

Friends for Learning - Course Catalog

Spring 2026

Registration for the **SPRING 2026** and continues throughout the semester. Please note the slight increase in fees due to ISU increased costs.

Online Registration: Go to <https://cetrain.isu.edu/ffl/>.

In-person Registration: If you would like help registering, join us at the ISU Idaho Falls campus, CHE 304 from 9-11 am January 13. FFL Board members and ISU Continuing Education staff will be available to help with questions and registration. **Please bring your ISU PASSWORD and your parking pass.** Make sure your parking pass is visible when parking on campus, and drive slowly through the parking lot. **Your parking pass is good until August 31 of each year.** Call 208-282-3372 if you have questions.

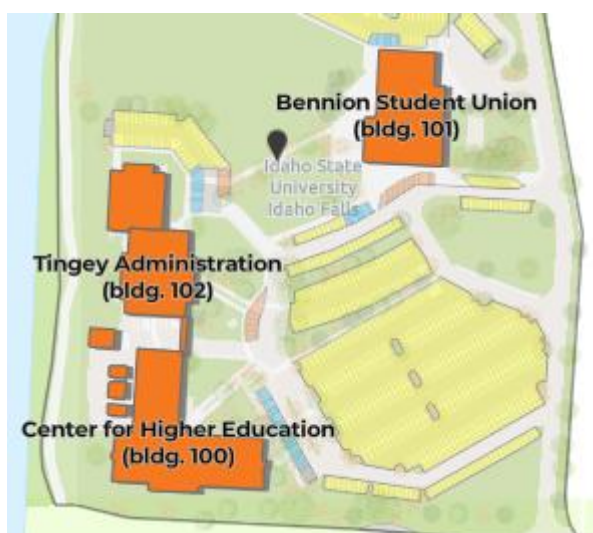
Mail-In Registration: If you prefer to register by mail, print a copy of the "Class Selection" form found on the FFL website. The earliest that mail-in registrations will be processed is after August 11th. Complete the form and attach your check made out to ISU for the **\$25.00 membership fee** and mail to the following address:

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

Classroom locations:

Class locations may be at various locations in the area, but the ISU locations will show ISU "CHE" or "TAB".

CHE - Center for Higher Education, 1770 Science Center Drive, Idaho Falls
TAB - Tingey Administration Building, 1776 Science Center Drive, Idaho Falls



Have FFL “Questions???????” Visit our website at: ctrain.isu.edu/ffl
You will find our current catalog, online registration, printable registration, calendars, volunteer form, a handbook, bylaws, course information sheet, facilitator information, officer bio’s, history, newsletters, photo albums, class extras, maps and FFL contact Information. Many documents are in PDF format. This is all within the ISU website.

FALL Parking Passes: In the **Spring, ONLY NEW** participants will need a new parking pass. If a Fall participant throws away their Fall Parking Pass they will need to BUY a new pass in the Spring. 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) for \$6.50. REMINDER: FALL PARKING PASS– NEW, SPRING PARKING PASS -SAVED FALL PASS.

Watch for **next Fall 2026** new system for parking passes, no physical card will be needed, you will fill out a paper with your car license plate number on it!!!!

In-Person Classes are overbooked to ensure maximum attendance. Due to no-shows, it is not likely that we will have more participants than seats, however, it is a possibility. Because of fire safety regulation, we are limited by each location’s maximum capacity. Please understand if you are not admitted for this reason. **PLAN TO ARRIVE EARLY TO ENSURE GETTING A SEAT.** Seating for each class is first come, first served. “

Questions? If you have questions, please call:

ISU Continuing Education - 208-282-3372
President, Royce Lee – 208-589-4276
Secretary, Janet Clayton - 208-932-5674

FFL In-person Registration - N/A

Instructor: The board & Shirley

Fee: \$0

Date: 1/13/26 **Time:** 9:00 AM - 11:00 AM

Location: ISU CHE 304

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

Credentials:

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

FFL Volunteer Opportunities - 4242**Instructor:****Fee:** \$0**Date:** N/A **Time:** -**Location:** N/A

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

Credentials:**Facilitator:** Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237**Parking Pass - 4215****Instructor:****Fee:** \$0**Date:** N/A **Time:** -**Location:** N/A

Content: You must register for a parking pass each semester if you plan to park at the ISU campus. You must have a parking pass displayed prominently, or you may be ticketed. If you have a parking pass for this year, please hang on to it for the spring. Normally a parking pass will be sent to you from ISU when you sign up for one. You may be asked to do an online registration system for your car as the ISU process is changing. Note: Replacement parking passes currently can be purchased from Kathie Hendrix (208-589-4352) at an additional cost.

Credentials:**Facilitator:** Kathie Hendrix **Email:** chatiek06@gmail.com **Phone:** 208-523-8859**Camping Group - 4792****Instructor:** Vicky Van Sickle**Fee:** \$0 **Max:** 50**Date:** N/A **Time:** -**Location:** Various locations

Content: We are beginning our camping together this year on May 26-29 at Stoddard Creek Campground! Stay 1 to 3 nights. City of Rocks in June. On July 13-18 we will enjoy the beautiful Island Park Scout Camp. August 25-28 we have reserved Buttermilk campground in Island Park. In September we will admire the fall leaves from the Gros Ventre campground. Please sign up so we can have an email list to let you know about details for the planned campouts. We will have a planning Luncheon in May.

Credentials: We want to enjoy the out of doors together.

Facilitator: Vicky Van Sickle **Email:** victorialynnvns@hotmail.com **Phone:** 208-589-6055

Cross-Country Skiing and Snowshoeing - 4789

Instructor: Jeanell Coyne

Fee: \$0

Date: N/A **Time:** -

Location: Outdoors!

Content: This class is for those interested in cross-country skiing and/or snowshoeing, whether you are a beginner or an advanced skier. This class gives you an opportunity to get together with others who are interested in XC skiing and snowshoeing. We will go on adventures locally and in the surrounding areas.

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

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237

HWE Shared Adventures - 4790

Instructor: Pam Johnson

Fee: \$0

Date: N/A **Time:** -

Location: Outdoors!

Content: This Hiking, Walking, Exploring (HWE) "class" consists of various outdoor "shared adventures" (about two per month) from April or May through September or October (weather dependent). Activities may include hiking, biking, float trips, horseback riding, caving/climbing (non-technical), zip lining, bird watching, etc. This is a participatory class, guided by class (your) input and available facilitators/coordinators, so we are open to try most anything. Activities can range from easy to strenuous and might last two hours or all day depending on the activity and/or selected location. Locations generally must be within 150 miles or 2.5 hours (driving time) of Idaho Falls. Class enrollees

will also be placed on the email distribution list for HWE's week-long trip announcements - generally, 3 or 4 trips per year (January - December).

"Shared adventures" refers to outdoor recreational experiences undertaken by two or more individuals who are working cooperatively toward a common goal, sharing in decision-making, other responsibilities, and costs as equitably as possible. While there is a designated Facilitator (i.e., coordinator or point of contact) for each activity, there is no "leader" in the sense of a single person who makes all the decisions and who owns all of the responsibility. Shared adventures are an excellent opportunity to get outdoors, embrace personal challenge, develop resilience and learn adaptability in a supportive group environment.

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

Facilitator: Jeff Bryan **Email:** bryanjd382@gmail.com **Phone:** 208-313-0184

Walking - 4793

Instructor: Cynthia Steele

Fee: \$0

Date: N/A **Time:** -

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

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

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

Facilitator: Cynthia Steele **Email:** cynsteele1@gmail.com **Phone:** 208 403 7288

Men's Brunch - 4564

Instructor: John Atchison

Fee: Purchase food **Max:** 30

Date: 1/14/26 **Time:** 9:00 AM - 11:00 AM

Location: Various IF Restaurants

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

participants each month, confirming the selected restaurant for that month. Bring your enthusiasm for good friends and good food on Wednesdays, 1/14, 2/11, 3/11, 4/8, 5/13, 6/10, and 7/8. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

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

Facilitator: Jeff Bryan **Email:** bryanjd382@gmail.com **Phone:** 208-313-0184

Women's Luncheon - 4748

Instructor: Varies

Fee: Buy Lunch

Date: 1/14/26 **Time:** 11:30 AM - 1:00 PM

Location: Various IF Restaurants

Content: Women's Lunch is for all FFL women who enjoy getting together monthly at a local restaurant. We meet on the 2nd Wednesday of each month and take turns choosing the restaurant and hosting the event. Email reminders are sent to participants confirming the date, time and selected restaurant. The best part about Women's Lunch is the camaraderie and friendships being formed. Come join us for good food and lively conversation as we expand our FFL Friends network.

Credentials:

Facilitator: Eileen Perkins **Email:** eileenperkins404@gmail.com **Phone:** 208-520-7483

Hand and Foot Card Game - 4289

Instructor: Peggy Ash

Fee: \$5 + Buy Lunch

Date: 1/15/26 **Time:** 11:00 AM - 3:00 PM

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

Content: Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot" In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Players should come between 11:00 am and 11:30 am to buy lunch and eat before card play begins for each session. A donation of \$5.00 is taken for replacement of card shufflers, batteries and playing cards. We play year round every Thursday.

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

Facilitator: Scott Hill **Email:** scottehill1961@gmail.com **Phone:** 208-521-3349

Pinochle-Double Deck - 4137

Instructor: Vicky Van Sickle

Fee: \$3 + Buy Lunch

Date: 1/19/26 **Time:** 11:30 AM - 3:00 PM

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

Content: We play Pinochle (double deck) year round starting at noon every Monday. 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 the instructor. Players should arrive early about 11:30 am and must buy lunch since we don't pay a fee to use the back room. A \$3 donation is taken for buying new playing cards each semester.

Credentials:

Facilitator: Judy Mateo **Email:** j.mouse.29@hotmail.com **Phone:** 208-589-1096

Spanish - 4607

Instructor: Eva Montantes

Fee: \$0

Date: 1/19/26 **Time:** 6:00 PM - 7:30 PM

Location: Zoom

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

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

Facilitator: Vance Hawley **Email:** wa7fdr@Hotmail.com **Phone:** 208-522-9296

Hydrology of the Upper Snake River Basin - 4849

Instructor: Dr. Rob Van Kirk, Ph.D.

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

Date: 1/21/26 **Time:** 1:00 PM - 4:00 PM

Location: ISU CHE 217

Content: Join us for an insightful presentation by Dr. Rob Kirk titled “Hydrology of the Upper Snake River Basin: How Climate, Geology, Management, and Water-Rights Administration Determine Streamflow.” Dr. Kirk will guide us through the complex interactions that shape water availability in our region, explaining how natural forces and human decisions together influence the flow of the Upper Snake River. This program offers a valuable opportunity to deepen your understanding of the systems that sustain our communities, agriculture, and ecosystems. All are welcome to attend and learn from this engaging and timely discussion. This will be an interactive version that incorporates some small-group activities.

Credentials: Rob first fished the Henry’s Fork in 1977, worked for Henry’s Fork Anglers from 1981-1987, and was Henry's Fork Foundation's (HFF) first research director, from 1994-1998. After 14 years as a mathematics and statistics professor, he returned to HFF in 2013. He has published over 30 peer-reviewed scientific papers and book chapters covering topics ranging from theoretical population biology to groundwater-surface water interactions. Rob is known for his expertise in the latter subject among hydrologists and water managers in the Intermountain West.

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

Pickleball Intro & Practice - 4503

Instructor: Jeff Bryan

Fee: Aprox \$5 **Max:** 15

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

Location: IF Rec Center Gym
520 Memorial Dr, Idaho Falls

Content: Pickleball Beginners, come learn the sport and help one another improve your pickleball skills starting January 26, 2026, on Mondays continuing through March 2, 2026. Location is indoors at the Idaho Falls Rec Center Gym during their regularly scheduled pickleball hours (2 nets).

Pickleball is a fun, social, and friendly sport that combines many elements of tennis, badminton and ping-pong. It is played using a badminton-size court and a slightly modified tennis net using a paddle and a plastic ball with holes. It can be enjoyed by all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for more experienced players.

Notes: (1) FFL will not have exclusive use of this public venue so be considerate if there are other players there. (2) The Idaho Falls Rec Center charges an admission fee (~\$5/person/day; but they have reduced

fees for IF city residents, Seniors 62+, annual pass holders). (3) There will be NO class/practice 2/16/26 due to scheduled holidays.

Credentials: Jeff Bryan has enjoyed playing pickleball for a few years now and is happy to share his knowledge/experience (albeit limited) with those wishing to learn the game.

Facilitator: Jeff Bryan **Email:** bryanjd382@gmail.com **Phone:** 208-313-0184

INL - All Day Tour - 4874

Instructor: Liza Leonard

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

Date: 2/26/26 **Time:** 8:00 AM - 5:00 PM

Location: INL Bus Parking Lot

Content: As one of 17 national labs in the U.S. Department of Energy complex, Idaho National Laboratory is home to more than 6,400 researchers and support staff focused on innovations in nuclear research, integrated energy systems and security solutions that are changing the world. From discoveries in advanced nuclear energy to reliable energy options and to protecting the nation's most critical infrastructure assets, the talented team at INL is constantly pushing the limits to redefine what's possible. Bus transportation and lunch will be provided by INL. Buses will leave from Idaho Falls INL parking lot.

Credentials: Liza Leonard is the Public Affairs Officer for INL and she and her staff will be conducting the tour.

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

Zumba Gold (Seated) - 4241

Instructor: Jennifer O'Sullivan

Fee: Donations **Max:** 19

Date: 1/30/26 **Time:** 12:00 PM - 12:45 PM

Location: Blue Barn Fitness

555 3rd St. Idaho Falls

Content: Seated exercise for active adults that prefer exercising in a chair. Whether you have balance issues, physical issues or just prefer a seated class, this is for you! Class uses Zumba international rhythms. Toning Sticks are used for a portion of the class. They will be provided. This class meets every Friday during the semester. Notifications will be sent out with any cancellations for weather, illness, or travel. Donations for the instructor's time and use of the facility are appreciated. This class is weekly on Fridays throughout the semester starting 1/30, ending 5/8.

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

Facilitator: Kathy Duplessis **Email:** kduplessis81@gmail.com **Phone:** 208-390-9505

Back to Basic Yoga (Mondays) - 4876

Instructor: Nicole Packer

Fee: \$25 **Max:** 20

Date: 2/2/26 **Time:** 10:15 AM - 11:15 AM

Location: Yoga Wellness Connection

451 Parkway, Idaho Falls

Content: This class is appropriate for all levels, but especially designed to support and encourage those students who are new to Yoga, or are looking for a class to simply breathe, flow, and connect with their body. Students can expect calming music, time for meditation and reflection and the simple use of provided basic props. This class will meet on MONDAYS for the month of February on the 2nd, 9th, 16th, and 23rd. Cost is \$25.

Credentials: Nicole is passionate about living life to the fullest. She is a Behavioral Intervention Special and Life Coach known for her "rapid transformation" strategies. She is also a fitness instructor and Yoga Alliance 500 ERYT and UACEP Instructor. She has a broad base of experience in exercise, movement and yoga, studying traditional modalities and modern biomechanical approaches. She also teaches a variety of forms of meditation including sound meditation and breathwork. Her mission is to provide accessible and relevant yoga practices to the local community.

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

Idaho State Historical Society - 4847

Instructor: Dr. Cheryl O'Brien

Fee: \$0

Date: 2/2/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 210

Content: As we celebrate 250 years of our nation, learn how Idaho is participating in national, state level, and local celebrations from your Idaho State Historical Society trustee. The Society has been working with multiple state agencies and leaders for over two years to prepare celebratory events and legacy projects. Learn more about how the Society as a state agency serves Idaho through state and federal statute and is a great resource for organizations and individuals throughout the state.

Credentials: Dr. O'Brien is one of seven Governor-appointed trustees for the Idaho State Historical Society and represents Judicial District 7. She is serving her 5th term on the Board and first term as Board Chair.

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

Fitness Made Simple - 4433

Instructor: Leslee Blanch

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

Date: 2/3/26 **Time:** 10:00 AM - 11:00 AM

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

Content: Leslee will give us the opportunity to improve our strength, flexibility and balance through the use of various types of equipment and exercise. All equipment will be provided. Chairs are used for balance and/or performing the exercises while sitting if needed. Wear comfortable clothing and supportive shoes. Bring water for adequate hydration. This class is weekly throughout the semester starting 2/3, ending 5/19. Notifications will be sent out for any cancellations due to weather, illness or travel.

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

Facilitator: Kathy Duplessis **Email:** kduplessis81@gmail.com **Phone:** 208-390-9505

Pelvic Floor Health - 4818

Instructor: Greg Hyde

Fee: \$0

Date: 2/4/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: The class will discuss pelvic floor anatomy/physiology in men and women, as well as common dysfunctions and treatment options. An emphasis will be made for common, conservative treatments for a variety of pelvic floor conditions including: urinary incontinence, fecal incontinence, pelvic/perineal pain, prolapse, and post-prostatectomy management for men.

Credentials: Greg Hyde is a Doctor of Physical Therapy, Pelvic Floor Specialist with Training from the Herman and Wallace Institute of Pelvic Health

Facilitator: Linda Scott **Email:** spooky.linda3@gmail.com **Phone:** 208 821-7806

Writing Your Story - 4652

Instructor: Sidney Hoopes

Fee: \$0 **Max:** 12

Date: 2/5/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 305

Content: Come and discover the joy of expressing yourself through writing. This six week class (Thursdays from 2/5-3/19, no class 2/19) can help get you started preserving personal and family stories, or simply give you a reason to start writing for pleasure. We have fun while learning and giving each other ideas and encouragement.

Credentials: Sidney has been teaching this class for several years.

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

Shutterfly Photo Books - 4253

Instructor: Gretchen O'Bleness

Fee: \$0 **Max:** 12

Date: 2/6/26 **Time:** 9:00 AM - 12:00 PM

Location: ISU CHE 304

Content: MULTI-SESSION - Shutterfly is an online computer program to upload photos and create a photo book. Students are required to attend the first session in order to continue with the class. This class will teach you how to create an account with Shutterfly, upload pictures and create a photo book by arranging the layout of photos and captions. You must have basic computer skills already. It is helpful if you have access to a computer at home or elsewhere so you can work on your book between classes. The class will meet on Friday mornings (9-12) in February 6, 13, 20, & 27th.

Credentials: Gretchen has used Shutterfly for many years and has created at least 14 Shutterfly photo books over the years. She has taught this class many times for FFL and is ready to present again!

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

Line Dancing - 4218

Instructor: Shari Sampson, Paula Blair and Lisa Myers

Fee: \$0

Date: 2/6/26 **Time:** 1:00 PM - 2:00 PM

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

Content: Join us weekly on Fridays as we learn line dances to various types of music from decades past to current day. All that's needed is a comfortable pair of shoes, a water bottle, and a desire to move. Line dancing is great exercise for the brain as well. Classes will start on February 6th and will run through May 15th. (No class April 17th.)

Credentials: All instructors have attended this class with Friends for Learning for several years. This will be our second semester instructing.

Facilitator: Lisa Myers **Email:** lismye1989@gmail.com **Phone:** 720-299-3805

Stress Management: Living Life Essentially - 4866

Instructor: Leslee Blanch

Fee: \$0

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

Location: ISU CHE 217

Content: Learn to manage stress through practical lifestyle modifications that can lower stress and change our negative response to life's stressors.

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

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237

Adventures in Africa - 4854

Instructor: Jeff Carr

Fee: \$0

Date: 2/11/26 **Time:** 2:00 PM - 3:30 PM

Location: ISU CHE 213

Content: Recap of the Museum of Idaho's recent trip to Africa, including South Africa, Mozambique, and Egypt, and info about an upcoming trip to see cultural sites and wildlife in Africa.

Credentials: Executive Director, Museum of Idaho. Jeff has led 3 trips to Africa with the Museum of Idaho (MOI).

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

100% Chance of Weather - 4875

Instructor: Michael Coats

Fee: \$0

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

Location: ISU CHE 213

Content: KIFI Chief Meteorologist Michael Coats shows what goes into producing a daily weather forecast for digital and traditional media outlets.

Credentials: Over 25 years of journalism, meteorology and broadcasting for various media outlets. Undergraduate California State University Northridge. Postgraduate Mississippi State University.

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

SmartPhones - Catching Up! - 4738

Instructor: Camille Wood

Fee: \$0

Date: 2/17/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 210

Content: Are you not feeling as smart as your SmartPhone? This class is designed to cover both Apple and Android SmartPhones and will help you be more successful with your phone!

Credentials: Camille Wood is a former math and computer science teacher with experience teaching high school, business college and adult ed in her early career. She recently retired from Idaho Falls School District 91 as the Director of Technology. Camille enjoys working with people, especially those who struggle with the rapid change in the rapidly changing tech world.

Gretchen O'Bleness is a computer nerd that is retired from the Idaho National Lab. Specializing in Windows and Android devices, she enjoys helping people learn to get the most out of their computer and phone.

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

Travel Tips from the Experts-AAA - 4869

Instructor: Lisa McGahey

Fee: \$0

Date: 2/18/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: Planning to travel in 2026? Come hear about packing for a trip, exotic getaways, cruises and tours, currency to take, passports and other necessary travel documents.

Credentials: Lisa McGahey is the Senior Manager for AAA in the Boise Office. She comes to the IF office twice a week.

Facilitator: Karin Armstrong **Email:** karinidaho@yahoo.com **Phone:** 208-357-6068

Museum Tour 1-Life Before Dinosaurs - 4221

Instructor: Chloe Doucette

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

Date: 2/18/26 **Time:** 3:00 PM - 5:00 PM

Location: Museum of Idaho
200 N Eastern Ave, Idaho Falls

Content: Tour of Life Before Dinosaurs. Meet the Permian monsters. This exhibit explores some of the weird and wild creatures that went extinct before dinosaurs roamed the earth.

Credentials: Chloe Doucette-MOI Managing Director. She will be assisted by the Director of Exhibitions and the Curator.

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

Collectors' Corner Museum Tour - 4857

Instructor: Jim and Nida Gyorfy

Fee: \$4

Date: 2/19/26 **Time:** 10:00 AM - 12:00 PM

Location: Collectors' Corner Museum, 900 John Adams Pkwy, Idaho Falls

Content: Join us for a tour through the unique and whimsical Collectors' Corner Museum in Idaho Falls. This immersive experience takes visitors through over 140 themed collections—from vintage toys and

pop culture memorabilia to rare currency, military uniforms, and everyday objects from decades past. Led by passionate collector-hosts, Jim & Nida, this visit will spark curiosity, conversation, and reflection on how the items we keep tell the stories of our lives and times. Entrance fee is \$4 cash for seniors.

Credentials: Nida says her collection started with Nancy Ann Storybook Dolls, while Jim's collection has been centered around stamps and military memorabilia. 22 years later the Collectors Corner is still going strong!

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

A County Commissioner? Let's Talk. - 4842

Instructor: Dave Radford

Fee: \$0

Date: 2/23/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 213

Content: Dave Radford has been working in government almost his whole adult life. The job he enjoyed the most was being a county commissioner. He enjoys talking and listening to others. Dave cares about people. He will talk to us about the experiences he had working within the community.

Credentials: John served as a county commissioner from 1999 to 2019. Because of his involvement in other government positions, he was well prepared to serve as a county commissioner.

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

History of Mosaics - 4862

Instructor: Karin Armstrong

Fee: \$0

Date: 2/23/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: Mosaic tiles have decorated buildings for centuries. They are beautiful and durable. This will be a journey from stone floor designs to micro-mosaics.

Credentials: Karin has inherited many mosaic works of art and even visited the glass factory in Venice Italy to see the tiles being created.

Facilitator: Karin Armstrong **Email:** karinidaho@yahoo.com **Phone:** 208-357-6068

Bystander CPR (Hands-Only) - Class A – 4871 ; Class B – 4872; Class C - 4873

Instructor: Lisal Drollinger

Fee: \$0 **Max:** 20 for each class

Date: 2/24/26 **Time:** Class A 1:00 PM - 2:00 PM; Class B 2:00 PM – 3:00 PM; Class C 3:00 PM – 4:00

Location: ISU CHE 217

Content: Bystander CPR (or Hands-Only CPR) is a one hour class targeted towards helping the most people in our community be knowledgeable about and willing to perform life-saving CPR. In the event of an emergency knowing Bystander CPR can increase survival rates by decreasing the time between the emergency event and the delivery of life-saving care. Bystander CPR includes about 20-30 minutes of instruction followed by a hands-on practice session where learners are given the opportunity to practice delivering chest compressions on mannequins. We will have 3 repeat sessions (A, B & C) so you can register for a different time if one class is full.

Credentials: Lisal is a registered nurse who has worked at EIRMC for the last 28 years. Her current position at EIRMC is the Chest Pain Coordinator and Valve Clinic Coordinator. She spends most of her work time ensuring patients that present with cardiac emergencies are receiving the highest level of care possible and helping those with cardiac anomalies receive the care they need when it's not emergent as well.

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

What's New at the Zoo? - 4838

Instructor: Bethanie West

Fee: \$0

Date: 2/25/26 **Time:** 1:00 PM - 2:30 PM

Location: ISU TAB 200

Content: Presentation of zoo purpose (not a tour), announcement of latest AZA accreditation, introduction of new members of the zoo family, improvements to the zoo, updated programs, active conservation efforts & education, and volunteer opportunities.

Credentials: Bethanie West, as the curator of education at the Idaho Falls Zoo, runs the volunteer program, designs new exhibits, and new education programs. She has been involved with the zoo for nine years.

Facilitator: John Maxfield **Email:** montebelloscout@yahoo.com **Phone:** 208-520-6779

DIY Off Grid Solar Power - 4861

Instructor: Jonathan Dodge

Fee: \$0

Date: 3/2/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: This Solar class will focus on an OFF Grid solution and will cover the basics of using the sun to make home power. Jonathan will talk about panels: sizes, how to connect, how to mount and safety. Inverters: how they work, connecting to batteries and wiring. Batteries: types and sizing for your set up, charge controllers Wiring: sizing and routing.

Credentials: Jonathan Dodge PE is a Consulting electrical engineer. He built his own off grid electric power system using commercially available solar panels, batteries and inverters. He was able to cut his power bill in half and has a buffer against prolonged utility outages.

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

Chair Yoga (Tuesdays) - 4865

Instructor: Kristen Clayton

Fee: \$25 **Max:** 20

Date: 3/3/26 **Time:** 10:15 AM - 11:15 AM

Location: Yoga Wellness Connection
451 Parkway, Idaho Falls

Content: This class is being taught by a different instructor this year. The goal is to increase your flexibility, balance, and strength while using correct breathing. Each session starts with relaxation and stretching, then strengthening exercises using a different method each week (weights, band, or balls), then some simple yoga poses and ends with relaxation. Props such as blocks, straps, bolsters, chairs and blankets are available for use. This class will meet on TUESDAYS for the month of March on the 3rd, 10th, 17th, and 24th. Cost is \$25.

Credentials: Kristen has 200 HR Registered yoga teacher with Yoga Alliance, Silver Sneakers Instructor Certification, BARRE above Instructor Certification, YogaFit Level 1 and YogaFit Level 2 Certification, AFAA Primary Group Exercise Certification, CPR, First Aid, AED Certification, with 24 years teaching ballet and formerly a professional ballet dancer.

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

Meet our Bonneville Co. Commissioners - 4841

Instructor: Commissioners

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

Date: 3/3/26 **Time:** 2:45 PM - 3:45 PM

Location: Bonn. Co. Courthouse, Commissioners hearing room
605 N Capital Ave, Idaho Falls

Content: We will meet with the Bonneville County Commissioners and learn about the planning, management, operations, finances, and needs of Bonneville County.

Credentials: The Bonneville County Commissioners are elected officials who manage and direct the functions of Bonneville County.

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

Simple Magic Tricks that Amaze! - 4843

Instructor: David Gillmore

Fee: \$5

Date: 3/4/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 210

Content: Do you love to see people have fun, laugh, and be amazed? You'll learn five easy magic tricks that professional magicians use. You'll be able to perform the tricks by the end of class using everyday items, like hair ties, paper clips, and playing cards. No experience needed.

Credentials: David became fascinated with magic at a young age when he saw a magician perform an impossible rope trick. Since then, he has spent thousands of hours studying and perfecting his magic with private performances for family and friends. He gave his first public performance here in Shelley in 2021, followed by Idaho Falls then on to Washington DC. Since that time, he has toured Africa where he performed magic in seven countries there including Zambia, Zimbabwe, Botswana and South Africa. In 2023 he toured the UK he gave jaw dropping performances in Ireland, Scotland, Wales, the Isle of Man and England. Last year he amazed the people with his sleight of hand in Germany, Greece and Israel. His most daring performance was at 33,000 feet while flying 550 miles per hour over the Atlantic Ocean! He is just returning from his most recent performance on Holland America cruise line.

Facilitator: Eileen Perkins **Email:** eileenperkins404@gmail.com **Phone:** 208-520-7483

Interior design for your home - 4870

Instructor: Lisa Spray

Fee: \$0

Date: 3/4/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 217

Content: Lisa Spray will teach us how to design and decorate our homes to create a cohesive balance of sophistication with livability, creating spaces that are both beautiful and deeply personal.

Credentials: Lisa Spray obtained a degree at LDS Business College in Interior Design. She has worked extensively in designing both residential and commercial properties with her signature approach of combining creativity, function, and timeless design. She has branched out into wedding decorations and custom holiday decor. She is the founder and principal designer of LJC Interiors.

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

Tax Strategies for Retirement - 4855

Instructor: Jennifer Landon

Fee: \$0

Date: 3/9/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: Navigate the major tax traps of retirement with clear, practical guidance designed to help you protect your income and stay in control of your financial future. We'll identify the most common—and costly—mistakes retirees face. We'll cover how each type of account is taxed, how to structure withdrawals to minimize lifetime tax exposure, and other strategic tools you can use today. Gain the clarity and confidence to evaluate planning strategies, avoid unnecessary taxation, and identify personalized, resilient, and tax-smart retirement plans in this Tax Strategies for Retirement course.

Credentials: Jennifer Landon, founder and CEO of Journey Financial Services, Inc has over 25 years of experience in the financial industry. With a Bachelor's in Finance from Idaho State University, Jennifer has developed a deep understanding of financial strategies and how they can help individuals and businesses achieve their goals. Her career has been driven by a commitment to excellence and a passion for helping others navigate the complexities of finance.

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

Gears, Gadgets and Laws for Self Defense - 4856

Instructor: Jeff Young

Fee: \$0

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

Location: ISU CHE 213

Content: Jeff will share information on less-lethal self-defense options that could help stop a threat. Some of the options he will share include pepper spray, gel, stun devices, taser, impact, and launchers. The appropriate use of these items, plus deployment tips and what to do after use will be discussed. There will also be information on Idaho laws for self-defense.

Credentials: Jeff Young is highly experienced and comes from a military and law enforcement background of over 40 years. His training experience includes US Air Force nuclear security, Base Patrol, Bannock County Sheriff's office, Blackfoot Idaho Police Department, SWAT entry team leader and instructor, Domestic Abuse Task Force, Firearms and less lethal instructor for law enforcement.

Facilitator: Nancy Ottersbach **Email:** nancyo212@yahoo.com **Phone:** 208-346-0617

Stop the Bleed - Class A – 4863; Class B - 4864

Instructor: Kasia Kohler

Fee: \$0

Date: 3/11/26 **Time:** Class A 1:00 PM - 2:00 PM; Class B 2:00 PM - 3:00 PM

Location: ISU CHE 217

Content: Stop the Bleed is a national program that was created to educate and empower bystanders to help intervene when life threatening bleeding is present until EMS professional help arrives. There are 2 different courses so if Class A is full you can sign up for Class B.

Credentials: Kasia has a Bachelor of Science in Nursing and is a Registered Nurse

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

PI Day (bring a pie) Celebration - 4693

Instructor: Gretchen O'Bleness

Fee: \$0

Date: 3/14/26 **Time:** 3:00 PM - 5:00 PM

Location: Idaho Brewing Company
775 S. Capital Ave., Idaho Falls

Content: "PI day" is the celebration of the number 3.14159265359 and is celebrated on March 14 (which is 3/14) at 15 o'clock (which in military time is 3 pm). On this date we celebrate PI by eating pie. It's just that simple. A math joke where we get to eat desserts! Bring your favorite pie to share with the group and we'll kick back and chat! Remember there are alternate forms of pie like pizza pie! So, bake at home, or pick up something on your way over. (Yes, you could bring ice cream as pie "a la mode" is tasty!) Beer, wine and coffee will be available for purchase by those who are interested. Gretchen will provide napkins, plates, forks, and spoons!

Credentials: Gretchen has PI memorized to 5 places but knows how to look up the full number. She also like pie and loves a good excuse to have some!

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

Tick Tock - Master Watchmaker - 4850

Instructor: F. Martell Grover

Fee: \$0

Date: 3/16/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 213

Content: Clocks and watches seem to run our busy lives. Mr. Grover will explore some time keeping history and how he got started in this fascinating business.

Credentials: Swiss Trained Master Watchmaker, F.Martell Grover owns Grover Service Center in Rexburg. He has been repairing clocks and watches since he was 13 years old. Students can bring time pieces to the class to have him evaluate.

Facilitator: Karin Armstrong **Email:** karinidaho@yahoo.com **Phone:** 208-357-6068

Why Are There So Many Apartments? - 4882

Instructor: Wade Sanner

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

Date: 3/17/26 **Time:** 9:00 AM - 11:00 AM

Location: IF City Council Chambers, 308 Constitution Way Idaho Falls

Content: Join us for an engaging presentation by Mr. Wade Sanner, Idaho Falls Community Development Services Director, as he highlights how the department works to shape a vibrant, resilient, and inclusive Idaho Falls. Mr. Sanner will share how his team guides land-use planning, building regulations, redevelopment efforts, and community grant programs while collaborating closely with residents, businesses, and local partners. He will discuss the city's ongoing commitment to smart growth—preserving community character while ensuring that infrastructure, housing, and economic

development continue to meet the needs of a growing Idaho Falls. Don't miss this opportunity to learn more about the planning process, available development resources, and ways you can get involved in building the future of your community.

Credentials: Mr. Sanner has been with Idaho Falls as the Community Development Services Director for almost three years. Prior to that he held a similar position in Sheridan WY, and planner positions in Sandy, UT, Wheat Ridge, CO and Lees Summit, MO. He has a Masters in Urban Planning and a B.A. in Public Administration from University of Kansas.

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

Calm Doodling Bookmarks - 4480

Instructor: Denise Morton

Fee: \$3

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

Location: ISU CHE 217

Content: Use Pinterest to familiarize yourself with interesting designs that can be then drawn on bookmarks and laminated. You can bring permanent pens and good quality colored pencils or colored pens to decorate the bookmarks. You will receive instruction sheets that will give some patterns. I like the Micron pens. I use 005 to 01 sizes.

Credentials: I have done zendoodling for years and belong to the Colored Pencil Society of America. I was an Elementary Education teacher in my previous (ha ha) life.

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

Soaked & Sprouted Multi-Grain Bread - 4878

Instructor: Sue Gillmore

Fee: \$0 **Max:** 40

Date: 3/18/26 **Time:** 10:00 AM - 12:00 PM

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

Content: The processes of soaking, fermenting (such as sourdough starters), or sprouting whole grains allows enzymes, lactobacilli and other helpful organisms to not only neutralize phytic acid, but also to break down complex starches, irritating tannins and difficult to digest proteins, including gluten. For many, this lessens their sensitivity to, or allergic reactions to specific grains used in baked goods. In this class, I'll demonstrate how to combine the processes of soaking and sprouting whole grains, including wheat, to make bread that is wonderfully light and delicious as well as easy on the gut to digest.

Credentials: I learned how to bake bread by watching and helping my mother as a youth then following her recipe when I set up house for myself. 13 years ago, I learned the science behind the "old fashioned" ways of soaking, fermenting, or sprouting whole grains to make bread the way my Great Grandmothers did it. That, along with finding a great recipe, was revolutionary for me and my family. I am happy to share how I make a whole wheat/multi-grain bread that is moist, soft, light and wonderfully delicious versus the typical homemade whole wheat bread that tends to be dry, dense, heavy and less appealing to the taste buds.

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237

Wonderful World of Sourdough - Class A - 4853 1

Instructor: Jackie Christiansen

Fee: \$6 **Max:** 30

Date: 3/18/26 **Time:** 1:00 PM - 2:30 PM

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

Content: Come learn about and enjoy the wonderful world of sourdough. This class is for the novice and the experienced sourdough baker. We'll discuss the care and feeding of a sourdough start and make one. Sourdough culture can be used in many more recipes than the traditional round artisan loaf of bread. Come try some new recipes and discuss how to use sourdough culture in a variety of recipes.

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

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

Wonderful World of Sourdough - Class B - 4853 2

Instructor: Jackie Christiansen

Fee: \$6 **Max:** 30

Date: 3/18/26 **Time:** 2:30 PM - 4:00 PM

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

Content: Come learn about and enjoy the wonderful world of sourdough. This class is for the novice and the experienced sourdough baker. We'll discuss the care and feeding of a sourdough start and make one. Sourdough culture can be used in many more recipes than the traditional round artisan loaf of bread. Come try some new recipes and discuss how to use sourdough culture in a variety of recipes.

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

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

Kris Milgate - Multimedia Outdoor Journalist - 4895

Instructor: Kris Milgate

Fee: \$0 **Max:** 100

Date: 3/19/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU TAB 200

Content: Join us as award winning multimedia outdoor journalist Kris Milgate talks and shows scenes from her many outdoor multimedia projects. She will also talk about and show a trailer from her latest film: "A high desert adventure with the largest grouse in North America - Greater sage grouse". Her books will be available for purchase and signing after her presentation.

Credentials: Millgate is an Emmy-winning multimedia journalist who spent a decade in TV news before starting Tight Line Media in 2006. She hosted Time OUT, an outdoor TV news segment, for seven years then created East Idaho Outdoors Magazine in 2014. Her first book, My Place Among Men, published in 2019. The sequel, My Place Among Fish, published in 2021 with the debut of her salmon film Ocean to Idaho. Her third book, My Place Among Beasts published with her wildlife film, On Grizzly Ground, in 2023. With a quarter century of storytelling, she traverses the country in search of dynamic and engaging topics. She researches issues thoroughly then translates core elements via video, photo and words with credibility that demands audience.

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

Land Use Decisions - 4858

Instructor: Jim Francis

Fee: \$0

Date: 3/20/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU TAB 200

Content: Land Use Decisions: A City Council Faces the Declaration of Independence and the Constitution. Keying off many decades of exploring the meanings of democracy as a teacher and eight years on the Idaho Falls City Council, Jim Francis will confront the audience with the complexity of decision-making when it involves land use including zoning. The audience will be placed in the role of a city council and be required to make the decision as to how a parcel of land in a city will be zoned. As a city council, the audience will hear from three interest groups, all directly affected by the council's decision. In the end, the audience will be asked to defend their decision in the light of the purpose of government as expressed in the Declaration of Independence.

Credentials: Jim is currently a member of the City Council of Idaho Falls. Yet when people pin him down, he will claim his identity is that of a teacher of history having taught in the public schools and at the university level for 43 years. In his words, he went from teaching the theories of democracy to the practice of democracy when he was elected to the Council. He is noted for throwing textbooks in the trash and asking students to resolve for themselves historical problems, dilemmas, and issues.

Facilitator: Linda Scott **Email:** spooky.linda3@gmail.com **Phone:** 208 821-7806

Birds of Idaho and Beyond - 4867

Instructor: Linda Milam

Fee: \$0

Date: 3/30/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU TAB 200

Content: A fascinating look at the Birds of Idaho, through photos and personal stories. Plus birds from around the world.

Credentials: Linda Milam is multi-talented. She served as Mayor of Idaho Falls from 1993-2006. She is an intrepid traveler, experienced photographer and avid bird watcher. Linda will combine these talents for a enlightening program.

Facilitator: Karin Armstrong **Email:** karinidaho@yahoo.com **Phone:** 208-357-6068

HWE Off-Roaders Group Rides - 4791

Instructor: Bruce Wilding

Fee: \$0

Date: 3/30/26 **Time:** 1:00 PM - 2:00 PM

Location: ISU CHE 213

Content: This program is offered only in the spring semester of each year and is an opportunity to use a UTV THAT YOU PROVIDE to explore various off-road trails throughout eastern and central Idaho as a group. Most expeditions are one-day rides, although this year we are hoping to do a two-day trip to visit the "ringing rocks" near Ennis. Due to the popularity of the rides during this program's first two years, maximum number limits may be put on some of the rides next season on a first registration basis. An orientation/planning meeting will be held March 30, with five off-road trips during May through September. NOTE: In order to participate you need to provide your own UTV.

Credentials: Bruce Wilding is a lifetime Idahoan who enjoys exploring its wilderness by UTV, Jeep, snowmobile, boat, or horse, with knowledge in safety, geography and fun.

Facilitator: John Maxfield **Email:** montebelloscout@yahoo.com **Phone:** 208-520-6779

Ebikes: Power to the Pedal - 4840

Instructor: Chris White

Fee: \$0

Date: 3/31/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 213

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

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

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

Health Benefits of Kitchen Herbs - 4877

Instructor: Sue Gillmore

Fee: \$0

Date: 4/1/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 210

Content: How to use 20 common kitchen herbs and spices to make every day meals taste great as well as to promote healing and relief for over 230 first aid and health issues such as acid reflux, aching joints, age spots, allergies, Alzheimer's, pain, aging, inflammation, anxiety/depression, arthritis, asthma, back pain, bone health, brain health, cardiovascular health, digestive issues, colds & flu, diabetes, high blood pressure, hormone balance, infections, insomnia, kidney/gallstones, memory & mood, menopause, stress, stroke and more.

Credentials: Sue Gillmore, aka The Back Yard Herbalist, is a Certified Master Herbalist as well as the author of 5 Herbal Resource Manuals. She is a Master Gardener and Master Mittleider Gardener. After moving from Texas to Shelley, Idaho in 2014, she discovered there is a treasure trove of medicinal plants all along the Arizona-Utah-Idaho corridor. So, she began a quest to identify what grows locally and to learn how to cultivate and use these plants to support health and wellness as well as help the body heal

itself. She teaches a variety of herbal classes, remedy making workshops, and conducts monthly plant walks during the growing season. She enjoys helping others learn to identify and use local herbs.

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237

Everyone can Draw - 4323

Instructor: Nancy Peterson

Fee: \$5 **Max:** 12

Date: 4/2/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 305

Content: This is a 4 part multi session Class! For the person who always wanted to draw or improve the skills they have. Several different mediums will be introduced including, watercolor, pastels, and color pencil, ink. Papers and pens will be supplied, bring regular #2 pencils, a sharpener and a "simple box" of color pencils (Crayola brand works.) Each class you will go home with a completed drawing while learning several new tools and techniques to make drawing easy and fun. You just might surprise yourself. Class will meet on Thursdays, April 2, 9, 16 & 23.

Credentials: Nancy Garnett Peterson is a published illustrator of children's books for five authors. She recently wrote and illustrated her 17th book. She has taught art to adults and children for over 14 years. She also taught calligraphy for several years at the community college. She is from Shelley and studied at Boise State University

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

Chair Yoga (Thursdays) - 4865

Instructor: Kristen Clayton

Fee: \$25 **Max:** 20

Date: 4/2/26 **Time:** 10:15 AM - 11:15 AM

Location: Yoga Wellness Connection
451 Parkway, Idaho Falls

Content: This class is being taught by a different instructor this year. The goal is to increase your flexibility, balance, and strength while using correct breathing. Each session starts with relaxation and stretching, then strengthening exercises using a different method each week (weights, band, or balls), then some simple yoga poses and ends with relaxation. Props such as blocks, straps, bolsters, chairs and blankets are available for use. This class will meet on THURSDAY for the month of April on the 2nd, 9th, 16th, and 23rd. Cost is \$25.

Credentials: Kristen has 200 HR Registered yoga teacher with Yoga Alliance, Silver Sneakers Instructor Certification, BARRE above Instructor Certification, YogaFit Level 1 and YogaFit Level 2 Certification, AFAA Primary Group Exercise Certification, CPR, First Aid, AED Certification, with 24 years teaching ballet and formerly a professional ballet dancer.

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

6 Great Religions: Confucianism\Daoism - 4881

Instructor: Tyson Yost

Fee: \$0

Date: 4/7/26 **Time:** 2:00 PM - 4:00 PM

Location: ISU TAB 200

Content: As China becomes more influential on the world stage, it can be valuable to better understand the religious traditions that have influenced their civilization for millennia. Both Confucianism and Daoism have deep roots in Chinese history and are still actively practiced in modern China. Together we will explore both traditions and how they influence contemporary society and politics.

Credentials: Tyson Yost received a master's degree in religious studies from The Divinity School at the University of Chicago and a Ph.D. in Asian Religion, Literature, and Culture from Cornell University. He has taught for the past twelve years at Brigham Young University - Idaho where he currently serves as chair of the department of History, Geography, and Political Science

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

How Disease Affects History – 4860

Instructor: John M. Russell

Fee: \$0

Date: 4/8/26 **Time:** 2 pm – 4 pm

Location: ISU CHE 217

Content: The human body is a remarkable machine, BUT, sometimes “stuff happens” which can have interesting effects on human affairs. These sorts of things have been going on for as long as there have been people, but this presentation will be limited to the period of written history. We will discuss examples through the ages showing how human diseases have affected people who have made history. We will cover not only the effects of communicable diseases, but also diseases resulting from the failure of our internal “machinery”.

Credentials: John, who has a BS in Pharmacy and a Ph.D. in Pharmacology, has taught courses in Medical Physiology and Neuroscience to medical students at four different medical schools as well as for FFL!

Facilitator: Nancy Carpenedo

Email: nancycarpe21@gmail.com **Phone:** 208-529-4714

Hearing Loss and Tinnitus - 4848

Instructor: Dr. Kalob Parsons

Fee: \$0

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

Location: ISU CHE 213

Content: If you have questions about hearing loss, tinnitus, hearing aids or the hearing loss and dementia connection, then this is a presentation you will not want to miss. You will understand the basic neuroscience of hearing loss, tinnitus, cognitive processing disorders and the medically approved treatment process. You will learn the best practices in hearing health care to optimize treatment. This presentation will cover current findings in a fun and educational format designed for the everyday patient. My goal is for you to understand the medical consequences of hearing loss, the benefits of treatment and what good care should look like.

Credentials: Dr. Kalob Parsons Au.D. is an affiliate faculty member of Idaho State University, is on an international manufacture advisory board, co-authored his first book "Designed for Communication" with neuro-scientist Keith Darrow PH.D. from Harvard Medical and MIT. His clinics have a 4.9 rating with hundreds of reviews and voted best hearing practice the last 2 years for all of Idaho.

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

Amazing Benefits of Exercise - 4846

Instructor: Debbie Vanderniet

Fee: \$0

Date: 4/10/26 **Time:** 1:00 PM - 3:00 PM

Location: CHE 213

Content: Understand the amazing benefits of exercise including lowering blood pressure, improving circulation, increasing the delivery of nutrients to the brain, removing toxic waste, lubricating knee joints and strengthening the heart. Moderate exercise will lead to better health both physically and mentally. We will review the types of exercise that are optional and realistic for individuals, the amount of time one should spend exercising, and how quality sleep benefits you so you can live healthier and longer.

Credentials: Debbie Vanderniet lives in Rigby, Idaho. Debbie graduated from BYU with a degree in University Studies, and from St. Cloud State University (Minnesota) with a MS in Social Science. She

taught Sociology, Anthropology, and Social Problems in community college for about 25 years. Debbie's love and passion is health and nutrition.

Facilitator: Vicky Van Sickle **Email:** victorialynnvns@hotmail.com **Phone:** 208-589-6055

Help for your Green Thumb (Class A) - 4836

Instructor: Aaron Brown

Fee: \$0 **Max:** 18

Date: 4/13/26 **Time:** 10:00 AM - 12:00 PM

Location: Eagle Rock Nursery
1850 Rolland St.
Idaho Falls

Content: Aaron will give us a tour of Eagle Rock's shop and greenhouse and discuss new plant varieties that will thrive in Eastern Idaho. We will offer the same class twice to allow for more to attend.

Credentials: Aaron Brown has worked for Eagle Rock Nursery for many years and has a plethora of plant knowledge.

Facilitator: Karin Armstrong **Email:** karinidaho@yahoo.com **Phone:** 208-357-6068

Two museums in one day - 4879

Instructor: Tour guides

Fee: TBD

Date: 4/14/26 **Time:** 10:00 AM - 3:00 PM

Location: Museum of Clean, 7111 S. 2nd Av. Pocatello

Content: We will carpool to Pocatello to visit two museums. First, at 10 am we will tour The Museum of Clean, which is about all things clean: air, water, language, health, floors, clothes, politics, jokes, teeth, art, and even arteries. Second, at 1 pm we will visit the Museum of Natural History at ISU with exhibits about dinosaurs and fossils from North America, with hands on exhibits, and fossils never seen by the public before. There is a small fee payable at each museum.

Credentials: The Museum of Clean was created by Don Aslett, the founder of Don Aslett Cleaning Centers. The Museum of Natural History has been a resource for studying earth's history since the museum opened at ISU in 1934.

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

PowerPoint for Beginners - 4778

Instructor: Jane Roberts

Fee: \$0 **Max:** 15

Date: 4/15/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 304

Content: This class covers the basics of creating a PowerPoint presentation including themes, adding pictures, using notes, printing handouts. There will be time for learners to practice the skills and they should bring a thumb drive if they want to save their work.

Credentials: Have created many PowerPoint presentations for work and for our non-profit group over the past 10 years.

Facilitator: Teresa Konishi **Email:** shalomtk@outlook.com **Phone:** 208-339-2645

Help for your Green Thumb (Class B) - 4837

Instructor: Aaron Brown

Fee: \$0 **Max:** 18

Date: 4/20/26 **Time:** 10:00 AM - 12:00 PM

Location: Eagle Rock Nursery
1850 Rollandet St.
Idaho Falls

Content: Aaron will give us a tour of Eagle Rock's shop and greenhouse and discuss new plant varieties that will thrive in Eastern Idaho. We will offer the same class twice to allow for more to attend.

Credentials: Aaron Brown has worked for Eagle Rock Nursery for many years and has a plethora of plant knowledge.

Facilitator: Karin Armstrong **Email:** karinidaho@yahoo.com **Phone:** 208-357-6068

Tour of Idaho Falls airport - 4852

Instructor: Ian Turner

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

Date: 4/20/26 **Time:** 1:00 PM - 3:00 PM

Location: Idaho Falls Regional Airport
2140 N Skyline Dr, Idaho Falls

Content: Join us for an insider's tour of the Idaho Falls Regional Airport (IDA), the gateway to eastern Idaho and Yellowstone country. This guided visit offers a behind-the-scenes look at airport operations, including passenger services, security, and airfield management. Learn how flights are coordinated, see how safety and efficiency are maintained, and discover the airport's role in supporting regional travel and economic growth. Whether you're an aviation enthusiast or simply curious about how an airport runs, this tour provides a fascinating glimpse into the workings of Idaho Falls' busy regional hub.

Credentials: Airport Director Ian Turner and his staff will be conducting the tour.

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

How to Grow Food as if Your Life Depends on It! - 4845

Instructor: David Gillmore

Fee: \$0

Date: 4/21/26 **Time:** 1:00 PM - 3:00 PM

Location: ISU CHE 213

Content: You'll learn how to grow 5 to 10 times more food with less space, less time, less work, less water, less weeds and less cost. Regardless of which gardening method you use. Once you understand and implement the six laws of plant growth you'll grow your dream garden consistently year-after-year, in any soil, in any climate, and with no soil amendments.

Credentials: David is a certified Master Mittleider Gardening Instructor, licensed GMRS and general class amateur radio operator, avid scuba diver, card magician, and private airplane pilot. He and his wife live in Shelley, Idaho.

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237

Supporting Older Idahoans - 4880

Instructor: Tyrell Arnold

Fee: \$0

Date: 4/22/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: The Area Agency on Aging connects older adults, caregivers, and community members with services and supports that promote independence, safety, and quality of life. This session will provide an overview of our role and highlight three programs: Adult Protection Services (APS): safeguarding vulnerable adults from abuse, neglect, and exploitation. Long-Term Care Ombudsman: advocating for residents in assisted living and skilled nursing facilities. Senior Medicare Patrol (SMP) & MIPPA: helping individuals prevent Medicare fraud and connect to cost-saving benefits.

Credentials: Tyrell Arnold serves as the Senior Services Director for the Area VI Agency on Aging, which operates within the Eastern Idaho Community Action Partnership. He will be joined by members of our leadership team: Shea, our APS Supervisor, Caitlin, our Ombudsman Supervisor, and Emily, our Outreach Worker. Each will present on their area of expertise, offering firsthand experience and practical knowledge of local resources that support older adults and caregivers.

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

Understanding Death & Grief - 4839

Instructor: Brian McBride

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

Date: 4/22/26 **Time:** 1:00 PM - 3:00 PM

Location: Wood Funeral Home

965 S. Ammon Road

Ammon, Idaho

Content: This class will help you understand death from the Funeral Home perspective. You will have a tour of the Ammon Wood Funeral Home facility including embalming room and cremation center. This class will also talk about understanding grief and the stages of grief.

Credentials: Brian is the Funeral Director of Wood Funeral Home and has been there for the past 20 years. He is also serving on the Board of Morticians for Idaho.

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

Garden Tour: Geo-Thermal Greenhouse - 4844

Instructor: David Gillmore

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

Date: 4/23/26 **Time:** 1:00 PM - 4:00 PM

Location: Gillmore Home in Shelley

Content: (To get the most out of this tour it is recommended that you attend the "How to Grow Food as if Your Life Depends on It!" class prior to this tour.) Would you like to pick vine ripe tomatoes Christmas morning? I do, and I'll show you how you can too with an affordable backyard geo-thermal greenhouse. I'm growing lemons, oranges, figs, grapefruit, limes and more year-round. Tour the greenhouse and herb gardens and see first hand how you can do this too.

Credentials: David is a certified Master Mittleider Gardening Instructor, licensed GMRS and general class amateur radio operator, avid scuba diver, card magician, and private airplane pilot. He and his wife live in Shelley, Idaho.

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237

Tulip Festival Bus Trip - 4883

Instructor:

Fee: \$TBD

Date: 4/29/26 **Time:** 8:00 AM - 11:59 PM

Location: Walmart parking lot on South Utah Avenue.

Content: Join fellow FFL members and guests for a fun trip in the spring season. That day we will enjoy the magic of the Tulip Festival at Thanksgiving Point and make a few other stops. The cost is to be determined and will include bus and all entry fees. Although you are not obligated, please sign up if you are interested in participating. No money is required at this time.

Credentials: In December 2024 Vicky organized the first bus trip to Luminaria. She also spent years organizing bus trips for the Idaho Falls Ski Club.

Facilitator: Vicky Van Sickle **Email:** victorialynnvns@hotmail.com **Phone:** 208-589-6055

Museum Tour 2-Life Before Dinosaurs - 4533

Instructor: Chloe Doucette

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

Date: 4/30/26 **Time:** 3:00 PM - 5:00 PM

Location: Museum of Idaho
200 N Eastern Ave, Idaho Falls

Content: Tour of Life Before Dinosaurs. Meet the Permian monsters. This exhibit explores some of the weird and wild creatures that went extinct before dinosaurs roamed the earth.

Credentials: Chloe Doucette-MOI Managing Director. She will be assisted by the Director of Exhibitions and the Curator.

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

Spring Social - 4299

Instructor: FFL Board of Directors

Fee: \$10

Date: 5/5/26 **Time:** 12:00 PM - 2:00 PM

Location: Lutheran Church

455 W. Sunnyside Road

Content: Please join us for a good, old-fashioned, potluck social. We will enjoy good food and friends. This is an FFL spring tradition!

Credentials:

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237

Alzheimer's Assn. Research Conversations - 4868

Instructor: Lisa Hong

Fee: \$0

Date: 5/6/26 **Time:** 10:00 AM - 12:00 PM

Location: ISU CHE 217

Content: Learn more about: Advancements & Updates in Science & Treatments in Alzheimer's and other dementias including the U.S. Pointer Study & recipe for Brain Health.

Credentials: Lisa Baxter Hong is a native of Eastern Idaho. She graduated from ISU's Master of Occupational Therapy program. Lisa has taught in ISU's Master's of Occupational Therapy program and earned her doctorate in Occupational Therapy from Eastern Kentucky University.

Facilitator: Eileen Perkins **Email:** eileenperkins404@gmail.com **Phone:** 208-520-7483

Melaleuca HQ & Distribution Tour - 4613

Instructor: Tammy Reboiro

Fee: \$0

Date: 5/6/26 **Time:** 1:30 PM - 4:30 PM

Location: Melaleuca Global Headquarters
4609 W 65th South
Idaho Falls

Content: Enjoy touring the beautiful buildings of the Melaleuca Global Headquarters. The facility is situated on 195-acres just south of Idaho Falls. Wear comfortable shoes and meet at the main door to the lobby by the big arch. Melaleuca's facility contains four levels of office space, a fitness center, a restaurant, broadcast and production studios, research and development laboratories, and an events center. The office interior is replete with artwork, sculptures and custom woodwork, and the heart of the building is highlighted by a grand staircase, two stone fireplaces and a three-story atrium. We will have the opportunity to eat lunch at the Leaf Drop Restaurant. And then a guided tour of the Distribution Plant.

Credentials: Tammy Reboiro is a Melaleuca employee.

Facilitator: Vicky Van Sickle **Email:** victorialynnvns@hotmail.com **Phone:** 208-589-6055

Wastewater Treatment Plant Tour - 4297

Instructor: Darin Lords

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

Date: 5/11/26 **Time:** 10:30 AM - 12:30 PM

Location: IF Waste Water Plant, 4055 Glen Koester Ln, Idaho Falls

Content: We will Tour the Idaho Falls Wastewater Plant. The group will be split up with 15 in each group.

Credentials: Darin Lords is the Wastewater Foreman for the Plant.

Facilitator: Karin Armstrong **Email:** karinidaho@yahoo.com **Phone:** 208-357-6068

Book Club - 4851

Instructor: Group Discussion

Fee: \$0

Date: 5/13/26 **Time:** 1:00 PM - 3:00 PM

Location: IF Library, 457 W Broadway

Content: We would like to start a book club. Meet with Friends to talk about a book chosen by the group to read. And bring a snack to share.

Credentials: Respect for others opinions

Facilitator: Vicky Van Sickle **Email:** victorialynnvns@hotmail.com **Phone:** 208-589-6055

Anyone Can Paint - 4798

Instructor: Amber Birch

Fee: \$35

Date: 5/15/26 **Time:** 6:00 PM - 9:00 PM

Location: The Grape Van Gogh

1500 Pancheri

Idaho Falls, ID 83402

Content: Follow step by step as you create your own acrylic painting. Choose to follow along or express your own creative style. By the end of the session you will have completed your own unique masterpiece. Everything is provided for you. This is a really fun way to "Paint and Party".

Credentials: Amber Birch owns the Grape Van Gogh and has helped hundreds of people to paint. Amber has a unique way of helping her students have fun as they practice painting techniques and create beautiful art in a short time.

Facilitator: Vicky Van Sickle **Email:** victorialynnvns@hotmail.com **Phone:** 208-589-6055

Bears and the Yellowstone Experience - 4152

Instructor: Sidney Hoopes

Fee: TBD **Max:** 10

Date: 6/22/26 **Time:** -

Location: Roosevelt Lodge, Yellowstone National Park

Content: We are going on a 5-day bear hunt! 6/22-6/26 We will spend 4 nights in Yellowstone Park. The trip will include informal lectures in the field, wildlife viewing and some light hiking. The price will

include the cost of housing and other class experiences. Costs are anticipated to be in a range of \$375-\$400 per person, depending on actual room occupancy, and will be discussed during meetings. Preparatory meetings prior to travel will be held at ISU: Class Scope Outline 01/27/26 1-3 PM, Class Fees Collection 03/03/26 1-3 PM, Room Assignments, Meal Planning and Gear Check 04/28/26 1-3 PM. Priority will be given to those who have not attended before.

Credentials: Sidney Hoopes taught this class over the past 17 years. She worked for the Yellowstone Grizzly Foundation, was a founding member of the Greater Yellowstone Coalition, and was associated with the Yellowstone Institute. She has passed the baton to her understudy, Peggy Hill, who has a great love of the Yellowstone experience.

Facilitator: Peggy Hill **Email:** pjhill1961@gmail.com **Phone:** 208-360-8147

Summer Picnic & Annual FFL meeting - 4311

Instructor: FFL Board of Directors

Fee: \$10

Date: 8/11/26 **Time:** 5:30 PM - 7:30 PM

Location: Freeman Park, Shelter #2, 1491 Latah Ave, Idaho Falls

Content: STAY IN THE KNOW! At the Summer Picnic, we enjoy a fully catered meal, vote for FFL officers, and announce the upcoming FFL activities. This picnic is an annual tradition for all FFL members. The cost is \$10 per person. It is non-refundable and paid at registration. NEW LOCATION: Freeman Park, Shelter Bring your lawn chair.

Credentials:

Facilitator: Jeanell Coyne **Email:** jeanellcoyne7@gmail.com **Phone:** 208-589-5237
