

Friends for Learning Registration Form – Spring, 2026

Please keep a copy of this form for your future reference.

Name _____ *Please print clearly.*

• **FFL Members:** List changes to address, e-mail or phone here _____

• **For new members only:** Please complete the following information:

Address _____ Zip _____

Phone _____ Cell _____ Email _____

How to Register:

- Complete the Registration Form. Refer to the Course Catalog for details about each class.
- **Membership Fee** – The semester fee is \$25.00. (*Other course-specific fees may be assessed as needed by the instructor.*) Make the check out to ISU-FFL and follow mail-in instructions below.
- **Register Online at:** cetrain.isu.edu/ffl
- **In-person registration** - If you wish to have help with registration, join us on campus, CHE 304 January 13, 2026 from 9 until 11 am.

You can just as easily download this Registration Form, fill it out and send it to the address below.

- **Mail-in Registration:** Mail your Registration Class List and **registration \$25.00 fee** to:
Idaho State University
Continuing Education/Workforce Training - FFL
921 South 8th Avenue, Stop 8380
Pocatello, ID 83209

Parking Passes: Those participants that were members of FFL during the fall 2025 semester need to KEEP their current parking pass, a new one will not be issued. New participants will need and get a new parking pass, (pass will be issued by filling out a form cetrain.isu.edu/parking and emailing it in to ISU). After CEWT has received the filled out form the parking pass will be sent from ISU, this pass is to be used until August 2026. The cost of the parking pass is included in the registration.

You must have a parking pass displayed prominently anytime you park on the ISU campus, or you may be ticketed. Note: Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352) at an additional cost of \$6.50.

Fall 2026 the Paw Print passes will not be available as the University will be going to all electronic scanning of vehicles in the parking lots.

Special Note: If you have questions or problems with or about a class during the semester, the facilitator is the person who you need to call. They are set up to help you and should have the answers you need. Please read the catalog for information about the classes, there are some that are more than one session, some that are weekly, and some that are monthly.

We are trying something a little new this semester. We are letting more people sign up for a class than the classroom can hold because things come up, participants get other plans, and sometimes participants forget. We have found our class attendance gets low so we are allowing more people to signup, PLEASE BE AWARE that if the classroom gets filled up you may not be allowed in so please come early to get a spot in the classroom. (This does not apply to the classes held in the TAB auditorium.) Thank you to all for your continued support in joining FFL, facilitating FFL classes, and teaching these classes!

Course #	Course Title	Instructor	Start Date
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___	4242	FFL Volunteer Opportunities		N/A
___	4215	Parking Pass		N/A
___	4792	Camping Group	Vicky Van Sickle	N/A
___	4789	Cross-Country Skiing and Snowshoeing	Jeanell Coyne	N/A
___	4790	HWE Shared Adventures	Pam Johnson	N/A
___	4793	Walking	Cynthia Steele	N/A
___	N/A	FFL In-person Registration	The board & Shirley	1/13/26
___	4564	Men's Brunch	John Atchison	1/14/26
___	4748	Women's Luncheon	Varies	1/14/26
___	4289	Hand and Foot Card Game	Peggy Ash	1/15/26
___	4137	Pinochle-Double Deck	Vicky Van Sickle	1/19/26
___	4607	Spanish	Eva Montantes	1/19/26
___	4849	Hydrology of the Upper Snake River Basin	Dr. Rob Van Kirk, Ph.D.	1/21/26
___	4503	Pickleball Intro & Practice	Jeff Bryan	1/26/26
___	4241	Zumba Gold (Seated)	Jennifer O'Sullivan	1/30/26
___	4876	Back to Basic Yoga (Mondays)	Nicole Packer	2/2/26
___	4847	Idaho State Historical Society	Dr. Cheryl O'Brien	2/2/26
___	4433	Fitness Made Simple	Leslee Blanch	2/3/26
___	4818	Pelvic Floor Health	Greg Hyde	2/4/26
___	4652	Writing Your Story	Sidney Hoopes	2/5/26
___	4218	Line Dancing	Shari Sampson, Paula Blair and Lisa Myers	2/6/26
___	4253	Shutterfly Photo Books	Gretchen O'Bleness	2/6/26
___	4866	Stress Management: Living Life Essentially	Leslee Blanch	2/10/26
___	4854	Adventures in Africa	Jeff Carr	2/11/26
___	4875	100% Chance of Weather	Michael Coats	2/12/26
___	4738	SmartPhones - Catching Up!	Camille Wood	2/17/26
___	4221	Museum Tour 1-Life Before Dinosaurs	Chloe Doucette	2/18/26
___	4869	Travel Tips from the Experts-AAA	Lisa McGahey	2/18/26
___	4857	Collectors' Corner Museum Tour	Jim and Nida Gyorfy	2/19/26
___	4862	History of Mosaics	Karin Armstrong	2/23/26
___	4842	A County Commissioner? Let's Talk.	Dave Radford	2/23/26
___	4871	Bystander CPR (Hands-Only) – A 1:00 - 2	Lisal Drollinger	2/24/26
___	4872	Bystander CPR (Hands-Only) – B 2:00 - 3	Lisal Drollinger	2/24/26
___	4873	Bystander CPR (Hands-Only) – C 3:00 – 4	Lisal Drollinger	2/24/26
___	4838	What's New at the Zoo?	Bethanie West	2/25/26
___	4874	INL All Day Tour	Liza Leonard	2/26/26
___	4861	DIY Off Grid Solar Power	Jonathan Dodge	3/2/26
___	4865	Chair Yoga (Tuesdays)	Kristen Clayton	3/3/26
___	4841	Meet our Bonneville Co. Commissioners	Commissioners	3/3/26
___	4870	Interior design for your home	Lisa Spray	3/4/26
___	4843	Simple Magic Tricks that Amaze!	David Gillmore	3/4/26
___	4855	Tax Strategies for Retirement	Jennifer Landon	3/9/26
___	4856	Gears, Gadgets and Laws for Self Defense	Jeff Young	3/10/26
___	4863	Stop the Bleed - Class A 1:00 – 2:00	Kasia Kohler	3/11/26
___	4864	Stop the Bleed – Class B 2:00 – 3:00	Kasia Kohler	3/11/26
___	4693	PI Day (bring a pie) Celebration	Gretchen O'Bleness	3/14/26

___	4850	Tick Tock - Master Watchmaker	F. Martell Grover	3/16/26
___	4480	Calm Doodling Bookmarks	Denise Morton	3/17/26
___	4882	Why Are There So Many Apartments?	Wade Sanner	3/17/26
___	4878	Soaked & Sprouted Multi-Grain Bread	Sue Gillmore	3/18/26
___	4853 1	Wonderful World of Sourdough – A; 1-2:30	Jackie Christiansen	3/18/26
___	4853 2	Wonderful World of Sourdough – B; 2:30- 4	Jackie Christiansen	3/18/26
___	4895	Kris Milgate - Multimedia Outdoor Journalist	Kris Milgate	3/19/26
___	4858	Land Use Decisions	Jim Francis	3/20/26
___	4867	Birds of Idaho and Beyond	Linda Milam	3/30/26
___	4791	HWE Off-Roaders Group Rides	Bruce Wilding	3/30/26
___	4840	Ebikes: Power to the Pedal	Chris White	3/31/26
___	4877	Health Benefits of Kitchen Herbs	Sue Gillmore	4/1/26
___	4323	Everyone can Draw	Nancy Peterson	4/2/26
___	4865	Chair Yoga (Thursdays)	Kristen Clayton	4/2/26
___	4881	6 Great Religions: Confucianism\Daoism	Tyson Yost	4/7/26
___	4860	How Disease Affects History	John M Russell	4/8/26
___	4846	Amazing Benefits of Exercise	Debbie Vanderniet	4/10/26
___	4848	Hearing Loss and Tinnitus	Dr. Kalob Parsons	4/10/26
___	4836	Help for your Green Thumb (Class A)	Aaron Brown	4/13/26
___	4879	Two museums in one day	Tour guides	4/14/26
___	4778	PowerPoint for Beginners	Jane Roberts	4/15/26
___	4837	Help for your Green Thumb (Class B)	Aaron Brown	4/20/26
___	4852	Tour of Idaho Falls airport	Ian Turner	4/20/26
___	4845	How to Grow Food as if Your Life Depends on It!	David Gillmore	4/21/26
___	4880	Supporting Older Idahoans	Tyrell Arnold	4/22/26
___	4839	Understanding Death & Grief	Brian McBride	4/22/26
___	4844	Garden Tour: Geo-Thermal Greenhouse	David Gillmore	4/23/26
___	4883	Tulip Festival Bus Trip		4/29/26
___	4533	Museum Tour 2-Life Before Dinosaurs	Chloe Doucette	4/30/26
___	4299	Spring Social	FFL Board of Directors	5/5/26
___	4868	Alzheimer's Assn. Research Conversations	Lisa Hong	5/6/26
___	4613	Melaleuca HQ & Distribution Tour	Tammy Reboiro	5/6/26
___	4297	Wastewater Treatment Plant Tour	Darin Lords	5/11/26
___	4851	Book Club	Group Discussion	5/13/26
___	4798	Anyone Can Paint	Amber Birch	5/15/26
___	4152	Bears and the Yellowstone Experience	Sidney Hoopes	6/22/26
___	4311	Summer Picnic & Annual FFL meeting	FFL Board of Directors	8/11/26