, signs your pet may benefit from care, and what a gentle, safe adjustment looks like. The session will include a live demonstration and time for questions, helping you better understand how chiropractic care can keep your animals feeling and moving their best.

Location: Liberty Hall**Instructor/Facilitator:** Dr. Kari Schultz, DC (507-421-2493), drkari@drscountryhealth.com**Class Limit:** 30**Photographing Glacier Bay, Alaska (#3915)****Thursday: December 17; 1:30 – 3:00 PM**

This lecture describes a photography workshop conducted on a yacht to Glacier Bay, Alaska. Subjects include landscapes (skies, ocean, mountains, and glaciers), local flora, wildlife (e.g., puffins, sea lions, otters, brown bears, and whales), and Native American art.

Location: Liberty Hall and Zoom**Instructor:** Chuck Peterson**Facilitator:** Darcy Taylor (208-251-8001), daw32@live.com**SE Idaho Rockhounding and SEIGMS (#3916)****Thursday: November 12; 1:30 – 3:00 PM**

This class will be an introduction to rockhounding and lapidary and will describe the many ways to find and collect or purchase semi-precious gems and minerals, for specimens, or to be cut and polished, and embedded in jewelry and other art pieces. The class will also provide an overview of Southeast Idaho Gem and Mineral Society (SEIGMS) activities and events. Monthly club meetings are educational and fun.

Location: Liberty Hall and Zoom**Instructor:** John Evans, and other members of SEIGMS**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**The Science of Star Trek and Why No One Will Travel to the Stars in our Lifetimes (#3917)****Tuesday: November 10; 10:30 AM – Noon**

Sci-fi books, movies and TV is chock full of interstellar voyages, planetary colonization, and alien encounters.

Some are more plausible than others. We'll explore the "science" behind Star Trek and other well-known Sci-fi space adventures before turning to the real science and technology. Spoiler Alert: Warp Drive is not in our future. Join us as we voyage to where no one has gone before.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Jim Mariani (208-851-0842), jsm22553@yahoo.com**Volcanoes and Caves, Gem Valley/Soda Springs Area (Part 1) (#3918)****Monday: October 5; 10:30 AM – Noon**

Idaho has some of the most diverse geology of any state in the country. Come learn about some of the geologic features in and around Gem Valley, from volcanoes to lava tubes created by those volcanoes, to limestone caves and natural carbonated water. This class will be a learning experience of geologic time, past volcanic activity in our area, lava tubes, groundwater, and limestone caves. Go to the travel section for the field trip information, to visit features discussed in this class.

Location: Liberty Hall and Zoom**Instructor:** Earla Durfee, retired science teacher/ adjunct faculty, ISU Geosciences and Physics**Facilitator:** Teresa Timpson (208-251-5831), timpt160@gmail.com

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TOURISM & SIGHT-SEEING

NOTES: Fees for trips must be received thirty (30) days prior to scheduled departure date.

Trip payment, unless otherwise stated, includes all expenses, bus, meals, gratuities, admissions, and hotels.

Your reservation for the trip will be taken in order of payment, not registration. If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it. Fees are nonrefundable within the 30-day period prior to departure except for medical reasons. If you cancel for medical reasons, we will refund any monies that are not dedicated funds. Dedicated funds include bus costs and any nonrefundable deposits NKA has spent on the trip. There will be double occupancy cost, and a single occupancy cost.

PHYSICAL ACTIVITY LEVELS

Easy

- You prefer short walks and low-intensity activities.
- Walk about 1-2 miles maximum a day.
- On mostly flat, paved ground, or indoor surfaces
- Climb well-maintained stairs.
- Stand for short periods of time during guided tours and waiting lines.
- Manage your own luggage.
- Climb on and off the motor coach with little or no assistance.

Moderate

- You are comfortable keeping up on casual walks that are not too strenuous. Taking time to pause and enjoy the surroundings.
- Walk about 2-3 miles maximum a day.
- Be on mostly flat, paved ground with slight incline and stairs, but may encounter gravel or dirt paths.
- Climb stairs that are generally well-maintained.
- Stand for varying periods of time during guided tours and waiting lines.
- Manage your own luggage.
- Climb on and off the motor coach unassisted.

Challenging

- You are on the move on a regular basis and feel comfortable being out and about making new discoveries. Unfortunately, this tour may not be appropriate for individuals who use walkers or wheelchairs.
- Walk about 2-3 miles maximum a day.

- Be on varying terrain, such as city streets, gravel or dirt paths, stairs and hills.
- Climb stairs of varying heights, sometimes without handrails
- Stand for longer periods of time during walking tours and waiting lines.
- Manage your own luggage.
- Climb on and off the motor coach unassisted.

Wheelchairs and Walkers

- The motor coaches we reserve are not wheelchair accessible. If you are traveling in a wheelchair, you must have a travel companion with you that can push you.
- If you are traveling with a walker, you need to be able to board and deboard the motor coach. If you require assistance, you must have a travel companion with you that can assist you.
- Wheelchairs and walkers can be stored in the bottom of the motor coach during travel.
- If you require a seat at the front of the bus for mobility issues, please notify the facilitators in advance of the scheduled trip.
- Some venues may provide carts or scooters on a first come first serve basis. It is your responsibility to contact the venue to make these arrangements. The travel facilitators will be happy to provide you with venue contact information.

FIELD TRIPS

New Day and Helping People with Disabilities in East Idaho (#3925)

Thursday: September 10; 10:30 AM – Noon

This will be a tour of New Day Products. For over 50 years, New Day's mission has been to help people in Southeast Idaho with developmental and other disabilities to find employment and access to resources. This is a non-profit program, meaning that any profits made go directly toward supporting participants and the community.

Location: New Day Products, 1704 N. Main St., Pocatello
Instructor: Terry Frederickson; N.D. President, A.A. B.S. CADC, M.J.
Facilitator: Deanna Aslett (208-390-0389), deaslett@gmail.com
Class Limit: 40

Wings Among Wildflowers: A Guided Tour of the Sacajawea Pollinator Garden (#3927)

Tuesday: September 15; 11:00 AM

Join us for a delightful morning nature walk
(continues...)

(continued: Wings Among Wildflowers: A Guided Tour of the Sacajawea Pollinator Garden)

exploring the pollinator garden at Sacajawea Park! You'll have a chance to see a variety of bees, butterflies, beetles, hummingbirds, and other pollinators along with a vibrant display of blooming flowers. Please meet us at 11 AM by the Pollinator Garden signs, located near the park's entrance. Due to limited parking, carpooling is suggested, if possible. We recommend wearing comfortable shoes, bringing a hat, and dressing appropriately for any potential inclement weather.

Location: Sacajawea Park, Aspen Lane

Instructors: Linda Popelka, Certified Pollinator Steward, Certified Idaho Master naturalist; Deb Pein, Certified Idaho Master Naturalist, Founding Members of the Portneuf Pollinator Partnership

Facilitator: Deanna Aslett (208-390-0389), deaslett@gmail.com

Class Limit: 25

Common Invertebrate Fossils from Around Idaho (#3920)

Thursday: September 24; 10:30 AM – Noon

Collectible fossils are abundant across Idaho, especially in the south and central parts of the State. Learn to identify common marine invertebrate fossils and what they reveal about their ancient environment.

Location: Idaho Museum of Natural History, museum classroom, 698 E. Dillon St. – Parking in the General lot with the NKA parking permit or in the marked Museum parking spaces.

Instructor: Dr. Leif Tapanila, Professor of Geology; Director of IMNH

Facilitator: Geoff Hogander (208-232-3437), ghogande@yahoo.com

Class Limit: 40

Class Fee: None for the class. There will be a \$4.00 charge if you wish to tour the Museum's current display in the main gallery.

How and when to pay: Pay the cashier at the Museum entrance

Working Mini Donkey Ranch (#3929)

Section 1: Thursday: September 24; 11:30 AM – 1:30 PM

Section 2: Thursday: October 1; 11:30 AM – 1:30 PM

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Come to working mini-donkey ranch and see their operation and ask questions.

Location: 12893 Hawthorne Rd., Pocatello

Instructor/Facilitator: Sue Myers, owner (425-698-0404), moonshinemeadows@gmail.com

Class Limit: 10 per section

Nature Frozen in Time: Tour the Idaho Museum of Natural History (#3924)

Section 1: Tuesday: October 6; 10:00 – 11:30 AM

Section 2: Wednesday: October 7; 10:00 – 11:30 AM

Section 3: Thursday: October 8; 10:00 – 11:30 AM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

The role of museums as a locus for education, research, and the celebration of natural history is only possible thanks to what are often massive efforts to curate and preserve specimens. Get a glimpse of what happens at museums behind-the-scenes and the numerous challenges that come with caring for different types of biology collections – from frogs in jars to pressed plants. Tour the collection and learn about the tragedies, triumphs, and mysteries that lurk behind museum shelves.

Location: Idaho Museum of Natural History, museum classroom, 698 E. Dillon St. – Parking in the General lot with the NKA parking permit or in the marked Museum parking spaces.

Instructor: Dr. Indah B. Huegele, Life Sciences Collections Manager

Facilitator: Geoff Hogander (208-232-3437), ghogande@yahoo.com

Class Limit: 10

Class Fee: None for the class. There will be a \$4.00 charge if you wish to tour the Museum's current display in the main gallery.

How and when to pay: Pay the cashier at the Museum entrance

Walking Tour of Zoo Idaho (#3796)

Wednesday: October 7; 1:00 – 2:30 PM

Join us on a guided walking tour of Zoo Idaho. Learn about the animals on site and the ins and outs of zookeeping, etc. This is an outdoor event, dress appropriately with comfortable walking shoes.

Location: Zoo Idaho, 3000 S. 2nd Ave., Pocatello

Instructor: Dan Albrow, Education Curator, Zoo Idaho

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 20

Class Fee: \$15, includes admission price – pay upon arrival

Volcanoes and Caves, Gem Valley/Soda Springs Area (Part 2 – Geology Field Trip) (#3926)**Friday: October 9; 10:00 AM – 4:00 PM**

This is an all-day multi-stop field trip to visit the features discussed in Part 1.

Stop 1: Cinder volcano and lava tube, Niter Ice Cave in the Gem Valley near Grace
 Stop 2: Soda Springs geyser
 Stop 3: Hooper Springs, a natural carbonated water source Lunch
 Stop 4: Formation Springs Preserve and limestone cave

Activity Level: Easy to Challenging depending on what you want to do at each of the stops – We will discuss items needed for the field trip at the end of the lecture, Volcanoes and Caves, Part 1.

Location: Meet at the Lava Hot Springs Pool parking lot at 10 AM; travel to various spots during the day.
REMEMBER TO PACK A LUNCH!

Instructor: Earla Dufree, retired Science teacher/adjunct faculty, ISU Geosciences and Physics

Facilitator: Teresa Timpson (208-251-5831), timpt160@gmail.com

Class Limit: 25

Clean-up Sacajawea Park with Parks and Rec (#3919)**Thursday: October 15; 10:00 AM – Noon**

We have many nice river/greenway trails in Pocatello and they all need a little love. Join in helping spruce up the Sacajawea area as you explore the trail. Equipment and trash bags will be provided. Check out the Pollinator Garden while you're in the area.

Location: Sacajawea Park, Aspen Lane, Pocatello

Instructor: Cary Rhodes

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 15

Class Fee: None, donations appreciated

Fighting Hunger in Eastern Idaho: A Behind-the-Scenes Foodbank Experience (#3922)**Tuesday: October 13; 1:00 – 3:00 PM**

Participants will experience a behind-the-scenes look at how hunger relief works in Eastern Idaho through an engaging Idaho Foodbank volunteer session and guided facility tour. Guests will learn about food insecurity in our region, how community partnerships support neighbors in need and the impact volunteers have on hunger relief efforts. The class includes hands-on volunteer activities and opportunities for discussion and questions. Attendees should wear comfortable, close-toed shoes suitable for warehouse and volunteer activities.

Location: Idaho Food Bank, 555 S. First Ave., Pocatello

Instructor: Cassey Leatham, Eastern Idaho Regional Director

Facilitator: Deanna Aslett (208-390-0389), deaslett@gmail.com

Class Limit: 20

Full Moon Hike at the Nordic Center (#3923)**Monday: October 26; 6:30 – 9:00 PM**

If you like hiking and moonlight, you'll enjoy this hike at the Nordic Center during the Hunter's Moon. Dress according to the weather, wear sturdy shoes and bring a headlamp or flashlight just in case the moon hides.

Location: East Mink Creek Nordic Center, E. Fork Mink Creek Rd., Pocatello

Instructor: Cary Rhodes

Facilitator: Christine Brower (208-681-8483), christinebrower@hotmail.com

Class Limit: 15

Class Fee: \$5

How and When to Pay: Save your spot by getting your fee to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **October 19th**. Venmo available.

Winter Wonderland – Christmas Snow Village 2026 (#3928)**Friday: December 4; 1:30 – 3:00 PM**

It's the season to visit a Winter Wonderland that has been decades in the making. The instructors will discuss how the over 160 Christmas collection of houses came together, and how the display was put together. You will have an opportunity to tour the 2026 Christmas Village that has been donated to the Aslett Museum of Discovery.

Location: Museum of Clean, 711 S. 2nd Ave., Pocatello

Instructors: Rick and Mary Lou Aubrey, Owners and Creators of the Village

Facilitator: Sharon Manning (208-233-9425), manninsh@aol.com

Class Fee: \$5 – pay at the door

TRAVEL ADVENTURES**Malad/Samaria Welsh Festival (#3931)**

Friday: September 18; Meet at 9:00 am. for registration at Pocatello Regional Transit, 5815 South 5th Ave., Pocatello; Bus leaves at 9:30 am. Return to Pocatello at 5:30 pm

Come and learn more about the Welsh culture and traditions, while also enjoying the authentic Welsh cuisine. Lunch is on you own. Browse a variety of local artesian crafts and unique goods. We will then visit the Pioneer Museum, board the bus and enjoy a guided historical tour of the city.

Activity Level: Easy

(continues...)

(continued: *Malad/Samaria Welsh Festival*)

Departure Location: Pocatello Regional Transit, 5815 South 5th Ave., Pocatello

Instructor: Jean Thomas, Bus Guide for Malad

Facilitators: Sue Miller (208-993-1133),

millerpag@yahoo.com;

Kathryn Snyder (208-589-7853),

kathryns865@gmail.com

Class limit: 50

Class fee: \$42.00

How and When to Pay: Send checks made out to NKA, to Shanna Erickson, 3938 Aaron Lane, Pocatello, ID, 83202; (208-241-6825), sbaumgartner1517@yahoo.com by **August 21st**.

42nd Annual National Cowboy Poetry Gathering – Elko, NV (#3930)

Thursday – Sunday; January 28th – 31st, 2027; check in: 8:00 AM, depart 8:30 AM – returning January 31st at 3:00 PM

A step back in time to share the history and culture of the old west through music, poetry, and storytelling. “A celebration of creativity and holding a deep reverence for the wisdom of the generations that came before us.” The Gathering “reminds the wider world of the insight, resilience, and creativity rural places have always offered.” An authentic connection!! *Nationalcowboypoetry.org*

Activity Level: Moderate

Location: Pocatello Regional Transit, 5815 South 5th Ave., Pocatello

Facilitators: Kathryn Snyder (208-589-7853), kathryns865@gmail.com; Sue Miller (208-993-1133), millerpag@yahoo.com

Class limit: 40

Fee: Single Occupancy \$968.00 (please provide roommates information); Double Occupancy \$1,118.00

How and When to Pay: \$250.00 down payment due by **December 1st, 2026** to purchase show and entry tickets. Balance of \$718/\$868 due by **December 28, 2026**. Your reservation for the trip will be taken in order of payment, not registration. Make checks payable to NKA and send to: Shanna Erickson, 3938 Aaron Lane, Pocatello, ID, 83202 (208-241-6825).

WRITING & LITERATURE

Book and a Glass (#3372)

Thursday: October 1; November 5; December 3; 3:00 – 4:30 PM

Embark on another semester of reading with a group of book lovers. We will discuss the book of the month in small groups while enjoying a beverage and light snack our hostess Allyson will provide. Titles and authors for the fall semester are:

October 1 – *Covenant of Water* by Abraham Verghese

November 5 – *Theo of Golden* by Allen Levi

December 3 – *Twice* by Mitch Albom

Location: Café Tuscano, 2231 E. Center St., Pocatello

Instructor: Allyson Burnham

Facilitator: Sharon Manning (208-233-9425), manninsh@aol.com

Class Limit: 50

Class Fee: \$15 per person per session, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning at 830 Spyglass Point, Pocatello, ID 83204 by **September 18th**.

Writing Creatively – Fiction and Non-fiction (#3136)

Mondays: September 28 – December 14; 2:00 – 4:00 PM

Express yourself in writing. Chew over problems or ideas on your laptop or on paper. Invent a fantasy world. Recall your childhood. Journal. Vent. We write for an hour on ideas sparked by the writing prompts provided, or on any topic we choose, in any genre – memoirs, non-fiction, fiction, poetry, plays. During the second hour we take turns reading our creations. Reading our work is optional. We laugh a lot. Sometimes we’re extremely serious. Our encouraging, nonjudgmental environment helps everyone to become a better writer. Zoom or come in person.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Stephanie Gill (208-234-4184), (208-241-1990), sgillforterra@gmail.com

Class Limit: 14



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NEW KNOWLEDGE ADVENTURES

NKA MEMBERSHIP AND REGISTRATION FORM FALL 2026

☐ New Member ☐ Previous Member

PLEASE: PRINT NEATLY
SIGN BELOW COMPLETE ALL
FOUR PAGES FOR DAY ONE

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

Preferred method of registration receipt: ☐ Mailed ☐ E-mailed

REGISTRATION OPENS ON AUGUST 25TH & 26TH

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8380
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg. 777 Memorial Dr., Ste 184

3—Online:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3372

Fax: 208-282-5894; ATTN. Shirley

Your Registration

Membership \$65

per person/per semester

\$ _____

Parking Fee \$7/year

Only required on campus before 4 p.m.

\$ _____

TOTAL DUE

Make Checks Payable to ISU

\$ _____

NOTE: Some classes require additional fees that need to be paid at the first class or prior to the class to the instructor or facilitator. **ALL ISU craft shop class fees are to be pre-paid online, by phone or in person at the CEWT office.** Payment guarantees your spot in the class.

Membership Dues MUST Accompany

AGREEMENT AND RELEASE OF LIABILITY

In consideration for the opportunity to participate in this program, I willingly accept responsibility for all potential risks associated with my participation. I understand and acknowledge there are inherent and unanticipated risks that may include but are not limited to: risks of slip, trip, and fall incidents which could lead to sprains, strains, abrasions, contusions, dislocations, broken bones, head injuries; risks associated with transportation along with risk of weather conditions, and negligence of other drivers; risk of allergic reactions to environment, substances; risk of negligence from myself or others; and other foreseeable and unforeseeable risks that may occur that New Knowledge Adventures (NKA) cannot specifically anticipate and list here. I choose to participate despite the risks. I release, indemnify, and hold harmless NKA and Idaho State University (ISU) from any and all liability for injuries, damages, or causes of action of any nature that may arise out of my participation in this program. I also agree that this release shall be binding not only on myself but also on my heirs, personal representatives, and assigns.

☐ I agree, to be fully responsible for my conduct and to act at all times in a manner which does not jeopardize the safety of myself or others. I have reviewed the program description and verify I have no physical or mental condition which would endanger myself or others by my participation in this activity. I understand that NKA reserves the right to exclude my participation in this program if my participation or behavior is deemed detrimental to the safety or welfare of others. I agree to follow all program rules, instructions, safety protocols, and proper use of any equipment. I acknowledge that Idaho State University is not actively involved in the planning or execution of these activities.

☐ I acknowledge NKA does not provide health and accident insurance for participants and I agree to be financially responsible for my own medical expenses. I further agree that in the event emergency medical treatment becomes necessary and I am unable to communicate, NKA staff or emergency medical personnel may authorize or conduct treatment or care on my behalf as appears reasonable under the circumstances.

☐ I also grant NKA & ISU the right to take and use photographs or video footage of me during this program for its educational or promotional purposes, including on university websites or on social media.

I do assume responsibility for my participation in class and will call 208-282-3372 if I cannot attend.

Date: _____ NKA Member or Participant Signature: _____



DAY ONE REGISTRATION FORM

LIMITED TO 20 CLASSES TOTAL! USE DAY TWO FORM TO ADD MORE THAN 20.

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

NOTE: Classes are filled on a first-registered, first-served basis. Please cancel ASAP if you are signed up for a program and cannot attend. Lecture-style classes will also be available via Zoom. Crafts & Hobbies, Fitness & Motion, Food & Beverage, and Games classes will be held in-person, unless designated otherwise in the catalog description. Lecture classes offered in Zoom will be available to all members. Instructions for accessing the course will be emailed to you or you can check: cetrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.



Please use scissors on the dotted line to remove your registration pages from the book, so that our office staff can work with your registration information more efficiently

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

ART, MUSIC & THEATER

- ☐ Creating Community Theater (#3843)
- ☐ Marching Band: How to with Director of Bands Luke Strother (#3844)
- ☐ NKA Annual Christmas Party Skit (#3303)
- ☐ Preview to the Play: Peace, Love and Cupcakes (#3884)
- ☐ Preview to the Play: The Play That Goes Wrong (#3848)
- ☐ | ☐ Preview to the Symphony (#3322)
- ☐ The Music of Radiohead with Jon Armstrong and Jenna McLean (#3845)

ISU CRAFT SHOP CLASSES**IN-PERSON (ALL CLASSES)**

For those taking ISU craft shop classes, **prepayment is required** at time of enrollment. Cancellations **will NOT be reimbursed unless a replacement for your seat is found**. Emergencies are an exception. **Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.**

- ☐ ISU Craft Shop Give it a Whirl: Try Pottery on the Wheel **Pre-Pay \$50** nonrefundable (#3846)
- ☐ ISU Craft Shop Mosaic Serving Tray **Pre-Pay \$40** nonrefundable (#3847)
- ☐ ISU Craft Shop Needle Felted Bird **Pre-Pay \$30** nonrefundable (#3850)
- ☐ ISU Craft Shop Needle Felted Jack O'Lantern **Pre-Pay \$30** nonrefundable (#3851)
- ☐ ISU Craft Shop Silk Painting **Pre-Pay \$30** nonrefundable (#3852)

CRAFTS & HOBBIES**IN-PERSON (ALL CLASSES)**

- ☐ Beginning and Intermediate Knitting (#3135)
- ▼ Bird Feeders (#3395)
Section: ☐ 1 ☐ 2 ☐ 3

- ▼ Centerpiece (#3853)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Christmas Cards (#3960)
- ☐ Creative Cards (#3739)
- ☐ Crochet 102 (#3309)
- ☐ Flowers with L.D. – Halloween Bouquet (#3487)
- ☐ Fun with Crochet (#3401)
- ☐ Fun with Granny Squares (#3854)
- ☐ Fused Glass Christmas Candle (#3407)
- ☐ Fused Glass Turkey (#3855)
- ▼ Holiday Centerpiece (#3856)
Section: ☐ 1 ☐ 2 ☐ 3
- Introduction to Zentangle™ Art Method Techniques (#3858)
- ☐ Knitting on Looms (#3551)
- ☐ Lap Blanket Service Group (#3196)
- ▼ Monster Books (#3859)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Mosaic Trivet (#3860)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Origami for Grandparents (#3861)
Section: ☐ 1 ☐ 2
- ▼ Origami Kusudama (#3155)
Section: ☐ 1 ☐ 2
- ☐ Paint Still Life (#3804)
- ☐ Paint with Acrylics (#3198)
- ▼ Painted Picture (#3862)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Painting with Balloons (#3863)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Polymer Clay Beads (#3864)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Quilling (#3220)
- ▼ Santa Gnome (#3865)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Snow Crystals Fused Glass (#3866)
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ▼ Stained Glass Circular Landscape (#3867)
Section: ☐ 1 ☐ 2



- ▼ Suncatcher (#3868)
 Section: ☐ 1 ☐ 2 ☐ 3
☐ Woodcarving, Advanced (#3558)

FITNESS & MOTION

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ 2 Mile Walking Video – Inside (#3810)
☐ Chair Yoga (#3640)
☐ Fit and Fall Proof™ (#3106)
☐ Line Dancing, STARTER (#3013)
☐ Line Dancing, Beginning 1 (#3111)
☐ Line Dancing, Beginning 2 (#3112)
☐ Line Dancing, Intermediate (#3113)
☐ Line Dancing, Advanced (#3819)
☐ Line Dancing, “Oldies but Goodies” (#3110)
☐ Line Dancing at the Senior Center (#3939)
☐ Progressive Kayaking with Pocatello Parks & Recreation (#3668)
☐ | ☐ Qigong (#3282)
 ▼ Square Dance (#3105)
 Section: ☐ 1 ☐ 2
 ▼ Strength Training – An Introduction (#3557)
 Section: ☐ 1 ☐ 2
☐ Swing Dance Workshop (#3869)
☐ Tai Chi Chih, Beginning (#3103)
☐ | ☐ Tai Chi Chih, Advanced (#3104)
☐ Water Aerobics (#3265)
☐ Zumba Gold® (#3952)

FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Food Sensation (#3870)
 ▼ Jalapeño Bread at the Temple (#3871)
 Section: ☐ 1 ☐ 2
☐ Jim Dandy Brewing – Tour and Beer Tasting (#3574)
☐ Off the Rails Brewing – Beer Tasting (#3422)
☐ Wine Pairing at PV's Uncorked (#3943)
☐ Wine Pairing at the Yellowstone (#3642)
 ▼ Wine Tasting at Café Tuscano (#3120)
 Section: ☐ 1 ☐ 2
☐ Wine Tasting at Gate City Coffee & Wine Bistro (#3276)

GAMES

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Bridge Practice! Be Competitive (#3874)
☐ Bridge Practice! Let's Bid Slam (#3875)
☐ Bridge Practice! The Basics (#3128)
 ▼ Lunch and Games (#3126)
 Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
☐ Mahjong (#3125)
☐ | ☐ Team Trivia (#3014)

- ☐ Texas Hold'em II (#3269)

GENERAL INTEREST

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ 107 Days at Sea: The Journey That Changed Everything (#3876)
☐ | ☐ “A Brief History of Earth” (#3878)
☐ AARP Driver Safety “Smart Driver” Course (#3877)
☐ | ☐ Adventures in Tunisia (#3935)
☐ | ☐ American Politics and Human Rights (#3879)
☐ | ☐ Are You or a Family Member an Idaho Downwinder? (#3934)
☐ | ☐ Continuing as a Legacy of Service in Today's DAR (#3937)
☐ | ☐ Glen Allen Projects (GAP): Where Art Saves Lives (#3881)
☐ | ☐ Hot Topics (#3827)
☐ | ☐ Immigration Policy in the US: Histories and Realities (#3882)
☐ Intro to Medicare (#3905)
☐ Intro to Spanish (#3883)
☐ | ☐ Make a Difference with ISU's AmeriCorps Seniors RSVP Program! (#3885)
☐ Medicare Updates (#3121)
☐ | ☐ Minor League Baseball in America, Being a Team Owner in the Northern Utah League (#3886)
☐ | ☐ Our Ageing World (#3887)
☐ River Cruising in Europe (#3888)
☐ | ☐ Rural Living Today (#3889)
☐ | ☐ Spirit of Indian Relay Racing (#3890)
☐ The Psychology of Chance Encounters and Fortuitous Events – As Explained by Quantum Mechanics (#3815)
☐ | ☐ Three Weeks in Namibia (#3892)
☐ | ☐ Tramping the Woods with Henry David Thoreau (#3933)

HEALTH & WELLNESS

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Brain Gym for Vision (#3524)
☐ Breathwork Detox (#3624)
☐ | ☐ Everything You Ever Wanted to Know About Healthy City, USA (#3319)
☐ | ☐ Falls and Fire Prevention (#3893)
☐ Food as Medicine: Plant Based Cooking for Health (#3821)
☐ | ☐ General Injury Care and Prevention for Older Adults (#3520)



- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ☐ Harvesting the Fruits of Mindfulness (#3229)
- ☐ | ☐ Health and Wildfires: Making the Most of Your Idaho Autumn (#3894)
- ☐ Managing Stress (#3701)
- ☐ | ☐ Nourish with Every Bite (#3895)
- ☐ | ☐ Nutrition and Exercise Strategies for Preserving Muscle Mass During Perimenopause and Menopause (#3896)
- ☐ Smart Nutrition for the Season (#3897)
- ▼ Sound Bath Music Bowls (#3540)
Section: ☐ 1 ☐ 2
- ☐ | ☐ Stop the Bleed (#3333)
- ☐ | ☐ Thomas Geriatric Aging Symposium Preview (#3899)

HISTORY

IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Celebrating 125 Years of Higher Learning (#3912)
- ☐ | ☐ From Academy to University (#3232)
- ☐ | ☐ History of Ireland (#3902)
- ☐ | ☐ Major John Howard and the Ox and Bucs on June 6, 1944: D-Day (#3903)
- ☐ The Lindisfarne Gospels: A thousand stories in a single letter (#3906)
- ☐ | ☐ Visiting the Land of the Pharaohs (#3904)

NATURE, SCIENCE, & TECHNOLOGY

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Apple Smart Watch: An Incredible Device (#3824)
- ☐ | ☐ Aquarium and Exotic Pet Keeping (#3907)
- ☐ Bee Farm (#3710)
- ☐ | ☐ Current Trends in Cybersecurity & Online Scams (#3711)
- ☐ | ☐ From Idaho to Artemis: Forward to the Moon! (#3909)
- ☐ | ☐ Fungi Foray Fundamentals (#3713)
- ☐ | ☐ Google Basics: Using Your Own Device (#3938)
- ☐ | ☐ Introduction to Windows 11 (#3714)
- ☐ | ☐ iPhone 1.2 – An Introduction (#3716)
Section: ☐ 1 ☐ 2
- ☐ | ☐ iPhone 2.2 – Intermediate Learning (#3719)
Section: ☐ 1 ☐ 2
- ☐ | ☐ iPhone Pics (#3721)
- ☐ Libby for Beginners: An Introductory Course (#3102)

- ☐ | ☐ Microbiology in Your World (#3913)
- ☐ Paws, Hooves, and Spines: A Live Look at Animal Chiropractic (#3914)
- ☐ | ☐ Photographing Glacier Bay, Alaska (#3915)
- ☐ | ☐ SE Idaho Rockhounding and SEIGMS (#3916)
- ☐ | ☐ The Science of Star Trek and Why No One Will Travel to the Stars in our Lifetime (#3917)
- ☐ | ☐ Volcanoes and Caves, Gem Valley/Soda Springs Area (Part 1) (#3918)

FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ New Day and Helping People with Disabilities in East Idaho (#3925)
- ☐ Wings Among Wildflowers: A Guided Tour of the Sacajawea Pollinator Garden (#3927)
- ☐ Common Invertebrate Fossils from Around Idaho (#3920)
- ▼ Working Mini-Donkey Ranch (#3929)
Section: ☐ 1 ☐ 2
- ▼ Nature Frozen in Time: Tour the Idaho Museum of Natural History (#3924)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Walking Tour of Zoo Idaho (#3796)
- ☐ Volcanoes and Caves, Gem Valley/Soda Springs Area (Part 2) – Geology Field Trip (#3926)
- ☐ Clean-up Sacajawea Park with Parks and Rec (#3919)
- ☐ Fighting Hunger in Eastern Idaho: A Behind the Scenes Foodbank Experience (#3922)
- ☐ Full Moon Hike at the Nordic Center (#3923)
- ☐ Winter Wonderland – Christmas Snow Village 2026 (#3928)

TRAVEL ADVENTURES

IN-PERSON (ALL CLASSES)

- ☐ Malad/Samaria Welsh Festival (#3931)
- ☐ 42nd Annual National Cowboy Poetry Gathering – Elko, NV (#3930)

WRITING & LITERATURE

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Book and a Glass (#3372)
- ☐ | ☐ Writing Creatively - Fiction and Non-Fiction (#3136)



NEW KNOWLEDGE ADVENTURES

NKA MEMBERSHIP AND REGISTRATION FORM FALL 2026

☐ New Member ☐ Previous Member

PLEASE: PRINT NEATLY
SIGN BELOW COMPLETE ALL
FOUR PAGES FOR DAY ONE

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

Preferred method of registration receipt: ☐ Mailed ☐ E-mailed

REGISTRATION OPENS ON AUGUST 25TH & 26TH

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8380
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg. 777 Memorial Dr., Ste 184

3—Online:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3372

Fax: 208-282-5894; ATTN. Shirley

Your Registration

Membership \$65

per person/per semester \$ _____

Parking Fee \$7/year

Only required on campus before 4 p.m. \$ _____

TOTAL DUE

Make Checks Payable to ISU

\$ _____

NOTE: Some classes require additional fees that need to be paid at the first class or prior to the class to the instructor or facilitator. **ALL ISU craft shop class fees are to be pre-paid online, by phone or in person at the CEWT office. Payment guarantees your spot in the class.**

Membership Dues MUST Accompany

AGREEMENT AND RELEASE OF LIABILITY

In consideration for the opportunity to participate in this program, I willingly accept responsibility for all potential risks associated with my participation. I understand and acknowledge there are inherent and unanticipated risks that may include but are not limited to: risks of slip, trip, and fall incidents which could lead to sprains, strains, abrasions, contusions, dislocations, broken bones, head injuries; risks associated with transportation along with risk of weather conditions, and negligence of other drivers; risk of allergic reactions to environment, substances; risk of negligence from myself or others; and other foreseeable and unforeseeable risks that may occur that New Knowledge Adventures (NKA) cannot specifically anticipate and list here. I choose to participate despite the risks. I release, indemnify, and hold harmless NKA and Idaho State University (ISU) from any and all liability for injuries, damages, or causes of action of any nature that may arise out of my participation in this program. I also agree that this release shall be binding not only on myself but also on my heirs, personal representatives, and assigns.

☐ I agree, to be fully responsible for my conduct and to act at all times in a manner which does not jeopardize the safety of myself or others. I have reviewed the program description and verify I have no physical or mental condition which would endanger myself or others by my participation in this activity. I understand that NKA reserves the right to exclude my participation in this program if my participation or behavior is deemed detrimental to the safety or welfare of others. I agree to follow all program rules, instructions, safety protocols, and proper use of any equipment. I acknowledge that Idaho State University is not actively involved in the planning or execution of these activities.

☐ I acknowledge NKA does not provide health and accident insurance for participants and I agree to be financially responsible for my own medical expenses. I further agree that in the event emergency medical treatment becomes necessary and I am unable to communicate, NKA staff or emergency medical personnel may authorize or conduct treatment or care on my behalf as appears reasonable under the circumstances.

☐ I also grant NKA & ISU the right to take and use photographs or video footage of me during this program for its educational or promotional purposes, including on university websites or on social media.

I do assume responsibility for my participation in class and will call 208-282-3372 if I cannot attend.

Date: _____ NKA Member or Participant Signature: _____



DAY TWO REGISTRATION FORM

USE DAY TWO FORM TO ADD MORE THAN 20.

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

NOTE: Classes are filled on a first-registered, first-served basis. Please cancel ASAP if you are signed up for a program and cannot attend. Lecture-style classes will also be available via Zoom. Crafts & Hobbies, Fitness & Motion, Food & Beverage, and Games classes will be held in-person, unless designated otherwise in the catalog description. Lecture classes offered in Zoom will be available to all members. Instructions for accessing the course will be emailed to you or you can check: cettrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.



Please use scissors on the dotted line to remove your registration pages from the book, so that our office staff can work with your registration information more efficiently

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

ART, MUSIC & THEATER

- ☐ Creating Community Theater (#3843)
- ☐ Marching Band: How to with Director of Bands Luke Strother (#3844)
- ☐ NKA Annual Christmas Party Skit (#3303)
- ☐ Preview to the Play: Peace, Love and Cupcakes (#3884)
- ☐ Preview to the Play: The Play That Goes Wrong (#3848)
- ☐ | ☐ Preview to the Symphony (#3322)
- ☐ The Music of Radiohead with Jon Armstrong and Jenna McLean (#3845)

ISU CRAFT SHOP CLASSES**IN-PERSON (ALL CLASSES)**

For those taking ISU craft shop classes, **prepayment is required** at time of enrollment. Cancellations **will NOT be reimbursed unless a replacement for your seat is found**. Emergencies are an exception. **Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.**

- ☐ ISU Craft Shop Give it a Whirl: Try Pottery on the Wheel **Pre-Pay \$50** nonrefundable (#3846)
- ☐ ISU Craft Shop Mosaic Serving Tray **Pre-Pay \$40** nonrefundable (#3847)
- ☐ ISU Craft Shop Needle Felted Bird **Pre-Pay \$30** nonrefundable (#3850)
- ☐ ISU Craft Shop Needle Felted Jack O'Lantern **Pre-Pay \$30** nonrefundable (#3851)
- ☐ ISU Craft Shop Silk Painting **Pre-Pay \$30** nonrefundable (#3852)

CRAFTS & HOBBIES**IN-PERSON (ALL CLASSES)**

- ☐ Beginning and Intermediate Knitting (#3135)
- ▼ Bird Feeders (#3395)
Section: ☐ 1 ☐ 2 ☐ 3

- ▼ Centerpiece (#3853)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Christmas Cards (#3960)
- ☐ Creative Cards (#3739)
- ☐ Crochet 102 (#3309)
- ☐ Flowers with L.D. – Halloween Bouquet (#3487)
- ☐ Fun with Crochet (#3401)
- ☐ Fun with Granny Squares (#3854)
- ☐ Fused Glass Christmas Candle (#3407)
- ☐ Fused Glass Turkey (#3855)
- ▼ Holiday Centerpiece (#3856)
Section: ☐ 1 ☐ 2 ☐ 3
Introduction to Zentangle™ Art Method Techniques (#3858)
- ☐ Knitting on Looms (#3551)
- ☐ Lap Blanket Service Group (#3196)
- ▼ Monster Books (#3859)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Mosaic Trivet (#3860)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Origami for Grandparents (#3861)
Section: ☐ 1 ☐ 2
- ▼ Origami Kusudama (#3155)
Section: ☐ 1 ☐ 2
- ☐ Paint Still Life (#3804)
- ☐ Paint with Acrylics (#3198)
- ▼ Painted Picture (#3862)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Painting with Balloons (#3863)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Polymer Clay Beads (#3864)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Quilling (#3220)
- ▼ Santa Gnome (#3865)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Snow Crystals Fused Glass (#3866)
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ▼ Stained Glass Circular Landscape (#3867)
Section: ☐ 1 ☐ 2



- ▼ Suncatcher (#3868)
 Section: ☐ 1 ☐ 2 ☐ 3
☐ Woodcarving, Advanced (#3558)

FITNESS & MOTION

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ 2 Mile Walking Video – Inside (#3810)
☐ Chair Yoga (#3640)
☐ Fit and Fall Proof™ (#3106)
☐ Line Dancing, STARTER (#3013)
☐ Line Dancing, Beginning 1 (#3111)
☐ Line Dancing, Beginning 2 (#3112)
☐ Line Dancing, Intermediate (#3113)
☐ Line Dancing, Advanced (#3819)
☐ Line Dancing, “Oldies but Goodies” (#3110)
☐ Line Dancing at the Senior Center (#3939)
☐ Progressive Kayaking with Pocatello Parks & Recreation (#3668)
☐ | ☐ Qigong (#3282)
 ▼ Square Dance (#3105)
 Section: ☐ 1 ☐ 2
 ▼ Strength Training – An Introduction (#3557)
 Section: ☐ 1 ☐ 2
☐ Swing Dance Workshop (#3869)
☐ Tai Chi Chih, Beginning (#3103)
☐ | ☐ Tai Chi Chih, Advanced (#3104)
☐ Water Aerobics (#3265)
☐ Zumba Gold® (#3952)

FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Food Sensation (#3870)
 ▼ Jalapeño Bread at the Temple (#3871)
 Section: ☐ 1 ☐ 2
☐ Jim Dandy Brewing – Tour and Beer Tasting (#3574)
☐ Off the Rails Brewing – Beer Tasting (#3422)
☐ Wine Pairing at PV's Uncorked (#3943)
☐ Wine Pairing at the Yellowstone (#3642)
 ▼ Wine Tasting at Café Tuscano (#3120)
 Section: ☐ 1 ☐ 2
☐ Wine Tasting at Gate City Coffee & Wine Bistro (#3276)

GAMES

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Bridge Practice! Be Competitive (#3874)
☐ Bridge Practice! Let's Bid Slam (#3875)
☐ Bridge Practice! The Basics (#3128)
 ▼ Lunch and Games (#3126)
 Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
☐ Mahjong (#3125)
☐ | ☐ Team Trivia (#3014)

- ☐ Texas Hold'em II (#3269)

GENERAL INTEREST

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ 107 Days at Sea: The Journey That Changed Everything (#3876)
☐ | ☐ “A Brief History of Earth” (#3878)
☐ AARP Driver Safety “Smart Driver” Course (#3877)
☐ | ☐ Adventures in Tunisia (#3935)
☐ | ☐ American Politics and Human Rights (#3879)
☐ | ☐ Are You or a Family Member an Idaho Downwinder? (#3934)
☐ | ☐ Continuing as a Legacy of Service in Today's DAR (#3937)
☐ | ☐ Glen Allen Projects (GAP): Where Art Saves Lives (#3881)
☐ | ☐ Hot Topics (#3827)
☐ | ☐ Immigration Policy in the US: Histories and Realities (#3882)
☐ Intro to Medicare (#3905)
☐ Intro to Spanish (#3883)
☐ | ☐ Make a Difference with ISU's AmeriCorps Seniors RSVP Program! (#3885)
☐ Medicare Updates (#3121)
☐ | ☐ Minor League Baseball in America, Being a Team Owner in the Northern Utah League (#3886)
☐ | ☐ Our Ageing World (#3887)
☐ River Cruising in Europe (#3888)
☐ | ☐ Rural Living Today (#3889)
☐ | ☐ Spirit of Indian Relay Racing (#3890)
☐ The Psychology of Chance Encounters and Fortuitous Events – As Explained by Quantum Mechanics (#3815)
☐ | ☐ Three Weeks in Namibia (#3892)
☐ | ☐ Tramping the Woods with Henry David Thoreau (#3933)

HEALTH & WELLNESS

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Brain Gym for Vision (#3524)
☐ Breathwork Detox (#3624)
☐ | ☐ Everything You Ever Wanted to Know About Healthy City, USA (#3319)
☐ | ☐ Falls and Fire Prevention (#3893)
☐ Food as Medicine: Plant Based Cooking for Health (#3821)
☐ | ☐ General Injury Care and Prevention for Older Adults (#3520)



- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ☐ Harvesting the Fruits of Mindfulness (#3229)
- ☐ | ☐ Health and Wildfires: Making the Most of Your Idaho Autumn (#3894)
- ☐ Managing Stress (#3701)
- ☐ | ☐ Nourish with Every Bite (#3895)
- ☐ | ☐ Nutrition and Exercise Strategies for Preserving Muscle Mass During Perimenopause and Menopause (#3896)
- ☐ Smart Nutrition for the Season (#3897)
- ▼ ☐ Sound Bath Music Bowls (#3540)
Section: ☐ 1 ☐ 2
- ☐ | ☐ Stop the Bleed (#3333)
- ☐ | ☐ Thomas Geriatric Aging Symposium Preview (#3899)

HISTORY

IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Celebrating 125 Years of Higher Learning (#3912)
- ☐ | ☐ From Academy to University (#3232)
- ☐ | ☐ History of Ireland (#3902)
- ☐ | ☐ Major John Howard and the Ox and Bucs on June 6, 1944: D-Day (#3903)
- ☐ The Lindisfarne Gospels: A thousand stories in a single letter (#3906)
- ☐ | ☐ Visiting the Land of the Pharaohs (#3904)

NATURE, SCIENCE, & TECHNOLOGY

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Apple Smart Watch: An Incredible Device (#3824)
- ☐ | ☐ Aquarium and Exotic Pet Keeping (#3907)
- ☐ Bee Farm (#3710)
- ☐ | ☐ Current Trends in Cybersecurity & Online Scams (#3711)
- ☐ | ☐ From Idaho to Artemis: Forward to the Moon! (#3909)
- ☐ | ☐ Fungi Foray Fundamentals (#3713)
- ☐ | ☐ Google Basics: Using Your Own Device (#3938)
- ☐ | ☐ Introduction to Windows 11 (#3714)
- ☐ | ☐ iPhone 1.2 – An Introduction (#3716)
Section: ☐ 1 ☐ 2
- ☐ | ☐ iPhone 2.2 – Intermediate Learning (#3719)
Section: ☐ 1 ☐ 2
- ☐ | ☐ iPhone Pics (#3721)
- ☐ Libby for Beginners: An Introductory Course (#3102)

- ☐ | ☐ Microbiology in Your World (#3913)
- ☐ Paws, Hooves, and Spines: A Live Look at Animal Chiropractic (#3914)
- ☐ | ☐ Photographing Glacier Bay, Alaska (#3915)
- ☐ | ☐ SE Idaho Rockhounding and SEIGMS (#3916)
- ☐ | ☐ The Science of Star Trek and Why No One Will Travel to the Stars in our Lifetime (#3917)
- ☐ | ☐ Volcanoes and Caves, Gem Valley/Soda Springs Area (Part 1) (#3918)

FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ New Day and Helping People with Disabilities in East Idaho (#3925)
- ☐ Wings Among Wildflowers: A Guided Tour of the Sacajawea Pollinator Garden (#3927)
- ☐ Common Invertebrate Fossils from Around Idaho (#3920)
- ▼ ☐ Working Mini-Donkey Ranch (#3929)
Section: ☐ 1 ☐ 2
- ▼ ☐ Nature Frozen in Time: Tour the Idaho Museum of Natural History (#3924)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Walking Tour of Zoo Idaho (#3796)
- ☐ Volcanoes and Caves, Gem Valley/Soda Springs Area (Part 2) – Geology Field Trip (#3926)
- ☐ Clean-up Sacajawea Park with Parks and Rec (#3919)
- ☐ Fighting Hunger in Eastern Idaho: A Behind the Scenes Foodbank Experience (#3922)
- ☐ Full Moon Hike at the Nordic Center (#3923)
- ☐ Winter Wonderland – Christmas Snow Village 2026 (#3928)

TRAVEL ADVENTURES

IN-PERSON (ALL CLASSES)

- ☐ Malad/Samaria Welsh Festival (#3931)
- ☐ 42nd Annual National Cowboy Poetry Gathering – Elko, NV (#3930)

WRITING & LITERATURE

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Book and a Glass (#3372)
- ☐ | ☐ Writing Creatively - Fiction and Non-Fiction (#3136)



NEW KNOWLEDGE ADVENTURES RESOURCES

AID FOR FRIENDS DAY RESOURCE CENTER & EMERGENCY SHELTER

(208) 232-5669
209 E Lewis, Pocatello, Idaho 83201

AREA 5 AGENCY ON AGING

- Supplemental Food Program (CFSP)
- Idaho Family Caregiver Support Program
- Lifespan Respite, Dementia Capable
- Senior community Service Employment Program Medicare Improvements for Parents and Providers (MIPPA)
- Adult Protective Services Ombudsman
- Medicare Fraud (SMP) Legal Assistance

HEALTH WEST

(208) 232-7862
500 S. 11th Ave. Ste. 400 Pocatello, Idaho
Healthcare services are offered on a sliding fee scale

IDAHO FOOD BANK

<https://idahofoodbank.org/>
Listing of food distribution locations and free meals.

POCATELLO FREE CLINIC

(208) 233-6245
1001 N. 7th Ave #155 Pocatello, Idaho
Clinic provides free medical and dental care, including labs and prescriptions, to those who are uninsured and below 300% of the Federal Poverty Level.

POCATELLO REGIONAL TRANSIT

(208) 234-A-BUS (2287)
Para transit Transportation Services contact
208-232-0111

(Door-To-Door Line) \$2.00 per the Area Agency on Aging. PRT also has Saturday service from 9:00am to 5:00pm and requires a \$2.00 per-trip
Non-Emergency Medical Transportation (NEMT) Services contact MTM (1-877-503-1261)

SEICA SOUTHEAST IDAHO COMMUNITY ACTION AGENCY

(208) 232-1114
Fax: (208) 233-8122
information@seicaa.org
Energy Assistance, Meals on Wheels, Housing, Weatherization
Dial 2-1-1 for Information
Nextdoor app. Local help from Neighbors

SENIOR ACTIVITY CENTER POCATELLO

(208) 233-1212
427 N 6TH Avenue
senioractivities@ida.net

Center provides daily nutritional meals and supports nutritional, physical, cognitive and socialization activities that will serve our senior population.



Idaho State
University

Continuing Education
and Workforce Training

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NEW KNOWLEDGE ADVENTURES

Continuing Education/Workforce Training

921 S. 8th Ave., Stop 8380
Pocatello, ID 83209-8380

CD ASP045



MAILING: 921 S. 8th Ave., Stop 8380
OFF CES: 777 Memorial Drive, #48
208-262-3372 or 208-262-3155
EMAIL: ctrain@isu.edu
WEB: ctrain.isu.edu/nka

NKA Learning was logo by Anne Lindagrell