

Friends for Learning. Inc

Course Catalog

Spring 2022

Registration for Spring 2022 begins January 19, 9:00 a.m. and continues throughout the semester.

Registration online: Go to friendsforlearning.com or cetrain.isu.edu. You will be able to register at either site. If you would like help registering, join us at ISU Idaho Falls campus, January 19, CHE 202 from 9:00 a.m. to noon. FFL Board members and ISU Continuing Education staff will be available to help with questions and registration. Please wear a mask to registration. I would like to remind you to have your parking pass visible if you are joining us to register on campus, and drive slowly through the parking lot. Thanks.

Mail-In Registration: If you prefer to register by mail, print a copy of the "Class Selection" form found on the FFL website. Nothing received by mail will be processed before Jan. 19. Complete the form and attach your check made out to ISU for the \$20.00 membership fee and mail to the following address:

Idaho State University
Continuing Education/Workforce Training FFL
921 S 8th Avenue, Stop 8380
Pocatello, Idaho 83209

Parking Passes: If you joined last semester, your parking pass will be good throughout August 31st. If you are new to the organization, check the first class on your registration form and you will be issued a parking pass. The cost of the pass is included in the registration, but it is necessary to request a pass. It should be displayed prominently anytime you park on campus or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352) or obtained at the time of registration for \$5.00.

If you have a name tag, we encourage you to wear it when attending classes.

Questions? If you have questions, please call ISU Continuing Education, 208-282-3155, our President, Vicky Van Sickle at 208-589-6055, or the Secretary, Denise Morton at 208-390-3389.

Class locations: TAB= Tingey Administration Building. CHE= Center for Higher Education Building. Both are located at the ISU Idaho Falls Campus at University Place, 1779 and 1776 Science Center Drive in Idaho Falls.

FFL Course Catalog Spring 2022

4516
2/11

1861: Why This War at This Time
Fri 10:00-11:30

Instructor: Jim Frances
Location: TAB 200

Content: The full title of the course is "1861: Why This War at This Time? What Can We Learn from the 1850s." In 1861 the United States fell into a civil war. Why? Even if we identify the root cause as the dispute over slavery, it does not explain why leaders could not work out solutions/compromises as they had done for the past four score and five years. As an attempt to understand the 1850s as the decade that created the Civil War, the FFL audience will be visited by three ghosts: the ghost of John C. Calhoun, the ghost of Henry Clay, and the ghost of an unpleasant truth. Each ghost has its interpretation of the events of the 1850s. The takeaway question is what 1850's patterns unlock 2021.

Credentials: Jim is an award-winning teacher of history. He taught in the public schools for 37 years, taught at ISU for six years, and is now serving on the Idaho Falls City Council.

Facilitator: Margaret Kennelly

margaret_kennelly@yahoo.com

208 524-4930

4517 A Musical Presentation
3/4 Fri 1:00-3:00

Instructor: Rob Farnam
Location: TAB 200

Content: The singers will perform selections from their up-and-coming production of the musical "Into the Woods".

Credentials: Rob Farnam is currently the president of the Idaho Falls Opera Theatre and a practicing attorney in Idaho Falls.

Facilitator: Sidney Hoopes sidneyhoopes456@gmail.com 208-524-1280

4348 Advanced Spanish
2/7-6/6 Mon 10:00-11:00

Instructor: Eva Montantes
Location: ZOOM

Content: Advanced Spanish is for those who have gone beyond beginning and intermediate Spanish.

Credentials: Life-long resident of Mexico. Eva is a University of Guadalajara Professor.

Facilitator: Vance Hawley wa7fdr@hotmail.com 208-522-9296

4425 Advanced Tai Chi
2/1-6/7 Tue 2:00-3:00

Instructor: David Jenkins
Location: IF School of Ballet, 410 W 16th

Content: This class is a continuation of study of the three sections of the long form Yang style of Tai Chi. It is open to those having a prior knowledge of all three sections of the long form. Limit: 30

Credentials: Mr. Jenkins has been studying Tai Chi for over 30 years

Facilitator: David Jenkins djenkins518@gmail.com 208-681-3487

4518 Ageism and Elderspeak
3/22, 3/29 Tue 10:00-11:00

Instructor: Dr. Nancy Frank
Location: CHE 306

Content: Ageism is so deeply embedded in our culture that often we don't even notice it's there. It is so pervasive that it even has its own language - ELDERSSPEAK. Elderspeak is used with older adults, but it resembles speech used with children. This subject will be discussed in two one hr. workshops.

Workshop #1 - Bring to class: rough notes and observations of personal experiences with Elderspeak.

Workshop # 2 - Bring personal journal of observations and personal experiences. Limit: 15.

Credentials: Doctor Frank: PhD Organizational Studies State University of New York at Albany State, 20 yrs. Empire State College, SUNYMBA Program, Faculty MBA Program with Anadolu University-Istanbul Turkey, Faculty Cyprus International Residency Program for Lebanese and Middle Eastern Students.

Facilitator: Colleen Sargent sarg1942@gmail.com 208-522-3134

4519 Artist Demo with Gloria Miller Allen Instructor: Alexa Stanger
5/19 Thur 1:00-2:00 Location: The Art Museum, 300 S Capital

Content: One hour artist demonstration followed by a question-and-answer session with American Watercolor Society Signature Member, Gloria Miller Allen. Gloria will discuss her work, her approach to painting and share information about her recent National Park Artist in Residence experience.

Credentials: Nationally recognized American Watercolor Society Artist and long-time Idaho Falls resident.

Facilitator: Deborah Wagoner deborahwagoner31@gmail.com 208-680-9095

4152 Bears and the Yellowstone Experience Instructor: Sidney Hoopes Fee: yes
5/15-5/19 Sun through Thur Location: Yellowstone Nat. Park

Content: We are going on a 5-day bear hunt! We will spend 4 nights in cabins. The trip will include informal lectures in the field, wildlife viewing and maybe some light hiking. Planning meetings will be held prior to departure. Priority will be given to those who have not attended before. Costs will be discussed during meetings. If you would like, you may bring campers or a tent and camp near the cabins, joining us on the day treks. Limit: 11

Credentials: Sidney has taught this class 20 times in the past 12 years. She worked for the Yellowstone Grizzly Foundation, was a founding member of the Greater Yellowstone Coalition and has been associated with the Yellowstone Institute.

Facilitator: Sidney Hoopes sidneyhoopes456@gmail.com 208-524-1280

4147 Beginning Tai Chi Instructor: David Jenkins
2/1-6/7 Tue 1:00-2:00 Location: IF School of Ballet, 410 W 16th

Content: Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. In this class you will be introduced to the long form of the Yang style of Tai Chi. Limit: 30

Credentials: Mr. Jenkins has been studying Tai Chi for over 30 years

Facilitator: David Jenkins djenkins518@gmail.com 208-681-3487

4520 4/13	Behind the Scenes of Your IF Fire Dept Wed 1:30-3:00	Instructor: Fire Chief Duane Nelson Location: 343 Shoup Ave.
<p>Content: IFPD responds to fires and other all-hazard calls for the City of Idaho Falls and Bonneville County Fire Protection District #1, serving a population of approximately 117,000 and 290 square miles. The EMS Division responds to a larger area that includes the City of Idaho Falls, Bonneville County, and portions of Jefferson and Bingham Counties, serving a population of approximately 155,000 and 3,500 square miles Limit: 40.</p> <p>Credentials: Idaho Falls Fire Chief Duane Nelson is a 29-year fire service veteran who began his fire service career in 1991 as a firefighter in the Idaho Army National Guard. Nelson was hired at the Idaho Falls Fire Department (IFFD) in November of 1997.</p>		
<p>Facilitator: Chris White whitec42@gmail.com 208-716-3245</p>		
4521 2/23	Bike Touring Adventures by Jerry Painter Wed 1:00-2:30	Instructor: Jerry Painter Location: TAB 200
<p>Content: Jerry will present information, photos and videos about his many adventures on long distance bike tours. He will also explain the physical preparation and equipment planning for bike touring.</p> <p>Credentials: Jerry has logged thousands of miles on long distance bike tours and has done bike tours in four different countries. He has written books on hiking and biking trails in Idaho. He has written the weekly Outdoor column in the Post Register for 20 years.</p>		
<p>Facilitator: Royce Lee royceblee337@gmail.com 208-589-4276</p>		
4522 4/5,12,19	Books That Changed America Tue 1:00-3:00	Instructor: Sidney Hoopes Location: CHE 305
<p>Content: Throughout history humans have expressed views through the written word. There are some books that present new ideas or cause us to look at things in a new light. We will analyze the top ten books that have influenced America and its citizens. Limit: 20</p> <p>Credentials: Sidney presented this class seven years ago and we decided to resurrect it for your enjoyment and learning.</p>		
<p>Facilitator: Margaret Kennelly margaret_kennelly@yahoo.com 208-524-4930</p>		
4523 5/9	Building Affordable Housing in IF Mon 10:00-11:30	Instructor: Karen Lansing Location: TAB 200
<p>Content: Habitat for Humanity brings people together to build homes, communities and hope. Incorporated in 1994, Habitat for Humanity Idaho Falls Area is a nonprofit, Christian housing ministry seeking to eliminate poverty housing in the community and make simple, decent shelter a matter of conscience and action. With the help of Habitat partner families, individual volunteers and volunteer groups from area churches, businesses, civic organization and schools, Habitat for Humanity builds affordable housing.</p> <p>Karen is the Executive Director of the Idaho Falls Area Habitat for Humanity. She has many years of experience working with the program.</p>		
<p>Facilitator: Chris White white42@gmail.com 208-716-3245</p>		

4524 4/8	Butterfly Haven Fri 10:00-11:30	Instructor: : Karen Reed Location: CHE 213
<p>Content: The Butterfly Haven is privately owned and a fascinating botanical retreat full of hundreds of Idaho butterflies. The Butterfly House, Idaho's largest, also is home to bees, birds, walking sticks and beautiful flowers. There is a possibility of a tour connected to this class.</p> <p>Credentials: Karen Reed and her husband own and run the Butterfly Haven in Pingree, Idaho.</p> <p>Facilitator: Karin Armstrong karinidaho@yahoo.com 208-357-6068</p>		
4525 3/11	Community Food Basket - Idaho Falls Role Fri 10:00-11:30	Instructor: Ariel Jackson Location: TAB 200
<p>Content: Community Food Basket - Idaho Falls began in 1980 as a community effort among several churches to meet the emergency needs of their church members. Today, CFBIF works to meet the emergency food needs of all families and individuals facing food-insecurity in the greater Idaho Falls area. Currently, they serve over 850 families monthly, with some months exceeding 1,000 families (over 4,000 individuals).</p> <p>Credentials: Ariel Jackson is the Executive Director.</p> <p>Facilitator: Chris White white42@gmail.com 208-716-3245</p>		
4526 2/25	COVID-19 Genomic Surveillance by the CDC Fri 1:00-2:30	Instructor: Justin Lee, Ph. D., DVM Location: ZOOM
<p>Content: COVID-19 and evolving variants have impacted our world. This presentation will provide an overview of how the Centers for Disease Control and Prevention (CDC) organized the National SARS CoV-2 Strain Surveillance program and will provide insight into how data are generated, analyzed, and used to inform public health guidance and policy.</p> <p>Credentials: Dr. Justin Lee currently leads the Genomic Surveillance Unit in the COVID-19 Laboratory and Testing Task Force at the Centers for Disease Control and Prevention (CDC) in Atlanta. His normal role at the CDC is Team Lead of the Genomic Sequencing Lab in the National Center for Emerging and Zoonotic Infectious Diseases.</p> <p>Facilitator: Royce Lee royceblee337@gmail.com 208-589-4276</p>		
4151 3/10,17,24,31,4/7	Creative Writing Class Thu 1:00-3:00	Instructor: Sidney Hoopes Location: CHE 305
<p>Content: This is a five-week self-guided class. We have fun while learning to express ourselves and giving each other pointers and encouragement. We invite new people to join us. Limit: 12</p> <p>Credentials: Sidney has been facilitating this class for several years.</p> <p>Facilitator: Sidney Hoopes sidneyhoopes456@gmail.com 208-524-1280</p>		

4137
2/7-6/6

Double Deck Pinochle
Mon 12:00-3:00

Instructor: Vicky Van Sickle
Location: Leo's Place, 1st & Holmes

Content: We play double deck Pinochle starting at noon. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator or instructor. Players should arrive early and must buy lunch. A donation is taken for buying new playing cards. We play year-round every Monday.

Credentials: Vicky Van Sickle and Senia Weinrich have been coordinating pinochle for several years.

Facilitator: Senia Weinrich senialee3025@gmail.com

208-521-8526

4527
2/2

Family History Center
Wed 1:00-3:00

Instructor: FHC Staff
Location: Family History Center
750 W Elva St, IF

Content: Do you want to start your family history (genealogy) or work on your family tree and don't know where to start? Have you started and don't know what to do next? Do you want a refresher? Do you have photographs and documents you want digitized but don't have the equipment? If you answered yes to any of these questions, come to this class. After the presentation you can stay and research.

If you don't have an account with Family Search (www.familysearch.org) you should open one before attending this class. Accounts are free. Bring a flash drive if you wish so you can save some of the data you might create. Limit: 24

Credentials: The staff at the Family History Center has experience in helping others with family history research and digitizing photographs and documents.

Facilitator: David Johnson

davjohns_01@hotmail.com

719-235-3943

4311 FFL Summer Picnic and Annual Meeting
Date to be announced

Instructor: FFL Board of Directors
Location: To be announced

Watch for more information coming soon.

Content: Please join us for a fun evening normally held at Peterson Park. We will vote for FFL officers and enjoy a delicious catered picnic. The cost of \$10 per person, non-refundable, to be paid at registration. Bring your favorite lawn chair.

This is an annual event but the location might change. We are adding adventure to our lives. Please join us.

Facilitators: FFL Board

<p>4433 1/24-6/6</p>	<p>Fitness Made Simple Mon 10:00-11:00</p>	<p>Instructor: Leslie Blanch Location: Bonn. County Extension Office, 1542 E 73rd S</p> <p>Content: Leslie will give us an opportunity to improve our strength, flexibility, and balance through the use of various types of equipment and exercise. Come join this fun and worthwhile class. All equipment will be provided by the U of I Bonneville County Extension Office. Wear something comfortable. Face masks are required. Limit 24</p> <p>Credentials: Leslie is a Registered Dietitian and Certified Group Fitness Instructor.</p> <p>Facilitator: Cheryl Zaladonis zaladonis@cableone.net 208-251-1763</p>
<p>4314 5/26,6/2,6/9</p>	<p>Garden Art Pavers A.M. Thur 9:00-12:00</p>	<p>Instructor: Maxine Smolowitz Fee:\$3 Location: 3860 Tuscany Dr, IF</p> <p>Content: Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decorations. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Attendance at all three sessions is required. Limit: 8</p> <p>Credentials: Maxine has made numerous beautiful unique pictures and pavers using ceramic tiles. She has taught this FFL class several times.</p> <p>Facilitator: Kathie Hendrix msmolowitz@yahoo.com 208-523-0373</p>
<p>4214 5/26,6/2,6/9</p>	<p>Garden Art Pavers P.M. Thur 1:30-4:30</p>	<p>Instructor: Maxine Smolowitz Fee: \$3 Location: 3860 Tuscany Dr, IF</p> <p>Content: Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decorations. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Attendance at all three sessions is required. Limit: 8</p> <p>Credentials: Maxine has made numerous beautiful unique pictures and pavers using ceramic tiles. She has taught this FFL class several times.</p> <p>Facilitator: Kathie Hendrix msmolowitz@yahoo.com 208-523-0373</p>
<p>4368 2/3-6/2</p>	<p>Hand & Foot Card Game Thur 12:00-3:00</p>	<p>Instructor: Lynda Ulschmid Fee: Buy lunch Location: Leo's Place, 155 S Holmes</p> <p>Content: Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot". In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Players must buy lunch at each session. A donation is taken for new playing cards. We play year-round every Thursday.</p> <p>Credentials: Lynda Ulschmid has been playing Hand & Foot for several years and is knowledgeable in the rules of the game.</p> <p>Facilitator: Peggy Ash mrash@cableone.net 208-520-4377</p>

4441 History of The Colonial Theatre Instructor: Brandi Newton
3/3 Thur 10:00-12:00 Location: Colonial Theater, 450 A St

Content: Built by C.A. Spath, cashier of the Farmers and Merchants Bank, Dr. C.M. Cline, physician and S.K. Mitty, contractor. The Colonial Theater opened on November 10, 1919, at a cost of just over \$175,000. It boasted one of the largest stages in the Intermountain West, a modern ramp (in lieu of stairs) to the balcony, a ventilation system, which circulated fresh air every five minutes and superb acoustics. Traveling vaudeville acts and minstrels entertained, as well as musical acts like John Phillips Sousa.

Credentials: Brandi is the Executive Director of the IF Arts Council.

Facilitator: Chris White white42@gmail.com 208-716-3245

4528 Home Health and Hospice Care Today Instructor: Celeste Eld / Tiana Sautter
2/18 Fri 1:00-2:30 Location: CHE 215

Content: Celeste Eld will discuss hospice philosophy for end-of-life care, hospice services, advance directives and payment sources. Tiana Sautter will discuss the range of medical and other services that can be provided in your home for an illness or injury. These services are generally initiated through a doctor's order and the doctor gets follow-up information during the home health care.

Credentials: Celeste Eld is the Executive Director of Hospice of Eastern Idaho and has over 30 years of experience working in hospice care. She is a licensed Social Worker. Tiana Sautter is the marketer for Advanced Home Health and has a bachelor's degree from BYU. She provides information on how home health clinicians can help with patients and what qualifies them for home health care.

Facilitator: Annette Lee ap337@hotmail.com 208-589-2535

4121 Hiking, Walking, and Exploring Instructor: HWE Committee

Content: This year-round 'class' schedules various activities for FFL members. Hiking (H) activities can range from easy to difficult and might last two hours or all day. Most walking (W) activities are easy trips in the vicinity of Idaho Falls. Exploring (E) often takes us some distance from IF, and sometimes to other states. The most vigorous activities range from hiking, biking, canoeing, horseback riding, and snowshoeing. We are guided by member ideas and leaders, so we may try anything.

Credentials: HWE committee members have been involved with outdoor activities for many years. Committee members include Jim Schaffer, Chairman, 208-589-6005, Allen Perkins, 208-604-0820, Janet Clayton, 208-932-5674, and many others.

Facilitator: Jim Schaffer milodoctor@gmail.com 208-589-6005

4490 3/18	I Don't Want to Go Fri 10:00-11:30	Instructor: Vicki Bailey Location: TAB 200
<p>Content: The Oregon Trail journey from the perspective of a wife whose husband has "Oregon Fever". It will cover the trials and tribulations the women encountered on the Oregon Trail.</p> <p>Credentials: Vicki graduated from Rick's College, and BYU, majoring in history. She taught for 30 years in Bonneville School District 93, receiving Idaho Regional History Teacher of the year several times, Teacher of the year from Ricks College, and history teacher of the year from the Idaho Chapter of the Sons of the Revolution.</p>		
<p>Facilitator: Margaret Kennelly margaret_kennelly@yahoo.com 208-524-4930</p>		
4529 4/22	Idaho Falls Zoo, Behind the Scene Fri 1:00-3:00	Instructor: Dave Pennock Fee: \$8 Location: IF Zoo, Merek Ed. Center
<p>Content: With more than 300 individual animals representing 130 species from around the globe, the Idaho Falls Zoo is known as the "best little zoo in the west." It is the first zoo in Idaho to be accredited by the Association of Zoos and Aquariums. Executive Director David Pennock and his staff will take us behind the scenes, talking about the different activities and skills necessary in running the Idaho Falls Zoo.</p> <p>NOTE: There is an FFL special admission fee of \$8, unless you are a member of the Zoo Friends. Limit: 25</p> <p>Credentials: Dave Pennock is the Executive Director of the Idaho Falls Zoo.</p>		
<p>Facilitator: Chris White white42@gmail.com 208-716-3245</p>		
4419 2/25	Idaho Falls Tokai Sister Cities Fri 10:00-11:30	Instructor: Cindy Ozaki Location: CHE 215
<p>Content: 1981 Idaho Falls and Tokai (Japan) formed a Sister Cities partnership to exchange fellowship and friendship between the two cities. Sister Cities of Idaho Falls is a non-profit, tax-exempt corporation dedicated to educational and cultural exchanges. It was agreed that in even years a delegation from Tokai would come to Idaho Falls, and in odd years a delegation from Idaho Falls would visit Tokai.</p> <p>Credentials: Cindy Ozaki is the president of Sister Cities.</p>		
<p>Facilitator: Chris White white42@gmail.com 208-716-3245</p>		
4530 4/15	Idaho Falls Magazine and More! Fri 10:00-11:30	Instructor: Chris Sheetz Location: CHE 215
<p>Content: Harris Publishing Inc. is a local business that prints an astounding number of pamphlets and magazines about Idaho. Chris brings the publishing business to life with her wit and local knowledge.</p> <p>Credentials: Chris Sheetz is the general manager of Harris Publishing Inc.</p>		
<p>Facilitator: Karin Armstrong karinidaho@yahoo.com 208-357-6068</p>		

4218
2/4-6/3

Line Dancing
Fri 10:00-11:00

Instructor: Multiple teachers
Location: Elk's Lodge, 640 Elva St

Content: Join us for a low impact form of exercise as we learn dances to all types of music from decades past to current day. All that is required is a comfortable pair of shoes and a desire to get moving.

Credentials: All instructors have histories of teaching dance and have taught this class for several years.

Facilitator: Debbie Scheerer

debscheerer@yahoo.com

208-881-6031

4532
3/10,17,24,31

Meditation: Tools for a Mindful Life
Thur 10:00-11:30

Instructor: Tony & Paula Seikel
Location: ZOOM

Content: Mindfulness practices provide powerful tools for learning to live in the present moment, to be resilient in the face of crises, and to develop compassion and joy. This course provides an introduction to mindfulness as well as experience using numerous meditation tools. Limit: 30

Credentials: Tony and Paula Seikel retired from ISU and continue to teach mindfulness classes at ISU and in the community. Tony was a professor in Communication Sciences at WSU and ISU, and Paula is a clinical psychologist working at WSU and ISU in the counseling centers. Both graduated from a two-year certification program in teaching mindfulness meditation in February, 2021.

Facilitator: Margaret Kennelly

margaret_kennelly@yahoo.com

208-524-4930

4409
5/11

Miles Willard Facility
Wed 10:00-12:00

Instructor: Nathan Bronson
Location: 655 W Sunnyside Rd

Content: Miles Willard Technologies is a snack food and food processing research company with a 50-year history of world-wide innovations.

Credentials: Nathan Bronson has over 20 years of research experience in the fields including genetic engineering, embryo transfer, nuclear waste processing, and food science. His products are in stores throughout the world.

Facilitator: Margaret Kennelly

margaret_kennelly@yahoo.com

208-524-4930

4533 Museum of Idaho - Genghis Khan Instructor: : Museum staff, Jeff Carr
2/9 Wed 1:00-2:30 Fee: \$8.00 Location: 200 N Eastern Ave

Content: The exhibit is "Genghis Khan: Culture and Conquest" and runs January 22 -- September 5, 2022 so you don't want to miss out. "Washington Post historians called Genghis Khan the single most influential person of the last millennium -- both for his bloody conquest of history's largest land empire, as well as the lasting cultural and scientific advances he spread. MOI invites you to view 13th-century swords and jewelry, step into domestic yurt life, and enjoy daily live performances of traditional Mongolian music." Limit: 25

Bonus exhibit is artwork of the late Roy Reynolds, an Idaho Falls artist. Admission is free for members of the Museum. (If you are a member of the museum, your admittance is free.)

Credentials: The Museum of Idaho is one of the most highly rated museums of its size in the United States. The staff is superb and has given us excellent tours in the past.

Facilitator: David Johnson davjohns_01@hotmail.com 719-235-3943

4503 Pickleball Practice Instructor: Mark Van Sickle
4/14-5/26 Thur 10:00-11:30 Location: Lincoln Park Pickleball
Complex, 2280 Lincoln Road

Content: Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong.

Pickleball is played on a badminton-sized court and a slightly modified tennis net using a paddle and a plastic ball with holes. It can be enjoyed by all ages and skill levels. Pickleball is fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come and join us to help one another improve our pickleball skills.

Credentials: Mark has enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle scubamarkvs@cableone.net 208-757-8687

4188 Reader's Round Table Instructor: Sidney Hoopes
4/14 Thur 1:00-2:30 Location: CHE 305

Content: Come share your recent reads and get ideas for your book list. Each member of the class should come prepared to make recommendations. If you have any books you want to give away, bring no more than three. Limit: 15

Credentials: Sidney said, "I can read and I do a lot of it." Sidney has conducted many of these sessions in the past.

Facilitator: Sidney Hoopes sidneyhoopes456@gmail.com 208-524-1280

4228
3/2, 3/16

Science Wednesday
Wed 3:00- completion

Instructor: Daum/Hubbell
Location: ZOOM

Content: Free flowing discussions of science topics to be announced later. Names of, and information about, science topics to be provided before each class. Additional classes may be organized if there is interest and volunteers to lead the discussions.

Credentials: Keith and Joel are retired scientists and have led several past semesters of Science Wednesday.

Facilitator: Steve Piet

pietsteven@hotmail.com

208-521-0627

4534 Self Defense, How to Identify Threats
2/3 Thur 1:00-2:30

Instructor: Robert Wylie
Location: CHE 213

Content: Learning how to identify personal threats and how to avoid them is important for all of us. In this class you will learn where to look and what to look for to identify possible threats and deal with them. See www.dppdefense.com for more information about this subject.

Credentials: Robert is the author of the book "Defense Against Frogs, Dogs and Humans and Everything in Between." He teaches self-defense classes throughout Idaho, Utah, Montana and Wyoming.

Facilitator: Jacqueline Potter

jenkkins@hotmail.com

208-201-7334

4535 Senior Center and Meals on Wheels
2/16 Wed 1:00-2:30

Instructor: Sarah Ryner
Location: CHE 213

Content: The IF Senior Center is home to lots of wonderful activities for our community. One very beneficial service to IF is Meals on Wheels. Come and hear how the center takes care of our Senior Residents.

Credentials: Sarah Ryner is the new Executive Director of the IF Senior Center.

Facilitator: Karin Armstrong

karinidaho@yahoo.com

208-357-6068

4536 Sidewalk Mosaic
5/10 Tue 1:00-2:30

Instructor: Sandra Birk
Location: CHE 215

Content: Learn how to make a mosaic pattern in your sidewalk or patio. You can do this! You don't have to be an artist and you don't need to call the concrete truck. You might have to buy a trowel at Lowes or Home Depot if you can't borrow one and you will need to visit your local gravel yard or abandoned tiles from a previous project. You can do this!

Credentials: Sandra had made one last year and will show how in pictures.

Facilitator: Steve Piet

pietsteven@hotmail.com

208-521-0627

4231
2/2-6/1

Singing for Fun
Wed 11:00-12:00

Instructor: Donna J. Park
Location: 4051 Cambria Dr

Content: Do you sing in the shower? Sing along with the radio in the car? Just burst into song because it feels good? Then you're the perfect person for this class. Whether you're a novice singer or a practiced professional, we have fun just gathering around the piano and singing songs from the 50s (sometimes even older) to the newer songs, letting the music bring back old memories and make new ones. Limit: 15

Credentials: Donna is not only a director, but an accompanist, an arranger, and a composer who has been immersed in music for more years than she's willing to admit, performing on stage in musicals, and performing and directing choirs for over 10 years. She's been blessed with the ability to play by ear, transpose at the piano, and compose arrangements to fit the mature voices.

Facilitator: Gail Fielding

gailsplce76@ridgemail.com

208-970-7103

4299
4/26

Spring Social * Potluck*
Tue 1:00 pm

Instructor: FFL Board of Directors
Location: 455 W Sunnyside Rd
First Evangelical Lutheran Church

Content: Come and join us for a potluck Spring Social Lunch. Do you remember when we had our last Spring Social in 2019? We would like to start it up again. Facilitators will have class displays and we will enjoy the year in review. Bring food to share. Plates, drinks, and utensils will be provided. We might even have a talent show.

Credentials: FFL has offered spring socials for many years but this is our first pot luck. It should be fun.

Facilitator: Vicky Van Sickle

victorialynnvs@hotmail.com

208-589-6055

4537
4/13

The Ugly Face of Prejudice
Tue 10:00-11:30

Instructor: Patrick Toussaint
Location: TAB 200

Content: In this class you will learn about prejudice from one who has experienced it first-hand. You will discover what it really is, how to recognize it in yourself and others and how you can be part of the solution to this global epidemic.

Credentials: Patrick spent most of his youth in Florida where he learned how to survive the prejudices heaped against black people. Being in Southeast Idaho, he sees himself as a trailblazer for black people.

Facilitator: Eileen Perkins

eileenperkins404@gmail.com

208-520-7483

4510 4/20	Things to do When I'm Dead Wed 1:00-2:30	Instructor: Brian McBride Location: CHE 213
<p>Content: None of us can escape the inevitable, death will come to each of us; are we ready? Each of us when we die leave behind a life that must be closed. A funeral must be planned, bank accounts must be closed, pets cared for and the final bills paid. Brian will present insightful information on the process of before, during, and after.</p> <p>Credentials: Brian McBride is currently working at Wood Funeral Home as a funeral director. He has been working there since 2005. He attended Pittsburgh Institute of Mortuary Science in 2007, where he received his degree. He is currently serving on the Idaho State Board of Morticians.</p> <p>Facilitator: Kathie Hendrix chatiek06@gmail.com 208-589-4352</p>		
4512 5/20	Tour the Aquarium Fri 9:00-11:00	Instructor: Aquarium Staff Fee: \$8. Location: 570 Anderson St., IF
<p>Content: Participants will tour the Aquarium and visit feeding stations where they will feed some of the animals. The remaining time will be spent observing and learning about all of the animals housed at the aquarium. Limit: 40</p> <p>Credentials: Trained Aquarium staff</p> <p>Facilitator: Margaret Kennelly margaret_kennelly@yahoo.com 208-524-4930</p>		
4538 4/6	Travelling with Road Scholar Wed 1:00-2:30	Instructor: Bob Maynard, Road Scholar Location: ZOOM
<p>Content: "Road Scholar is a university of the world inspiring adults to learn, discover, and travel." This introduction to Road Scholar (previously Elder Hostel) will discuss the history, how it works, and popular programs. ("My favorites included a Monastery stay in Jerome, ID., Costa Rica, Mainak Island, Canadian Rockies, Sedona at Christmas, and volunteering at Camp Make-a-wish. C. Sargent). You can expect expert instructors and field leaders, interesting places, and great organization of programs.</p> <p>Credentials: Road Scholar Ambassador.</p> <p>Facilitator: Colleen Sargent sarg1942@gmail.com 208-522-3134</p>		
4539 5/18	Truth and Complexity in Idaho History Wed 1:00-2:30	Instructor: Chloe Doucette, Carrie Athay Location: TAB 200
<p><u>Content:</u> The truth of history is complicated, and every story has more than one side. In this course, members of the Museum of Idaho's "Experience Team" discuss their creation of "A Complex State" -- a gallery exploring thorny issues in Idaho's past and present. The team will discuss difficulties faced by modern historians and museums, and they'll share their approach to exploring inconvenient truths without alienating audiences.</p> <p><u>Credentials:</u> Chole Doucette is the Sr. Director for Programs and Engagement at the Museum of Idaho, Carrie Athay is the Director of Curation and Collections, and Rod Hansen is the Director of Exhibitions. They have a combined 20+ years of designing exhibits and working as public historians through the Museum of Idaho.</p> <p>Facilitator: Jeff Carr/Margaret Kennelly pr@museumofidaho.org 208-522-1400</p>		

4540 3/15,22,29	Understanding Personalities Tue 1:30-3:00	Instructor: Dr. Nancy Frank Location: CHE 213
<p>Content: During this three-session course, we will delve into personalities and how competing traits influence our interactions with others. Have these traits determined how successful we have been or will be in our lives? Do traits change with differing environments, circumstances, or aging? TO GET THE MOST FROM THIS COURSE YOUR ATTENDANCE AT ALL THREE CLASSES IS ADVANTAGEOUS.</p>		
<p>Credentials: Dr. Nancy Frank: PhD Organizational Studies State University of New York at Albany State, 20 yrs. Empire State College, SUNYMBA Program, Faculty MBA Program with Anadolu University-Istanbul Turkey, Faculty Cyprus International Residency Program for Lebanese and Middle Eastern Students</p>		
Facilitator: Colleen Sargent	sarg1942@gmail.com	208-523-3134
4541 3/2	Whitewater Rafting on the Salmon River Wed 1:00-2:30	Instructor: David Johnson Location: CHE 218
<p>Content: In July 2021 Dave had the opportunity to raft the Salmon River with a private (as opposed to guided) group. Twelve days and almost 200 miles on the rivers. Beautiful scenery, wildlife, white knuckle rapids, long stretches of calm water, beautiful starlit nights and lots of adventure. Come get a small taste of the adventure and what it takes to raft one of the top five whitewater rivers in the US.</p>		
<p>Credentials: David was there.</p>		
Facilitator: David Johnson	davjohns_01@hotmail.com	719-235-3943
4387 2/8-6/7	Zumba Gold Tue 10:00-11:00	Instructor: Teri Tyler Location: Elk's Lodge, 640 Elva St
<p>Content: Zumba Gold participants will be inspired to express themselves through movement while effectively improving overall health by increasing self-confidence, boosting metabolism, and enhancing coordination.</p>		
<p>Credentials: Teri received her Zumba Gold license in June of 2020 and has been teaching since 2005.</p>		
Facilitator: Teresa Konishi	shalomtk@outlook.com	208-339-2645
4242	Wonderful Volunteer Opportunity	
<p>Friends For Learning operates totally by volunteers. As this organization has grown, the need for volunteers has increased. We need volunteers in the following areas: Curriculum, Cultural Cuisine, Hiking, Walking & Exploring, and helping Leadership. By signing up on the registration form, you will be sent an e-mail with the volunteer form to fill out as to the areas in which you would like to volunteer. Thank you for your interest and support.</p>		
Facilitator: Jeanell Coyne	jeanellcoyne7@gmail.com	208-589-5237