

FFL Class Calendar

Jan 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
	29	30	31	1
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Mon 29

Tue 30

Wed 31

Thu 1

Fri 2

Mon 5

Tue 6

Wed 7

Thu 8

Fri 9

Mon 12

Tue 13

Wed 14
9am - Men's Brunch @ Various IF
11:30am - Women's Luncheon @

Thu 15
11am - Hand and Foot Card Game

Fri 16

Mon 19
11:30am - Pinochle-Double Deck
6pm - Spanish @ Zoom

Tue 20

Wed 21
1pm - Hydrology of the Upper

Thu 22
11am - Hand and Foot Card Game

Fri 23

Mon 26
9am - Pickleball Intro & Practice
11:30am - Pinochle-Double Deck
6pm - Spanish @ Zoom

Tue 27
1pm - Bears and the Yellowstone

Wed 28

Thu 29
8am - INL - All Day Tour @ INL
11am - Hand and Foot Card Game

Fri 30
12pm - Zumba Gold (Seated) @

FFL Class Calendar

Feb 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
	26	27	28	29
9am - Pickleball Intro & Practice 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	1pm - Bears and the Yellowstone		8am - INL - All Day Tour @ INL 11am - Hand and Foot Card Game	12pm - Zumba Gold (Seated) @
2	3	4	5	6
9am - Pickleball Intro & Practice 10:15am - Back to Basic Yoga 11:30am - Pinochle-Double Deck 1pm - Idaho State Historical 6pm - Spanish @ Zoom	10am - Fitness Made Simple @	1pm - Pelvic Floor Health @ ISU	11am - Hand and Foot Card Game 1pm - Writing Your Story @ ISU	9am - Shutterfly Photo Books @ 12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
9	10	11	12	13
9am - Pickleball Intro & Practice 10:15am - Back to Basic Yoga 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - Stress Management: Living	9am - Men's Brunch @ Various IF 11:30am - Women's Luncheon @ 2pm - Adventures in Africa @ ISU	10am - 100% Chance of Weather 11am - Hand and Foot Card Game 1pm - Writing Your Story @ ISU	9am - Shutterfly Photo Books @ 12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
16	17	18	19	20
9am - Pickleball Intro & Practice 10:15am - Back to Basic Yoga 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - SmartPhones - Catching	10am - Travel Tips from the 3pm - Museum Tour 1-Life Before	10am - Collectors' Corner 11am - Hand and Foot Card Game	9am - Shutterfly Photo Books @ 12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
23	24	25	26	27
9am - Pickleball Intro & Practice 10am - A County Commissioner? 10:15am - Back to Basic Yoga 11:30am - Pinochle-Double Deck 1pm - History of Mosaics @ ISU 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - Bystander CPR (Hands- 2pm - Bystander CPR (Hands- 3pm - Bystander CPR (Hands-	1pm - What's New at the Zoo? @	11am - Hand and Foot Card Game 1pm - Writing Your Story @ ISU	9am - Shutterfly Photo Books @ 12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI

FFL Class Calendar

Mar 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
	23	24	25	26
9am - Pickleball Intro & Practice 10am - A County Commissioner? 10:15am - Back to Basic Yoga 11:30am - Pinochle-Double Deck 1pm - History of Mosaics @ ISU 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - Bystander CPR (Hands- 2pm - Bystander CPR (Hands- 3pm - Bystander CPR (Hands-	1pm - What's New at the Zoo? @	11am - Hand and Foot Card Game 1pm - Writing Your Story @ ISU	9am - Shutterfly Photo Books @ 12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
	2	3	4	5
9am - Pickleball Intro & Practice 11:30am - Pinochle-Double Deck 1pm - DIY Off Grid Solar Power @ 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 10:15am - Chair Yoga (Tuesdays) 1pm - Bears and the Yellowstone 2:45pm - Meet our Bonneville Co.	10am - Simple Magic Tricks that 1pm - Interior design for your	11am - Hand and Foot Card Game 1pm - Writing Your Story @ ISU	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
	9	10	11	12
10am - Tax Strategies for 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 10am - Gears, Gadgets and Laws 10:15am - Chair Yoga (Tuesdays)	9am - Men's Brunch @ Various IF 11:30am - Women's Luncheon @ 1pm - Stop the Bleed - Class A @ 2pm - Stop the Bleed - Class B @	11am - Hand and Foot Card Game 1pm - Writing Your Story @ ISU	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
	16	17	18	19
10am - Tick Tock - Master 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	9am - Why Are There So Many 10am - Fitness Made Simple @ 10:15am - Chair Yoga (Tuesdays) 1pm - Calm Doodling Bookmarks	10am - Soaked & Sprouted Multi- 1pm - Wonderful World of 2:30pm - Wonderful World of	11am - Hand and Foot Card Game 1pm - Kris Milgate - Multimedia 1pm - Writing Your Story @ ISU	10am - Land Use Decisions @ 12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
	23	24	25	26
11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 10:15am - Chair Yoga (Tuesdays)		11am - Hand and Foot Card Game	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
	30	31	1	2
10am - Birds of Idaho and Beyond 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - Ebikes: Power to the Pedal	10am - Health Benefits of Kitchen	10am - Everyone can Draw @ ISU 10:15am - Chair Yoga (Thursdays) 11am - Hand and Foot Card Game	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI

FFL Class Calendar

Apr 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
	30	31	1	2
10am - Birds of Idaho and Beyond 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - Ebikes: Power to the Pedal	10am - Health Benefits of Kitchen	10am - Everyone can Draw @ ISU 10:15am - Chair Yoga (Thursdays' 11am - Hand and Foot Card Game	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
6	7	8	9	10
11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 2pm - 6 Great Religions:Â	9am - Men's Brunch @ Various IF 11:30am - Women's Luncheon @ 2pm - How Disease Affects	10am - Everyone can Draw @ ISU 10:15am - Chair Yoga (Thursdays' 11am - Hand and Foot Card Game	10am - Hearing Loss and Tinnitus 12pm - Zumba Gold (Seated) @ 1pm - Amazing Benefits of 1pm - Line Dancing @ DWI
13	14	15	16	17
10am - Help for your Green 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 10am - Two museums in one day	1pm - PowerPoint for Beginners	10am - Everyone can Draw @ ISU 10:15am - Chair Yoga (Thursdays' 11am - Hand and Foot Card Game	12pm - Zumba Gold (Seated) @
20	21	22	23	24
10am - Help for your Green 11:30am - Pinochle-Double Deck 1pm - Tour of Idaho Falls airport 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - How to Grow Food as if	10am - Supporting Older Idahoans 1pm - Understanding Death &	10am - Everyone can Draw @ ISU 10:15am - Chair Yoga (Thursdays' 11am - Hand and Foot Card Game 1pm - Garden Tour: Geo-Thermal	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
27	28	29	30	1
11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - Bears and the Yellowstone 1pm - Healing Plants from your	8am - Tulip Festival Bus Trip @	11am - Hand and Foot Card Game 3pm - Museum Tour 2-Life Before	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI

FFL Class Calendar

May 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
	27	28	29	30
11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 1pm - Bears and the Yellowstone 1pm - Healing Plants from your	8am - Tulip Festival Bus Trip @	11am - Hand and Foot Card Game 3pm - Museum Tour 2-Life Before	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
4	5	6	7	8
11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @ 12pm - Spring Social @ Lutheran	10am - Alzheimer's Assn. 1:30pm - Melaleuca HQ &	11am - Hand and Foot Card Game	12pm - Zumba Gold (Seated) @ 1pm - Line Dancing @ DWI
11	12	13	14	15
10:30am - Wastewater Treatment 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @	9am - Men's Brunch @ Various IF 11:30am - Women's Luncheon @ 1pm - Book Club @ IF Library, 457	11am - Hand and Foot Card Game	1pm - Line Dancing @ DWI 6pm - Anyone Can Paint @ The
18	19	20	21	22
11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	10am - Fitness Made Simple @		11am - Hand and Foot Card Game	
25	26	27	28	29
11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom			11am - Hand and Foot Card Game	

FFL Class Calendar

Jun 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
1 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	2	3	4	5
8 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	9 9am - Men's Brunch @ Various IF 11:30am - Women's Luncheon @	10	11	12
15 11:30am - Pinochle-Double Deck 6pm - Spanish @ Zoom	16	17	18	19
22 Bears and the Yellowstone	23	24	25	26
29	30 1	2	3	

FFL Class Calendar

Jul 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
	29	30	1	2
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

9am - Men's Brunch @ Various IF
11:30am - Women's Luncheon @

FFL Class Calendar

Aug 2026 (Mountain Time - Denver)

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31	1	2	3	4