Friends for Learning Registration Form – Fall, 2023

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 $20.00. (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 215 between 9:00-11:30 Monday, August 7th.

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 $20.00 fee to:
  Idaho State University
  Continuing Education/Workforce Training - FFL
  921 South 8th Avenue, Stop 8380
  Pocatello, ID 83209

Parking Passes: All registries will need a parking pass this semester.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course name</th>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4215</td>
<td>Parking Pass</td>
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<tr>
<td>4242</td>
<td>A Volunteer Opportunity</td>
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</tr>
<tr>
<td>4579</td>
<td>Aging, Body Wisdom</td>
<td>10/18</td>
<td>Wed</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4580</td>
<td>Aging, Make Health a Hobby</td>
<td>10/25</td>
<td>Wed</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4581</td>
<td>Aging, Move It</td>
<td>11/01</td>
<td>Wed</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4582</td>
<td>Aging, Processed, refined Food is …</td>
<td>11/08</td>
<td>Wed</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4258</td>
<td>Anyone Can Paint</td>
<td>12/01</td>
<td>Fri</td>
<td>1:00 pm</td>
<td>Grape Van Gogh 1500 Pancheri, IF</td>
</tr>
<tr>
<td>4558</td>
<td>Baklava Basics</td>
<td>11/08</td>
<td>Wed</td>
<td>3:30 pm</td>
<td>Developmental Workshop 555W 25th Street, IF</td>
</tr>
<tr>
<td>4619</td>
<td>Balance and Fall Prevention</td>
<td>09/13</td>
<td>Wed</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4620</td>
<td>Being Trama Informed</td>
<td>09/11</td>
<td>Mon</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4621</td>
<td>CASA-Advocates for Children at Risk</td>
<td>09/06</td>
<td>Wed</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4622</td>
<td>Chat GPT and Artificial Intelligence</td>
<td>10/04</td>
<td>Wed</td>
<td>10:00 am</td>
<td>CHE 219</td>
</tr>
<tr>
<td>4623</td>
<td>Citizens Watch Patrol</td>
<td>11/07</td>
<td>Tues</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4624</td>
<td>Colored Pencil Techniques</td>
<td>11/07</td>
<td>Tue &amp; Thurs</td>
<td>1:00 pm</td>
<td>CHE 306</td>
</tr>
<tr>
<td>4160</td>
<td>Computer Security for Seniors</td>
<td>10/06</td>
<td>Fri</td>
<td>10:00 am</td>
<td>CHE 213</td>
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<tr>
<td>Code</td>
<td>Title</td>
<td>Date(s)</td>
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<tr>
<td>4625</td>
<td>Costa Rican Adventure</td>
<td>10/20</td>
<td>Fri</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4626</td>
<td>CPR Basics</td>
<td>11/15</td>
<td>Wed</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4533</td>
<td>Dinosaurs of the Deep (Underwater)</td>
<td>08/29</td>
<td>Tues</td>
<td>3:00 pm</td>
<td>Museum of Idaho 200 N. Eastern Ave. IF</td>
</tr>
<tr>
<td>4548</td>
<td>Dot Mandala Rock Painting</td>
<td>11/29</td>
<td>Wed</td>
<td>2:00 pm</td>
<td>CHE 306</td>
</tr>
<tr>
<td>4137</td>
<td>Double Deck Pinochle</td>
<td>09/11 &amp; every Monday</td>
<td>Mon.</td>
<td>11:30 am</td>
<td>Canton Restaurant 2173 E 17th Street, IF</td>
</tr>
<tr>
<td>4591</td>
<td>Dutch Oven Cooking with Dave</td>
<td>09/07</td>
<td>Thurs</td>
<td>1:00 pm</td>
<td>Dave's Home 2141 W Saddle Lane., IF</td>
</tr>
<tr>
<td>4323</td>
<td>Everyone Can Draw</td>
<td>10/20, 27 &amp; 11/3, 10</td>
<td>Fri</td>
<td>10:00 am</td>
<td>CHE 306</td>
</tr>
<tr>
<td>4627</td>
<td>Family Search Center Tour</td>
<td>12/12</td>
<td>Tues</td>
<td>11:00 am</td>
<td>750 W. Elva IF</td>
</tr>
<tr>
<td>4433</td>
<td>Fitness Made Simple</td>
<td>09/12 &amp; every Tuesday</td>
<td>Tues</td>
<td>10:00 am</td>
<td>Bonneville Co Ext. Office 1542 E 73rd S IF</td>
</tr>
<tr>
<td>4595</td>
<td>Forecasting Your Weather Daily</td>
<td>09/13</td>
<td>Wed</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4554</td>
<td>Funeral Home Tour /Understanding Grief</td>
<td>09/19</td>
<td>Tues</td>
<td>1:00 pm</td>
<td>Wood Funeral Home Eastside</td>
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<tr>
<td>4628</td>
<td>George Washington &amp; the Culper Spy Ring</td>
<td>09/08</td>
<td>Fri</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4629</td>
<td>Get a Good Night's Sleep</td>
<td>10/17</td>
<td>Tues</td>
<td>9:00 am</td>
<td>Romaines 563 S. 25th E., IF</td>
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<tr>
<td>4630</td>
<td>Getting the Most from your Android phone</td>
<td>09/15</td>
<td>Fri</td>
<td>1:00 pm</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4289</td>
<td>Hand and Foot Card Game</td>
<td>09/07</td>
<td>Thurs</td>
<td>12:00 pm</td>
<td>Leo's Place 155 S. Holmes IF</td>
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<td>4121</td>
<td>Hiking Walking and Exploring /HWE</td>
<td>TBA</td>
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<td>Different locations</td>
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<td>4171</td>
<td>Holiday Luncheon</td>
<td>12/06</td>
<td>Wed</td>
<td>11:30 am</td>
<td>Westbank Inn 525 River Parkway IF</td>
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<tr>
<td>4631</td>
<td>Idaho Brewing Company Tour</td>
<td>10/10</td>
<td>Tues</td>
<td>3:00 pm</td>
<td>Idaho Brewing Co 775 S. Capital IF</td>
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<td>4632</td>
<td>Idaho Falls Power Tour</td>
<td>09/05</td>
<td>Tues</td>
<td>10:00 am</td>
<td>Idaho Falls Power</td>
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<tr>
<td>4633</td>
<td>Idaho Museum of Natural History Tour</td>
<td>10/30</td>
<td>Mon</td>
<td>10:00 am</td>
<td>Idaho Museum of N. H. 698 Dillon St., Pocatello</td>
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<tr>
<td>4634</td>
<td>Idaho Wilderness</td>
<td>10/13</td>
<td>Fri</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4635</td>
<td>Improve your Communication Skills</td>
<td>10/11, 18, 25</td>
<td>Wed</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4111</td>
<td>Italian Potluck Cuisine</td>
<td>11/06</td>
<td>Mon</td>
<td>5:30 pm</td>
<td>Lutheran Church 455 W. Sunnyside, IF</td>
</tr>
<tr>
<td>4636</td>
<td>Jambalaya Cooking</td>
<td>09/14</td>
<td>Thurs</td>
<td>3:00 pm</td>
<td>Bonneville Co Fairground commercial kitchen</td>
</tr>
<tr>
<td>4610</td>
<td>Learn How to Cook Paella (and eat)</td>
<td>10/05</td>
<td>Thurs</td>
<td>11:00 am</td>
<td>Bonneville Co Fairground commercial kitchen</td>
</tr>
<tr>
<td>4218</td>
<td>Line Dance</td>
<td>9/08-12/15</td>
<td>Fri</td>
<td>1:00 pm</td>
<td>Development Workshop 555 W. 25th St. IF</td>
</tr>
<tr>
<td>4637</td>
<td>Martha Washington: Her Life in Her Time</td>
<td>11/28</td>
<td>Tues</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4613</td>
<td>Melaleuca Headquarters Tour</td>
<td>9/22</td>
<td>Fri</td>
<td>11:00 am</td>
<td>Melaleuca Global Headquarters 4609 W 65th S., IF</td>
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<tr>
<td>4564</td>
<td>Men's Brunch</td>
<td>9/12, 10/10, 11/14, 12/12</td>
<td>Tues</td>
<td>12:00 pm</td>
<td>Idaho Falls various restaurants</td>
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<tr>
<td>4641</td>
<td>Nativescaping in Eastern Idaho</td>
<td>09/07</td>
<td>Thurs</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4180</td>
<td>Navigating the Medicare Maze</td>
<td>10/10</td>
<td>Tues</td>
<td>9:00 am</td>
<td>CHE 217</td>
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<tr>
<td>4503</td>
<td>Pickleball Practice</td>
<td>9/14 &amp; every Thursday</td>
<td>Thurs</td>
<td>10:00 am</td>
<td>Lincoln Park Pickleball Complex 2280 Lincoln Road, IF</td>
</tr>
<tr>
<td>4639</td>
<td>Queen Victoria's Descendants at War</td>
<td>10/24</td>
<td>Tues</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4640</td>
<td>Rafting the Grand Canyon</td>
<td>10/19</td>
<td>Thurs</td>
<td>10:00 am</td>
<td>CHE 213</td>
</tr>
<tr>
<td>4188</td>
<td>Reader's Round Table</td>
<td>9/05</td>
<td>Tues</td>
<td>1:00 pm</td>
<td>CHE 306</td>
</tr>
<tr>
<td>ID</td>
<td>Course Title</td>
<td>Start Date</td>
<td>Duration</td>
<td>Day(s)</td>
<td>Time</td>
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<tr>
<td>4231</td>
<td>Singing for Fun</td>
<td>9/13-12/06</td>
<td>Every Wed</td>
<td>1:00 pm</td>
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</tr>
<tr>
<td>4142</td>
<td>Sourdough for Starters</td>
<td>10/26</td>
<td>Thurs</td>
<td>10:00 am</td>
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<tr>
<td>4607</td>
<td>Spanish, Intermediate</td>
<td>9/12-12/18</td>
<td>Every Mon</td>
<td>6:00 pm</td>
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</tr>
<tr>
<td>4143</td>
<td>Summiting Kilimanjaro: Leadership lesson</td>
<td>10/12</td>
<td>Thurs</td>
<td>10:00 am</td>
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</tr>
<tr>
<td>4144</td>
<td>Swimming for Fitness - Beginning</td>
<td>10/02-11/01</td>
<td>Every Mon &amp; Wed</td>
<td>9:30 – 10:20 am</td>
<td>Wes Deist Aquatic Center 149 7th St. IF</td>
</tr>
<tr>
<td>4145</td>
<td>Swimming – Intermediate/Advanced</td>
<td>10/02-11/01</td>
<td>Every Mon &amp; Wed</td>
<td>10:30 – 11:20 am</td>
<td>Wes Deist Aquatic Center 149 7th St. IF</td>
</tr>
<tr>
<td>4618</td>
<td>Tapestry of American Religion</td>
<td>10/16 &amp; 23</td>
<td>Mon</td>
<td>1:00 pm</td>
<td></td>
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<tr>
<td>4642</td>
<td>The Magic between Horse and Human</td>
<td>8/25</td>
<td>Mon</td>
<td>10:00 am</td>
<td></td>
</tr>
<tr>
<td>4643</td>
<td>Tater Tots Story</td>
<td>9/15</td>
<td>Fri</td>
<td>10:00 am</td>
<td></td>
</tr>
<tr>
<td>4644</td>
<td>Under the Canopy Tour</td>
<td>10/17</td>
<td>Tues</td>
<td>3:00 pm</td>
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<tr>
<td>4645</td>
<td>Update on Ukraine</td>
<td>9/20</td>
<td>Wed</td>
<td>10:30 am</td>
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<tr>
<td>4646</td>
<td>Using a Garmin for Navigation &amp; Safety</td>
<td>10/16</td>
<td>Mon</td>
<td>10:00 am</td>
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<tr>
<td>4647</td>
<td>Visions of East Idaho from a Blind Guy</td>
<td>10/10</td>
<td>Tues</td>
<td>11:00 am</td>
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</tr>
<tr>
<td>4574</td>
<td>West Yellowstone Railroad Tour</td>
<td>9/12</td>
<td>Tues All Day</td>
<td></td>
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<tr>
<td>4648</td>
<td>What is the Idaho Falls Rotary Club</td>
<td>12/04</td>
<td>Mon</td>
<td>2:00 pm</td>
<td></td>
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<tr>
<td>4649</td>
<td>What is Vascular Health?</td>
<td>9/19</td>
<td>Tues</td>
<td>10:00 am</td>
<td></td>
</tr>
<tr>
<td>4650</td>
<td>Wood Specialty Court</td>
<td>11/01</td>
<td>Wed</td>
<td>9:30 am</td>
<td></td>
</tr>
<tr>
<td>4652</td>
<td>Write Your Own Story</td>
<td>10/12,19,26, &amp; 11/2,16</td>
<td>Thurs</td>
<td>1:00 pm</td>
<td></td>
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<tr>
<td>4651</td>
<td>WWII Relocation of Japanese Americans</td>
<td>9/8</td>
<td>Fri</td>
<td>10:00 am</td>
<td></td>
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<tr>
<td>4241</td>
<td>Zumba Gold</td>
<td>9/12 - 11/21</td>
<td>Tues</td>
<td>1:00 pm</td>
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</tr>
</tbody>
</table>
**4215 Parking Pass**

The cost of this pass is included in the registration. You must have this pass displayed prominently anytime you park on campus, or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352). This pass is good for the fall semester and the spring semester so please keep it. If you do not receive the pass in a timely manner, you can call the ISU Continuing education at 208-282-3372 and you will be assisted.

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**4343**

Friends For Learning operates totally be 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 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.

Facilitator: Jeanell Coyne   Email: [jeanellcoyne7@gmail.com](mailto:jeanellcoyne7@gmail.com)   Phone: 208-589-5237
4579  Aging without Getting Old, Body Wisdom  Instructor: Debbie Vanderniet  Fee: $0
When: 10/18  Time: 1:00 pm – 3:00 pm  Location: CHE 213

Content: The human body can make its own medicine! This course will help participants learn that the effects normally associated with aging (heart disease, diabetes, arthritis, weakness, etc.) are not inevitable. Whether the participants are looking to avoid age-related issues or reverse them, this class will provide scientific-based information and guidelines for achieving a high quality, healthy life. Our bodies are designed to live a long and be healthy if we know how to care and feed them properly, exercise regularly, overcome stress, and develop a positive attitude. I show class members how make dietary and lifestyle choices to maximize the production of nitric oxide and “open the pharmacy” within their body. By making wise choices, individuals can look forward to maintaining a healthy and productive lifestyle. Part 1

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 a community college for about 25 years. Debbie’s love and passion is health and nutrition.

Facilitator: Vicky Van Sickle  E-mail: victorialynnvs@hotmail.com  Phone: 208-589-6055

4580  Aging: Make Health Your Hobby  Instructor: Debbie Vanderniet  Fee: $0
When: 10/25  Time: 1:00 pm - 3:00 pm  Location: CHE 213

Content: Make Health your Hobby by overcoming the three “-ations”: Oxidation, inflammation, glycation. This course will help you learn that the effects normally associated with aging are not inevitable. Whether you are looking to avoid age-related issues or reverse them, this class will provide scientific-based information and guidelines. With an Individual Retirement Account for Health (IRAH) you can become (or remain) a member of the group of people who enjoy good digestion, clearer thinking, increased energy, and less pain – without taking prescription medications! People save money for retirement, but don’t think about saving their body to better enjoy it. Part 2 repeated from Spring 2023 semester.

Credentials: Debbie Vanderniet lives in Rigby, Idaho. She graduated from BYU with a degree in University Studies and 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. Her love and passion is health and nutrition.

Facilitator: Vicky Van Sickle  E-mail: victorialynnvs@hotmail.com  Phone: 208-589-6055
Content: Processed, refined food is detrimental to human health, and it may be as addictive as cocaine. Whether you are looking to avoid age-related issues or reverse them, this class will provide scientific-based information and guidelines. We human beings are biologically programmed to desire sugar and fat. The consumption of sugar and sugar-laden products has skyrocketed. Processed, refined foods, are typically stripped of micronutrients; these foods are consumed at an astonishingly high rate in western societies. This class will show participants how to reverse this trend in their own lives and make healthier life-saving choices on without Getting Old.

Credentials: Debbie graduate from BYU with a degree in University Studies and from St. Cloud State University (Minnesota) with a MS in Social Science. She has taught Sociology, Anthology and Social Problems in community college for about 25 years. Her love and passion are health and nutrition.

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

Content: This course will help participants 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 discuss the various online resources to help participants set and achieve realistic goals. Part 4: Repeated from Spring 2023 semester.

Credentials: Debbie graduate from BYU with a degree in University Studies and from St. Cloud State University (Minnesota) with a MS in Social Science. She has taught Sociology, Anthology and Social Problems in community college for about 25 years. Her love and passion are health and nutrition.

Facilitator: Vicky Van Sickle Email: victorialynnv@hotmail.com Phone: 208-589-6055
4258  Anyone Can Paint  Instructor: Amber Birch  Fee: $25.00
Date: 12/01  Time: 1:00 pm - 3:00 pm  Location: Grape Van Gogh, 1500 Pancheri

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 fun way to "Paint and Party". The $25 fee will be prepaid as you register for FFL. We had a blast last fall doing a fall painting. To hold the class, we need to have 15 people prepaid. A refund will be made if the class is canceled.

Credentials: Amber Birch owns the Grape Van Gogh and has helped hundreds of people paint. She 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: victorialynnvs@hotmail.com  Phone: 208-589-6055

4558  Baklava Basics  Instructor: Gretchen O'Bleness  Fee: $0
Date: 11/08  Time: 3:30 pm - 5:30 pm  Location: Development Workshop

Content: Baklava is a layered pastry dessert made with phyllo dough pastry basted with butter, filled with chopped nuts, sweetened with sugar, and covered in a honey syrup. Students will be put in pairs, and the class will make five pans of Baklava to be donated to the Festival of Trees the following week! All supplies will be provided. After making Baklava, you will have the skills to make Spanakopita which is another dish using Phyllo dough that encases a spinach filling! A copy of both recipes will be provided via email before the class.

Credentials: Gretchen has been making Baklava for some 30 years.

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

4619  Balance and Fall Prevention  Instructor: Jay Ellis  Fee: $0
Date: 9/13  Time: 1:00 pm - 2:30 pm  Location: CHE 213

Content: A look at balance and strength and how they influence falls. What can we do to increase balance, strength, and reduce fall risks. General strength and balance has a great influence with posture and safety during general mobility. Why is it important to maintain proper balance, muscle tone and to avoid the postural weakness or falls than can add additional stress to our body as we age and retire.

Credentials: Graduated from the University of Puget Sound with a Bachelors of Science in Physical Therapy. Supervising Therapist at Consolidated Hospital (Riverview), Director of Physical Therapy at Bingham Memorial, then Private Practice in Idaho Falls and Blackfoot. Consultant with the Chinese Olympic Team Doctors in Guangzhou.

Facilitator: Margie Prestwich  Email: margieprestwich59@gmail.com  Phone: 208-523-0261
### CASA-Advocates for Children at Risk
- **Instructor:** Kimberly Murphy  
- **Fee:** $0  
- **Date:** 9/06  
- **Time:** 10:00 am – 12:00 pm  
- **Location:** CHE 213

**Content:** CASA, the Court Appointed Special Advocates program, uses volunteers to advocate for the protection and best interests of children in an abusive or neglected environment. Learn about the needs of children at risk in our community and how volunteers visit with children and families, assess the needs and circumstances, and report to the court in Child Protection cases.

**Credentials:** Kimberly Murphy is the Volunteer Coordinator for the Region 7 CASA program. She is responsible for community outreach and education, recruitment, and training of volunteers.

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

### Chat GPT and Artificial Intelligence
- **Instructor:** Paul Dickey  
- **Fee:** $0  
- **Date:** 10/04  
- **Time:** 10:00 am – 12:00 pm  
- **Location:** CHE 219

**Content:** The class will focus on Artificial Intelligence, what it is and how we use it every day. We will discuss the ethics of AI and how it will change the workforce. There will also be a demonstration of Chat GPT and how to effectively use it as a personal resource.

**Credentials:** Paul Dickey is the coordinator for the apprenticeship program at ISU. He is a self-described enthusiast about computers and the new world of Artificial Intelligence and Chat GPT.

**Facilitator:** Royce Lee  
**Email:** royceblee337@gmail.com  
**Phone:** 208-589-4276
4623  Citizens Watch Patrol  Instructor: Steve Cannon  Fee: $0

Date: 11/07  Time: 10:00 am – 12:00 pm  Location: CHE 213

Content: Citizens Watch Patrol started in late 1999 when a group of IFPD Citizens Police Academy graduates asked, "Now what do we do?" The group had received some training at the academy, and then LT. Royce Clements developed an advanced training program for the unit. They are always on call to assist the IF Police Department with limited citation authority, such as for abandoned vehicles and parking issues. Also, they are CPR/First Aid certified and can assist IFPD with crowd control at emergencies, city celebrations (e.g., 4th of July) and helping to find lost children. The advantage of CWP is so that paid officers are freed up to assist in more complex situations.

Credentials: Steve was one of the first six CWP members and has been a part of the organization from day one. He currently serves as president of the CWP organization and is the lead training officer for Citizens Watch.

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

4624  Colored Pencil Techniques  Instructor: Bohan and Morton  Fee: $11.00

Date: 11/0 & 11/09  Time: 1:00 pm - 3:00 pm  Location: CHE 306

Content: You will learn techniques such as color mixing and blending, transferring an image, using different application pressures and their results, adding details, and using values to create the illusion of depth. We will discuss qualities of different types of papers and other supports, and how to draw what you see rather than what you think you know about an object. You will be able to apply the techniques to your own drawings and artwork. Students must bring a set of 24 or 36 Prismacolor Premier colored pencils--be sure not to buy Prismacolor Scholar or Prismacolor Watercolor Pencils.

Credentials: Colleen Bohan and Denise Morton are members of Colored Pencil Society of America, District Chapter 217 and have shown their work at The Art Museum of Eastern Idaho and the Idaho Falls Arts Council.

Facilitator: Kathie Hendrix  Email: chatiek06@gmail.com  Phone: 208-589-4352

4160  Computer Security for Seniors  Instructor: Tomm Larson  Fee: $0

Date: 10/06  Time: 10:00 am – 12:00 pm  Location: CHE 213

Content: We all hear about cybersecurity attacks and know there are criminals trying to take advantage of people online, but not many people know there are just a few simple rules that can protect you from most cyberattacks. Tomm will share those rules and include other good ideas to make your online activities safe and enjoyable.

Credentials: Tomm Larson is the Cybersecurity Awareness Lead at Idaho National Laboratory and has been working in Cybersecurity for more than 20 years.

Facilitator: Gretchen O‘Bleness  Email: gretchen.obleness@gmail.com  Phone: 208-681-3451
### Costa Rican Adventure

**Instructor:** Nancy Carpenedo, et al  
**Fee:** $0  
**Date:** 10/20  
**Time:** 1:00 pm - 3:00 pm  
**Location:** CHE 213  

**Content:** Why do sloths always seem to be smiling? What is a Jesus lizard? How do people survive in a country without guns? Thirteen friends, who recently took a private, guided tour of Costa Rica, discovered a land rich in history, exotic animals, birds, plants, and friendly people. Come experience a taste of this amazing land of volcanoes, rain forests and desert with all it has to offer. Pura Vida!

**Credentials:** Looking for adventure and an educational experience, 13 world-traveler friends, mostly FFL members, recently spent 15 days together on a private, guided tour of Costa Rica.

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

### CPR Basics

**Instructor:** Terry Yackley  
**Fee:** $0  
**Date:** 11/15  
**Time:** 10:00 am – 12:00 pm  
**Location:** CHE 213  

**Content:** A person may need cardiopulmonary resuscitation (CPR) at any time. Knowing the basics can help save a life during cardiac arrest, when the heart stops beating or beats ineffectively to get blood to the brain and other vital organs.

**Credentials:** Terry has taught many Red Cross certified CPR classes and is a licensed Respiratory Therapist.

**Facilitator:** Steve Piet  
**Email:** pietsteven@hotmail.com  
**Phone:** 1-208-521-0627

### Dinosaurs of the Deep (Underwater)

**Instructor:** Museum Staff  
**Fee:** $6.00  
**Date:** 8/29  
**Time:** 3:00 pm - 5:00 pm  
**Location:** Museum of Idaho  
200 N Eastern Ave.

**Content:** Join us for one more tour of "Dinos of the Deep" at the Museum of Idaho before it leaves in September.

**Credentials:** Museum of Idaho Managing Director

**Facilitator:** Vicky Van Sickle  
**Email:** victorialynnvs@hotmail.com  
**Phone:** 208 529 8859
**4548  Dot Mandala Rock Painting**  
Instructor: Gretchen O'Bleness  
Fee: $0

Date: 11/29  
Time: 2:00 pm - 4:00 pm  
Location: CHE 306

Content: In this class you will learn how to make geometric patterns using dots of acrylic paint on rocks to create your very own simple dot mandala rock. Gretchen will start you out using the basic "anchor" system to start your design. All supplies will be provided including a rock to paint and take home. She'll talk about the craze of painting rocks and hiding them for others to find in local parks, the minimal supplies needed to paint rocks, and some basic techniques. Still not sure what we're talking about? Google "Dot mandala rock images"!

Credentials: Gretchen started painting rocks four years ago and ended up discovering the Dot Mandala technique of painting rocks. Over those four years, she has developed quite a following of "Gretchen Rock" fans. She has expanded from just painting rocks to mugs, ornaments, and basically anything smooth that sits still for a few minutes!

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

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**4137  Double Deck Pinochle**  
Instructor: Gene Hicks  
Fee: Purchase own food/drink

Date: Every Monday  
Time: 11:30am-3:00pm  
Location: Canton Restaurant 2173 E 17th Street, IF

Content: We play double deck Pinochle starting at noon. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator or the instructor. Players should arrive early at 11:30 am and must buy lunch since we don't pay a fee to use the back room. A $5.00 donation is taken for buying new playing cards each semester. We play year round every Monday.

Credentials: Gene Hicks has played many variations of Pinochle for years.

Facilitator: Vicky Van Sickle  
Email: victorialynnvs@hormail.com  
Phone: 208-589-6055

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**4591  Dutch Oven Cooking**  
Instructor: Dave Dameron  
Fee: $0

Date: 9/0  
Time: 1:00pm-3:00pm  
Location: Dave's Home, 2141 W. Saddle Lane, Idaho Falls, Idaho 83402

Content: During this class we will be treated to Dave's famous cobbler and biscuits. He will teach how to clean, store and treat Dutch ovens and answer all questions. Dave is an experienced chef with lots of stories to tell. Not only will you learn the art of Dutch oven cooking, you will be entertained as well.

Credentials: Dave and his wife Rosemary have a Dutch Oven Catering business they have run for 25 years. They cook for retreats, camps, and weddings for over 300 people.

Facilitator: Jeanell Coyne  
Email: jeannelcoyne7@gmail.com  
Phone: 208-589-5237
### Everyone can Draw

**Instructor:** Nancy Peterson  
**Fee:** $5.00

**Date:** 10/20 & 27; 11/3 & 10  
**Time:** 10:00 am – 12:00 pm  
**Location:** CHE 306 ISU art room

**Content:** For the person who always wanted to draw or improve the skills they have. Several different mediums will be introduced including, watercolor, pastels, color pencil, ink. All 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.

**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:** 208-589-4352

### Family Search Center Tour

**Instructor:** Bill Forsyth  
**Fee:** $0

**Date:** 12/12  
**Time:** 11:00 am - 1:00 pm  
**Location:** 750 W. Elva, Idaho Falls, ID 83402

**Content:** FamilySearch is an international, nonprofit organization dedicated to helping all people discover their family story. They provide information free of charge to everyone, regardless of tradition, culture, or religious affiliation. The Idaho Falls FamilySearch Center is one of 15 large regional centers and part of more than 5,000 family history centers in 129 countries worldwide. Join us for a tour of the 14,000 square foot facility that was renovated in 2022. See all of the various community resources that are available including research, preservation and discovery areas, historic murals, two large classrooms and more than 100 workstations.

**Credentials:** Bill Forsyth is the Community Outreach Coordinator for FamilySearch.

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

### Fitness Made Simple

**Instructor:** Leslee Blanch  
**Fee:** $0

**Date:** 9/12 & Every Tuesday  
**Time:** 11:00 am  
**Location:** Bonneville County Extension Office, 1542 E.73rd S., Id Falls (by Sandy Downs)

**Content:** Leslie will give us an opportunity to improve our strength, flexibility, and balance using various types of equipment and exercise. Come join this fun and worthwhile class. All equipment will be provided by the U of I Bonneville County Extension Office. Wear something comfortable.

**Credentials:** Leslie is a Registered Dietitian and Certified Group Fitness Instructor.

**Facilitator:** Kathy Duplessis  
**Email:** kduplessis81@gmail.com  
**Phone:** 208-390-9505
### Forecasting your weather daily  
**Instructor:** Michael Coats  
**Fee:** $0

**Date:** 9/13  
**Time:** 10:00 am – 12:00 pm  
**Location:** CHE 213

**Content:** A look at what it takes to broadcast a daily weather report for over-the-air and digital platforms in Eastern Idaho and Western Wyoming.

**Credentials:** Michael is currently the Chief Meteorologist at KIFI-TV Local News 8 and Eyewitness News 3. He holds a bachelor’s degree in Journalism from California State University Northridge with postgraduate studies in Meteorology from Mississippi State University.

**Facilitator:** Kathie Hendrix  
**Email:** chatiek06@gmail.com  
**Phone:** 208-589-4352

### Funeral Home Tour / Understanding Grief  
**Instructor:** Brian McBride  
**Fee:** $0

**Date:** 9/19  
**Time:** 1:00 pm - 2:00 pm  
**Location:** Wood Funeral Home Eastside

**Content:** This is a "behind the scenes" tour of Wood Funeral Home Eastside. You will receive insightful tips to understanding the grieving process and increase your ability to meet the varied options available to those suffering the loss of a loved one.

**Credentials:** Brian McBride has worked as a Funeral Director/Mortician for the Past 17 years. He studied Mortuary Science at the Pittsburgh Institute of Mortuary Science.

**Facilitator:** Kathie Hendrix  
**Email:** chatiek06@gmail.com  
**Phone:** 208-589-4352

### George Washington & the Culper Spy Ring  
**Instructor:** Dr. Kenneth A. Piippo  
**Fee:** $0

**Date:** 9/08  
**Time:** 1:00 pm - 3:00 pm  
**Location:** CHE 213

**Content:** During the Revolutionary War, General George Washington was keenly aware that for his army to succeed, he would need up-to-date information concerning the tactical and military strategies and weaknesses of the English army. In this class you will learn about the Culper Spy Ring, who the spies were, how they operated and how General Washington received the information from the spies.

**Credentials:** Dr. Piippo has had a lifelong interest in history and has spent years researching various historical topics. In addition to teaching geography and history in high school, he has made historical presentations in several western states.

**Facilitator:** Eileen Perkins  
**Email:** eileenperkins404@gmail.com  
**Phone:** 208-520-7483
**4629  Get a Good Night's Sleep**  
**Instructor:** Chris Luster  
**Fee:** $0

**Date:** 10/17  
**Time:** 9:00 am  
**Location:** Romaines, 563 S. 25th E., I.F.

**Content:** Chris is the Manager of the Local Romaines Mattress King Store. He will give a tour of their brand-new store and work rooms. With cut-aways, he will show us the best mattresses for our old bodies to get a good night's sleep. Zzzzzz.

**Credentials:** Chris Luster is the Store Manager for Romaines.

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

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**4630  Getting the most from your Android phone**  
**Instructor:** Gretchen O'Bleness  
**Fee:** $0

**Date:** 9/15  
**Time:** 1:00 pm - 3:00 pm  
**Location:** CHE 213

**Content:** Are you envious of the things others can do with their phone? This class will teach you some of the cool things that all Android phones can do! Just to name a few topics, you'll learn about “Do Not Disturb” mode, “Voice Dictation”, and how to rearrange and group your icons so you can find what you want to use! We will also cover some common applications you might want to install on your phone for even more fun. Note this class will be specific to ANDROID phones which does not include iPhones.

**Credentials:** Gretchen is a computer nerd who has used an Android phone for many years! She loves helping people and makes learning fun!  
**Phone:** 208-681-3451

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

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**4289  Hand & Foot Card Game**  
**Instructor:** Marion Hudnall  
**Fee:** Buy lunch

**Date:** Year Round, Every Thursday  
**Time:** 12:00 pm – 3:00 pm  
**Location:** Leo's 1st Street and Holmes

**Content:** students are taught the basic rules of the game and enjoy playing with other members of FFL. Players must buy lunch at each session. A donation is taken for new playing cards. We play year-round every Thursday.

**Credentials:** Marion Hudnall and Peggy Ash have been playing Hand & Foot for several years and are knowledgeable in the rules of the game.

**Facilitator:** Peggy Ash  
**Email:** peggy12bill@gmail.com  
**Phone:** 208-520-4377
### 4121  Hiking Walking and Exploring

**Instructor:** HWE Committee  
**Fee:** $0  
**Date:** N/A  
**Time:** N/A  
**Location:** N/A  

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

Credentials: HWE committee members have been involved for many years. Committee - Jim Schaffer - chairman 208-589 6005, Allen Perkins 208-604-0820, Richard Scheerer 208-881-6331, Garney Hardy 208-680-1370, Pam Johnson 970-420-8783, Larry Hull 208-521-1268, Margaret Kennelly 208-524-4930, and Janet Clayton 208-932-5674  
**Facilitator:** Jim Schaffer  
**Email:** milodoctor@gmail.com  
**Phone:** 208-589-6005

### 4171  Holiday Luncheon

**Instructor:** Karin Armstrong  
**Fee:** $25.00  
**Date:** 12/06  
**Time:** 11:30 am  
**Location:** West Bank Inn, 525 River Parkway, IF  

Content: Holiday Luncheon Buffet. Come visit and have a good meal and share some Christmas Joy with friends. Attendees should send a non-refundable check for $25 made out to Karin Armstrong, 2155 E. Olympic Ave. Idaho Falls ID 83404. This money must be sent by November 29th. Since the Country Club is going through an extensive remodel, we are holding this year's Holiday Luncheon in a new and exciting venue.

Credentials: Please bring a wrapped $15 gift for the gift exchange.  
**Facilitator:** Karin Armstrong  
**Email:** Karinidaho@yahoo.com  
**Phone:** 208-357-6068

### 4631  Idaho Brewing Company Tour

**Instructor:** Leon Wolfram  
**Fee:** $0  
**Date:** 10/10  
**Time:** 3:00 pm - 5:00 pm  
**Location:** 775 S Capital, IF  

Content: Leon “Wolf” Wolfram has been brewing beer and winning awards since 2009 at the Idaho Brewing Company more commonly known as IBC. In this class, Wolf will take you into the brewery and explain the process from start to finish. He will show you the malts, hops, and yeast that are used to produce the various ales and lagers. He will also show you their 10 barrel (310 gallon) system and talk about the process.

Credentials: Leon (Wolf) Wolfram and his wife Robin literally built the brewery from scratch, converting an old ice storage building into the brewery and building the tasting room nearby. The process took nearly three years but culminated on New Year’s Day 2009 when the first beer, an oatmeal stout, was brewed by Wolf and friends in the new facility. Five months later, in May 2009, Robin and Wolf opened the IBC tasting room with four beers on tap. Nowadays IBC offers an assortment of 18 different ales and lagers throughout the year.

**Facilitator:** Gretchen O'Bleness  
**Email:** gretchen.obleness@gmail.com  
**Phone:** 208-681-3451
<table>
<thead>
<tr>
<th>Course ID</th>
<th>Course Name</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>4632</td>
<td>Idaho Falls Power Tour</td>
<td>Steve Boorman</td>
<td>$0</td>
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<tr>
<td></td>
<td>Date: 9/05</td>
<td>Time: 10:00 am - 11:30 am</td>
<td>Location: Idaho Falls Power</td>
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<td>Content: Falls Power is a municipal electric utility serving the city of Idaho Falls, Idaho. Since 1900, their mission has been to deliver low-cost electricity to residents and businesses. They have done this by harnessing the power of the Snake River to produce clean, reliable, hydropower. Idaho Falls owns and operates five hydropower plants that deliver about one-third of the city’s electricity needs. After an orientation in the IF Power Conference room there will be a tour of the hydropower plant. Note that the stairs are not ADA accessible. There is a limit of 20 participants.</td>
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<td></td>
<td>Credentials: Steve is the director of Idaho Falls Power.</td>
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<td></td>
<td>Facilitator: Chris White Email: <a href="mailto:whitec42@gmail.com">whitec42@gmail.com</a> Phone: 208-716-3245</td>
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<td>4633</td>
<td>Idaho Museum of Natural History Tour</td>
<td>Robert J. Gay</td>
<td>$0</td>
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<td></td>
<td>Date: 10/30</td>
<td>Time: 10:00 am - 11:30 am</td>
<td>Location: 698 Dillion St., Pocatello, ID</td>
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<td></td>
<td>Content: This is a tour of the Idaho Museum of Natural History in Pocatello. It will include the new “Dinosaurs from the Mountain” exhibit that opens in October. Get the story behind the exhibits and the in-depth highlights with this fun, hands-on tour.</td>
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<td>Credentials: Robert is an educator and paleontologist with the Idaho Museum of Natural History. Prior to coming to IMNH two years ago, he worked in similar roles in Colorado and Arizona.</td>
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<td>Facilitator: Helen Hill Email: <a href="mailto:helenhillsemail@gmail.com">helenhillsemail@gmail.com</a> Phone: 208-589-8358</td>
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<td>4634</td>
<td>Idaho Wilderness</td>
<td>Jerry Jayne</td>
<td>$0</td>
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<td></td>
<td>Date: 10/13</td>
<td>Time: 10:00 am - 12:00 am</td>
<td>Location: CHE 213</td>
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<td>Content: Idaho is the Wilderness State! Learn where the wilderness areas are, their importance and some history about how they gained protection.</td>
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<td>Credentials: Jerry is a long-time citizen conservationist who has been involved in the effort to protect wild areas, wild rivers, and wildlife habitat in Idaho. He has done hiking exploration in many of these areas.</td>
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<td>Facilitator: Margaret Kennelly Email: <a href="mailto:margaret_kennelly@yahoo.com">margaret_kennelly@yahoo.com</a> Phone: 208-524-4930</td>
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**4635  Improve Your Communication Skills**  Instructor: Steve Piet, Mick Nelson, Nancy Makey  Fee: $0

Date: 10/11, 18, 25  Time: 10:00 am – 12:00 pm  Location: CHE 213

Content: We don't suffer from too much communication excellence. This three-session class will explore different sets of skills. You are encouraged to attend all three, but they will be as independent of each other as possible so that if you miss one, come to the others. You'll learn by information presented, handouts, and practice. (1) Introduction to communication skills, examples, and active listening. (2) The three sets of fundamental skills - vocal variety, descriptive language, and body language, (3) Additional topics such as storytelling (engage those grandkids!) as participants request

Credentials: Mick Nelson, Nancy Makey, and Steve Piet have more than seven decades of membership in Toastmasters International. Each has earned the top education award - Distinguished Toastmaster (DTM) and have given countless speeches in and out of Toastmasters. Nancy and Steve have served as District 15 Director (Idaho, Utah).

Facilitator: Helen Hill  Email: helenhillsemail@gmail.com  Phone: 208-589-8358

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**4111  Italian Potluck Cuisine**  Instructor: FFL  Fee: Cook or Pay $15.00

Date: 11/06  Time: 5:30 pm - 8:00 pm  Location: Lutheran Church 455 W Sunnyside, Idaho Falls, ID

Content: Come and experience a taste of Italy during our FFL Cultural Cuisine dinner. FFL members attending the dinner will choose their own Italian recipe to prepare a dish for the dinner. Non-member spouses and friends will be charged $15.00. Members must register by October 15 to attend the event.

Credentials: The Cultural Cuisine Committee has been hosting a variety of dinners for many years.

Facilitator: Vicky Van Sickle  Email: victorialynnvs@hotmail.com  Phone: 208-589-6055
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<tr>
<th>Course ID</th>
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<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Content</th>
<th>Credentials</th>
<th>Facilitator</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>4636</td>
<td>Jambalaya Cooking</td>
<td>Ed and Debbie Woodward</td>
<td>$7.00</td>
<td>9/14</td>
<td>3:00 pm - 5:00 pm</td>
<td>Bonneville Co Fairground - Commercial Kitchen</td>
<td>Ed Woodward “Woody” has always loved to cook...grilling, smoking, Jambalaya and more. This will be a hands-on class with students working in groups. We will eat what we cook and take some Jambalaya home, too.</td>
<td>Woody has been a Safety Engineer at INL but loves to cook.</td>
<td>Karin Armstrong</td>
<td><a href="mailto:Karinidaho@yahoo.com">Karinidaho@yahoo.com</a></td>
<td>208-357-6068</td>
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<tr>
<td>4610</td>
<td>Learn how to cook Paella (and eat!)</td>
<td>Sonia Rahman</td>
<td>$5.00</td>
<td>10/05/2023</td>
<td>11:00 am - 2:00 pm</td>
<td>Bonneville Co Fairground - Commercial Kitchen</td>
<td>Paella is a traditional rice dish originally from Valencia, Spain. There are many variations, but we will be cooking a Paella Mixta (i.e., mixed chicken and shrimp). Come learn about the history of Paella, get the recipe and participate in the cooking as we make two large paellas at the same time, then enjoy some paella for lunch! Bring your own drink (no alcohol allowed). You will be expected to help with clean up before we vacate the premises. Note: A $5 cash fee will be charged to help cover the cost of ingredients.</td>
<td>Sonia Rahman was born in Valencia, Spain and has attended multiple paella cooking lessons in Spain. Over the years she and her father have entered Paella cooking contests in her village fiestas.</td>
<td>Sonia Rahman</td>
<td><a href="mailto:srhmanasmile@gmail.com">srhmanasmile@gmail.com</a></td>
<td>208-313-9814</td>
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<tr>
<td>4218</td>
<td>Line Dance</td>
<td>Group Instruction</td>
<td>$0</td>
<td>9/8 - 12/15, Every Friday</td>
<td>1:00 pm - 2:00 pm</td>
<td>Development Workshop 555 W. 25th St., Idaho Falls, ID</td>
<td>Every Friday - Join us 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.</td>
<td>All instructors have taught this class for Friends for Learning for several years.</td>
<td>Debbie Scheerer</td>
<td><a href="mailto:debscheerer@yahoo.com">debscheerer@yahoo.com</a></td>
<td>208-881-6031</td>
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<td>Course</td>
<td>Description</td>
<td>Instructor</td>
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<tr>
<td>4637</td>
<td>Martha Washington: Her Life in Her Time</td>
<td>Vicki Baily</td>
<td>$0</td>
<td>11/28</td>
<td>10:00 am – 12:00 pm</td>
<td>CHE 213</td>
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<td>Content: Come learn about the trials and challenges Martha Dandridge Curtis Washington faced with great courage and determination as she helped win the Revolutionary War along the side of her husband. She lived with dignity and humor. FFL has enjoyed immensely Vickie's presentations in previous classes.</td>
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<td>Credentials: Vicki has taught 30 years at both Bonneville Jr. High. and Sandcreek Jr. High. She was chosen regional history day teacher of the year several times, awarded Rick's College outstanding educator of the year in 2007. She has led student and parent tours of Washington D.C. and Mount Vernon areas for more than 30 years.</td>
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<td>Facilitator: Margaret Kennelly Email: <a href="mailto:margaret_kennelly@yahoo.com">margaret_kennelly@yahoo.com</a> Phone: 208-524-4930</td>
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<tr>
<td>4613</td>
<td>Melaleuca Headquarters Tour</td>
<td>Debbie Caldwell</td>
<td>Buy Lunch</td>
<td>9/22</td>
<td>11:00 am - 1:00 pm</td>
<td>Melaleuca Global Headquarters 4609 W. 65th S.</td>
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<td></td>
<td>Content: Enjoy touring the beautiful buildings of the Melaleuca Global Headquarters. Wear comfortable shoes. Following the hour-long tour, we will have lunch in the onsite cafeteria.</td>
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<td>Credentials: Melaleuca staff assigned to tours.</td>
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<td>Facilitator: Vicky Van Sickle Email: <a href="mailto:victorialynnvs@hotmail.com">victorialynnvs@hotmail.com</a> Phone: 208-589-6055</td>
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<tr>
<td>4564</td>
<td>Men's Brunch</td>
<td>Jeff Bryan, John Atchison</td>
<td>Buy lunch</td>
<td>9/12, 10/10, 11/14, 12/12</td>
<td>12:00 pm</td>
<td>Idaho Falls various restaurants</td>
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<td>Content: Men, let's gather together once a month to have breakfast, expand our friends network, try new foods and eateries, trade stories and experiences, and catch up on local happenings. We plan to start at Smitty's Restaurant on Tuesday, September 12 and choose a different location for the next month. Bring your enthusiasm for good friends and good food.</td>
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<td>Credentials: Jeff Bryan and John Atchison are retired and semi-retired engineers 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!</td>
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<td></td>
<td>Facilitator: John Atchison Email: <a href="mailto:john@halffast--racing.com">john@halffast--racing.com</a> Phone: 208-390-9298</td>
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4638  Nativescaping in Eastern Idaho  Instructor: Kristin Kaser  Fee: $0

Date:  9/07  Time:  10:00 am – 12:00 pm  Location: CHE 213

Content: In this class, we will focus on how to integrate locally adapted plants into your Eastern Idaho garden using fundamental landscaping design principles. We will discuss the planning process to develop a native plant garden based on a range of topics from hardscaping, soil preparation, to sourcing native plant stock. A demonstration garden will highlight the many possibilities and inspire your creativity.

Credentials: Kristin has been working as a professional botanist in the sagebrush steppe for five years. In her spare time, she has installed a demonstration nativescape at her Idaho Falls home using native plants. She is a member of the Idaho Native Plant Society. 3046 Disney Drive IF 83404

Facilitator: Amy Kaser  Email: ski.bum.1973@hotmail.com  Phone: 208-201-1968

4641  Navigating the Medicare Maze  Instructor: Helen Mayberry - Carrie  Fee: $0

Date:  10/10  Time:  9:00 am – 10:30 am  Location: CHE 217

Content: Medicare: Are you turning 65 soon? Are you already on Medicare but want to learn more about it? Come join us to learn all about Medicare Parts A & B, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance. Medicare Drug plan: Attendees will be provided with information about how to select their own Medicare Prescription Drug Plan and how to enroll in it. An overview of the upcoming changes will be provided. Using the Medicare web site, students will be provided step-by-step instructions about how to select their medication and drug store. The result will be an individualized drug plan that covers all the individual's medication and is the least expensive of the plans available.

Credentials: Helen Mayberry is with the Idaho Department of Insurance's SHIBA program. Helen has eight year’s experience as a Medicare Counselor. Carrie has been a SHIBA volunteer since 2005.

Facilitator: Carrie Crom/Helen Mayberry  Email: carriecrom@gmail.com  Phone: 208-525-8550

4503  Pickleball Practice  Instructor: Mark Van Sickle & Jeff Bryan  Fee: $0

Date:  9/14, Every Thursday  Time:  10:00 am  Location: Lincoln Park Pickleball Complex

Content: Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It is played on a badminton-sized court with a slightly modified tennis net using a paddle and a plastic ball with holes. Pickleball can be enjoyed by all ages and skill levels. It is fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come and join us to help one another improve our pickleball skills. Weather permitting, we could play until November.

Credentials: Mark and Jeff have enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle  Email: scubamarkvs56@gmail.com  Phone: 208-757-8687
<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Fee</th>
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<tr>
<td>4639</td>
<td>Queen Victoria's Descendants at War</td>
<td>Lexie French</td>
<td>$0</td>
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<tr>
<td>Date: 10/24</td>
<td>Time: 10:00 am – 12:00 pm</td>
<td>Location: CHE 213</td>
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<tr>
<td>Content:</td>
<td>The great wars of the twentieth century nearly destroyed Europe. Millions of innocent people were killed, and the structure of many countries were ripped apart. Aside from the horrendous suffering, an important family found itself in the midst of the carnage. The royal families of Europe were closely related. Queen Victoria called her extended family the Royal Mob. The wars pitted brothers, sisters, cousins, parents, and children against each other. How did they reconcile love of country with family loyalty? During the conflicts the ties of kinship were strained, and the fate of the countries was changed forever.</td>
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<td>Credentials:</td>
<td>Lexie French graduated from ISU with a BA in history. She taught history, composition and literature for 30 years in School District 91. She has traveled widely in the UK tracing the footsteps of the English Monarchs.</td>
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<td>Facilitator:</td>
<td>Nancy Carpenedo</td>
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<td>Email:</td>
<td><a href="mailto:nancycarpe21@gmail.com">nancycarpe21@gmail.com</a></td>
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<td>Phone:</td>
<td>208 529-4714</td>
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<td>4640</td>
<td>Rafting the Grand Canyon</td>
<td>Gretchen O'Bleness</td>
<td>$0</td>
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<td>Date: 10/19</td>
<td>Time: 10:00 am – 12:00 pm</td>
<td>Location: CHE 213</td>
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<tr>
<td>Content:</td>
<td>In this class you will learn many things about rafting the Colorado River which runs through the Grand Canyon. For example: What does rafting some 200 miles of the canyon entail? Where do you go to the bathroom? What has the Glen Canyon’s Dam impact been on the river? Who were the first explorers to document the river?</td>
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<td>Credentials:</td>
<td>Gretchen and her husband Mike rafted the Colorado River with a private group of nine people and three 18’ rafts in May. They have also rafted the Middle and Main Forks of the Salmon River, along with plenty of canoe and kayak adventures!</td>
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<td>Facilitator:</td>
<td>Gretchen O'Bleness</td>
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<td>Email:</td>
<td><a href="mailto:gretchen.obleness@gmail.com">gretchen.obleness@gmail.com</a></td>
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<td>Phone:</td>
<td>208-681-3451</td>
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<tr>
<td>4188</td>
<td>Readers' Round Table</td>
<td>Sheryl Schaffer</td>
<td>$0</td>
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<tr>
<td>Date: 09/05</td>
<td>Time: 1:00 pm - 3:00 pm</td>
<td>Location: CHE 306</td>
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<tr>
<td>Content:</td>
<td>Come share your recent reads and get ideas for your book list. Each member of the class should come prepared to make recommendations whether from old classics or recent publications. If you have any books you want to give away, bring no more than three.</td>
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<td>Credentials:</td>
<td>Sheryl is an avid reader of many reading genres and has participated in this class in several past sessions.</td>
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<td>Facilitator:</td>
<td>Sidney Hoopes</td>
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<td>Email:</td>
<td><a href="mailto:sidneyhoopes456@gmail.com">sidneyhoopes456@gmail.com</a></td>
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<td>Phone:</td>
<td>208-524-1280</td>
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4231 Singing for Fun  Instructor: Donna Park  Fee: $0
Date: 9/13-12/06, Every Wednesday  Time: 1:00 pm - 2:00 pm  Location: Linda’s Home
4051 Cambria Dr. IF

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

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

Facilitator: Donna Park  Email: DonnaJPark@hotmail.com  Phone: 208-403-9302

4142 Sourdough for Starters  Instructor: Jackie & Sherri  Fee: TBD
Date: 10/26  Time: 10:00 am – 12:00 pm  Location: Bonneville Co Fairgrounds - Commercial Kitchen

Content: Sourdough is an ancient bread technique that was used by the Egyptians before the Bronze Age. Learn this timeless technique and how to make mouthwatering sourdough pancakes/waffles, English muffins, bread (regular and gluten-free), chocolate cake, and many more delicious items. The majority of the class will be spent learning about the care and feeding of a sourdough start, discovering sourdough recipes, and enjoying sourdough food items. If you would like a sourdough start, bring a one-quart container such as a wide mouth quart canning jar. Class handouts (recipes, resources, etc.) will be emailed prior to class. Please print and bring to class.

Credentials: Jackie and Sherrie have been making sourdough creations, including gluten-free, for several years.

Facilitator: Alan Christiansen  Email: alanchristiansen.ac@gmail.com  Phone: 208-932-3438

4607 Spanish / Intermediate  Instructor: Eva Montantes  Fee: $0
Date: 9/11- 12/18  Time: 6:00 pm - 7:30 pm  Location: Zoom

Content: This class is for those who have gone beyond beginning Spanish and want to improve their Spanish speaking skills.

Credentials: Eva is a lifelong resident of Mexico. She is a University of Guadalajara professor.

Facilitator: Vance Hawley  Email: wa7fdr@hotmail.com  Phone: 208-522-9296
### Summing Kilimanjaro: Leadership lesson

**Instructor:** Dr. Geoff Thomas  
**Fee:** $0

**Date:** 10/12  
**Time:** 10:00 am – 12:00 pm  
**Location:** CHE 213

**Content:** Thomas will share those lessons and additional insights from this amazing experience.

**Credentials:** Hiking is Dr. Thomas’ passion. In addition to summiting Mt. Kilimanjaro, he has summited Mt. Borah, South, Middle and Grand Teton, Mt. Elbert in Colorado, and many other mountains since 2012. He is a 40-year public educator and served as superintendent of Madison School District for 20 years.

**Facilitator:** Helen Hill  
**Email:** hellenhillsemail.gmail.com  
**Phone:** 208-589-8358

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### Swimming for Fitness - Beginning

**Instructor:** Robin Piet  
**Fee:** $90/$95

**Date:** 10/2 to 11/1, Mon & Wed  
**Time:** 9:30 am - 10:20 am  
**Location:** Wes Deist Aquatic Center, 149 7th St., Idaho Falls, ID

**Content:** Learn to swim efficiently so it is more fun. This 10-session class will be geared toward learning to swim laps to improve fitness. The only requirement is to be able to swim 25 yards without stopping. The cost is $90 for I.F. residents or $95 for non-residents. The class is open to FFL members first, then it will be open to the public. To save your spot, pay the fee to the Aquatic Center as soon as possible.

**Credentials:** Robin has been swimming for 60 years as a competitive swimmer and triathlete, and now for fitness. She considers swimming to be an excellent way to stay fit and enjoys helping others learn to love to swim. Maximum class size is 10 people.

**Facilitator:** Robin Piet  
**Email:** robinloupie@gmail.com  
**Phone:** 208-521-0628

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### Swimming - Intermediate/Advanced

**Instructor:** Robin Piet  
**Fee:** $90/$95

**Date:** 10/2 - 11/1, Mon & Wed  
**Time:** 10:30 am - 11:20 pm  
**Location:** Wes Deist Aquatic Center, 149 7th St., Idaho Falls, ID

**Content:** This 10-session class is to help those with intermediate or advanced swimming skills learn to swim more efficiently. The only requirement is that you must be able to swim at least 25 yards without stopping. The cost is $90 for I.F. residents or $95 for non-residents. The class is open to FFL members first, then it will be open to the public. To save your spot, pay the fee to the Aquatic Center as soon as possible.

**Credentials:** Robin has been swimming for 60 years as a competitive swimmer and triathlete, and now she swims for fitness. She considers swimming to be an excellent way to stay fit and enjoys helping others learn to love to swim. Maximum class size is 10 people.

**Facilitator:** Robin Piet  
**Email:** robinloupie@gmail.com  
**Phone:** 208-521-0628
### 4618  Tapestry of American Religion
**Instructor:** Rev. Kevin Carson, M.Div  
**Fee:** $0

**Date:** 10/16 and 10/23  
**Time:** 1:00 pm - 3:00 pm  
**Location:** CHE 213

**Content:** In this two-part series, we will explore the rich history and diversity of American religion and spirituality from pre-colonial times to the present. Part one will begin with the spirituality of the Indigenous Peoples and will end with the onset of the Civil War. Part two will begin with the period of the Civil War and continue to the present time. Maximum class size is 40 people.

**Credentials:** Rev. Kevin Carson, M.Div., Senior Minister of the Unitarian Universalist Church in Idaho Falls  
B.S. Physics, Vanderbilt University, M.Div. Andover Newton Theological School

**Facilitator:** Teresa Konishi  
**Email:** shalomtk@outlook.com  
**Phone:**

### 4642  The Magic Between Horse and Human
**Instructor:** Karole Honas  
**Fee:** $0

**Date:** 9/25  
**Time:** 10:00 am - 12:00 pm  
**Location:** CHE 213

**Content:** Karole is involved with and passionate about Champs Heart, the charity that pairs horses with handicapped kids and Veterans. It is amazing the healing that can happen.

**Credentials:** Karole was the co-anchor of New Channel 8 for 30 years. Since her retirement she has become more involved in community. Maximum class size is 100 people.

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

### 4643  Tater Tots Story
**Instructor:** Leslie Grigg  
**Fee:** $0

**Date:** 9/15  
**Time:** 10:00 am - 12:00 pm  
**Location:** CHE 213

**Content:** Most of us have eaten our share of Tater Tots. Did you know that they were developed by a local family? In this class you will learn the true story of Tater Tots, who originated them, and the legacy that has made them a household name across the country and beyond.

**Credentials:** Les is the conservator and founder of the Grigg Tater Tot Legacy Foundation.

**Facilitator:** Eileen Perkins  
**Email:** eileenperkins404@gmail.com  
**Phone:** 208-520-7483
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<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Content</th>
<th>Credentials</th>
<th>Facilitator</th>
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<tr>
<td>4644</td>
<td>Under the Canopy Tour</td>
<td>Rod Hansen and colleagues</td>
<td>$6/person</td>
<td>10/17</td>
<td>3:00 pm - 4:30 pm</td>
<td>200 N. Eastern Ave., Idaho Falls</td>
<td>Join us for a tour of Museum of Idaho's new special exhibit, Under the Canopy! Travel to the most vital and diverse ecosystem on the planet and interact with many of the exotic live animals that call it home. Maximum class size is 20 people.</td>
<td>Museum of Idaho Director of Exhibitions</td>
<td>Rod Hansen &amp; colleagues</td>
<td><a href="mailto:exhibits@museumofidaho.org">exhibits@museumofidaho.org</a></td>
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<tr>
<td>4645</td>
<td>Update on Ukraine</td>
<td>Karen Leibert</td>
<td>$0</td>
<td>9/20</td>
<td>10:30 am - 11:30 am</td>
<td>CHE 213</td>
<td>Russia's war of aggression in Ukraine threatens democracy and stability around the world. What's happened so far? How might this war end? What would a ceasefire mean? How could the war change our future? Maximum class size is 100 people.</td>
<td>Karen holds a Ph.D. in the History of Russia and Modern Europe. She was an Adjunct Professor of History at Idaho State University from 1997-2016.</td>
<td>Helen Hill</td>
<td><a href="mailto:helenhillsemail@gmail.com">helenhillsemail@gmail.com</a></td>
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<tr>
<td>4646</td>
<td>Using a Garmin for Navigation &amp; Safety</td>
<td>Mike O'Bleness</td>
<td>$0</td>
<td>10/16</td>
<td>10:00 am - 11:30 pm</td>
<td>CHE 219</td>
<td>Mike O'Bleness loves navigating using a compass, maps and a GPS. When he retired, he was given a Garmin InReach Explorer+ to take on his adventures so his wife Gretchen could track his progress while working at home. In this class you will learn how an SOS type GPS can be used to provide safety and communications while spending time in the great outdoors! He will outline an actual experience where the ability to communicate made this an essential tool! Maximum class size is 100 people.</td>
<td>Mike is a NOLS (National Outdoor Leadership School) Graduate and was the climbing coordinator for the Idaho Falls Alpine Club back in the 80’s. Although he loves his paper maps, he also appreciates the usefulness of electronics and the swift rescue they can provide.</td>
<td>Gretchen O'Bleness</td>
<td><a href="mailto:gretchen.obleness@gmail.com">gretchen.obleness@gmail.com</a></td>
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4647  Visions of East Idaho from a Blind Guy  Instructor: Todd DeVries  Fee: $0
Date: 10/10  Time: 11:00 am - 12:00 pm  Location: CHE 213

Content: This course examines the experience of blindness in a vision-centric society. Blindness is a physical/medical state. It is a cultural artifact; it is a metaphor. The presenter examines these aspects of blindness through personal stories, the media and literature. It concludes with some practical hands-on ways of being more inclusive. Participants will learn to interact more comfortably with those with vision loss and to consider their way of seeing the world. Maximum class size is 50 people.

Credentials: Todd is a licensed MSW. He believes self-redefinition is not only possible, but essential in our fast-changing world. Todd has presented on disability and technology issues at local, state and national venues.

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

4574  West Yellowstone Railroad Tour  Instructor: Museum of the Yellowstone  Fee: $8.00
Date: 9/12  Time: All Day  Location: Museum of the Yellowstone, 104 Yellowstone Ave, West Yellowstone, MT 59758

Content: In 1905, E. H. Harriman, president of the Union Pacific Railroad, traveled through Yellowstone National Park to meet with officials from the Northern Pacific Railroad. Enjoy a guided tour of West Yellowstone’s Union Pacific Railroad Historic District. A museum attendant will lead you through the district, which includes stops at the 1908 Depot, the 1925 Dining Lodge. Accompanying us will be author and railroad historian Thornton Waite.

Sign up for the afternoon bike ride on nine miles on the Yellowstone Short-line Rail Trail adjacent to West Yellowstone. This paved trail has just opened and features several interpretive panels about the railroad that ran to West Yellowstone. An all day event or half day with the museum or bike ride. The morning tour is limited to 30 participants and has an $8 per person fee. The afternoon bike tour has no limit.

Credentials: The Museum of the Yellowstone is dedicated to telling the story of travel to and through Yellowstone National Park, and the Park’s influence on West Yellowstone and the Hebgen Lake Basin. The Museum is managed by the Yellowstone Historic Center, a non-profit located in West Yellowstone, MT.

Facilitator: Chris White  Email: whitec42@gmail.com  Phone: 208-716-3245
What is the Idaho Falls Rotary Club
Instructor: Mike O'Bleness
Fee: $0

Date: 12/04  Time: 2:00 pm- 3:00 pm  Location: CHE 213

Content: In this class you will learn about the Rotary Club and its impact internationally in ending polio. You will also learn about local projects the Rotary club has fostered such as the Idaho Falls Green Belt and their current major project, Heritage Park. Maximum class size is 75 people.

Credentials: Mike has been a member of the Idaho Falls Rotary Club since 2008 and has held a number of roles from President to Foundation Director. He has also been involved in the Idaho Falls Duck Race which is run by the Rotary Club. Maximum class size is 75 people.

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

What is Vascular Health?
Instructor: Warren Albrecht
Fee: $0

Date: 9/19  Time: 10:00 am - 12:00 pm  Location: CHE 213

Content: Beyond heart health: Peripheral artery disease (PAD), Venous disease including varicose veins, Carotid disease and stroke risk, and Abdominal Aortic Aneurysm. What are these? Do they affect you and how? How do vascular surgeons find these? What are the treatments? Is there Prevention? Go beyond the pump (your heart) to explore why the human vascular plumbing is just as important if not more. Maximum class size is 100 people.

Credentials: Board certification in Vascular Surgery with recertification in 2020, RPVI certification (reading vascular ultrasound exams), 18.5 years of experience.

Facilitator: Kathy Hendricks  Email: chatiek06@gmail.com  Phone:208-589-4352

Wood Specialty Court
Instructor: Judge Dane Watkins
Fee: $0

Date: 11/01  Time: 9:30 am - 11:00 am  Location: Bonneville County Courthouse 605 N. Capital, Idaho Falls

Content: This class will be held in the Bonneville County Courthouse during a session of the Wood Specialty Court with Judge Dane Watkins. We will watch Judge Watkins meet with people on probation who are struggling with mental health and substance abuse issues. He monitors their progress in a highly structured treatment program and motivates them in their long-term recovery goals. Following the court session, we will have a Q and A time with Judge Watkins. Maximum class size is 50 people.

Credentials: Judge Dane Watkins has operated the Wood Specialty Court for many years. He monitors and motivates people on probation for felonies and misdemeanors in a weekly face-to-face meeting.

Facilitator: Royce Lee  Email: royceblee337@gmail.com  Phone: 208-589-4276
<table>
<thead>
<tr>
<th>Course ID</th>
<th>Course Title</th>
<th>Instructor(s)</th>
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<tr>
<td>4652</td>
<td>Write Your Own Story</td>
<td>Sidney Hoopes</td>
<td>$0</td>
<td>10/12, 10/19, 10/26, 11/2, 11/16</td>
<td>1:00 pm - 3:00 pm</td>
<td>CHE 306</td>
<td>Come and learn to enjoy expressing yourself through writing. This five week class 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 help and encouragement. Maximum class size is 12 people. Credentials: Sidney has been facilitating this class for several years. Facilitator: Sidney Hoopes Email: <a href="mailto:sidneyhoopes456@gmail.com">sidneyhoopes456@gmail.com</a> Phone: 208-524-1280</td>
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<tr>
<td>4651</td>
<td>WW II Relocation of Japanese Americans</td>
<td>Jim Francis</td>
<td>$0</td>
<td>9/8</td>
<td>10:00 am - 12:00 pm</td>
<td>CHE 213</td>
<td>The class begins with the definitions of two words: “democracy” and “history.” From this foundation, the audience, in a variety of decision-making scenarios, will take a guided tour of the story of the 1942-1945 relocation/imprisonment/detention of Japanese Americans. The “tour” includes the historical context associated with the political and social rhetoric of the decades prior to the 1940s, the relocation process, the camp life, and the aftermath for the internees/prisoners. Based on the “tour,” the audience will face the question: “How and why should this story be taught to students in the public schools?” Maximum class size is 100 people. Credentials: Jim was a long term local high school history teacher receiving many awards. He holds a B.A. in history from Arizona State University, 1970, and an M.A. in history from the University of British Columbia, 1978. Facilitator: Chris White Email: <a href="mailto:whitec42@gmail.com">whitec42@gmail.com</a> Phone: 208-716-3245</td>
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<tr>
<td>4241</td>
<td>Zumba Gold</td>
<td>Teri Tyler</td>
<td>$0</td>
<td>9/12 - 11/21</td>
<td>1:00 pm - 2:00 pm</td>
<td>Senior Citizen's Center, 535 W. 21st Street, Idaho Falls, Id 83402</td>
<td>Zumba is a dance fitness that incorporates Latin dance moves and music. It is a fun way to promote cardio, flexibility, endurance and tone muscle. Interval workout. In this medium to low impact class, dances are designed to get your heart rate up and boost cardio endurance. Many of the dance steps emphasize the hips and mid-section to strengthen the core. The main goal is to have fun and keep moving. Maximum class size is 20 people. Credentials: Teri has taught Zumba since 2019 and danced Zumba since 2005. She holds a group fitness instructor's certification and has been an instructor for many groups in various settings. Facilitator: Teresa Konishi Email: <a href="mailto:shalomtk@outlook.com">shalomtk@outlook.com</a> Phone: 208-339-2645</td>
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Bus Trips

The Bus Committee is working on a day trip to Butte, MT for a Wednesday, September 6. The day will include a visit to The World Museum of Mining and Underground Mining Tour, lunch at Stodden Park, a scenic trolley ride through historic Butte and dinner in Butte before heading home. Stay tuned for more information.