

## 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](http://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 7<sup>th</sup>.

**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 8<sup>th</sup> Avenue, Stop 8380  
Pocatello, ID 83209

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

Course #	Course name	Date	Days	Time	Location
4215	Parking Pass				
4242	A Volunteer Opportunity				
4579	Aging, Body Wisdom	10/18	Wed	1:00 pm	CHE 213
4580	Aging, Make Health a Hobby	10/25	Wed	1:00 pm	CHE 213
4581	Aging, Move It	11/01	Wed	1:00 pm	CHE 213
4582	Aging, Processed, refined Food is ...	11/08	Wed	1:00 pm	CHE 213
4258	Anyone Can Paint	12/01	Fri	1:00 pm	Grape Van Gogh 1500 Pancheri, IF
4558	Baklava Basics	11/08	Wed	3:30 pm	Developmental Workshop 555W 25 <sup>th</sup> Street, IF
4619	Balance and Fall Prevention	09/13	Wed	1:00 pm	CHE 213
4620	Being Trama Informed	09/11	Mon	10:00 am	CHE 213
4621	CASA-Advocates for Children at Risk	09/06	Wed	10:00 am	CHE 213
4622	Chat GPT and Artificial Intelligence	10/04	Wed	10:00 am	CHE 219
4623	Citizens Watch Patrol	11/07	Tues	10:00 am	CHE 213
4624	Colored Pencil Techniques	11/07 & 11/09	Tue & Thurs	1:00 pm	CHE 306
4160	Computer Security for Seniors	10/06	Fri	10:00 am	CHE 213

	4625	Costa Rican Adventure	10/20	Fri	1:00 pm	CHE 213
	4626	CPR Basics	11/15	Wed	10:00 am	CHE 213
	4533	Dinosaurs of the Deep (Underwater)	08/29	Tues	3:00 pm	Museum of Idaho 200 N. Eastern Ave. IF
	4548	Dot Mandala Rock Painting	11/29	Wed	2:00 pm	CHE 306
	4137	Double Deck Pinochle	09/11 & every Monday	Mon.	11:30 am	Canton Restaurant 2173 E 17 <sup>th</sup> Street, IF
	4591	Dutch Oven Cooking with Dave	09/07	Thurs	1:00 pm	Dave's Home 2141 W Saddle Lane, IF
	4323	Everyone Can Draw	10/20,27 & 11/3,10	Fri	10:00 am	CHE 306
	4627	Family Search Center Tour	12/12	Tues	11:00 am	750 W. Elva IF
	4433	Fitness Made Simple	09/12 & every Tuesday	Tues	10:00 am	Bonneville Co Ext. Office 1542 E 73 <sup>rd</sup> S IF
	4595	Forecasting Your Weather Daily	09/13	Wed	10:00 am	CHE 213
	4554	Funeral Home Tour /Understanding Grief	09/19	Tues	1:00 pm	Wood Funeral Home Eastside
	4628	George Washington & the Culper Spy Ring	09/08	Fri	1:00 pm	CHE 213
	4629	Get a Good Night's Sleep	10/17	Tues	9:00 am	Romaines 563 S. 25 <sup>th</sup> E., IF
	4630	Getting the Most from your Android phone	09/15	Fri	1:00 pm	CHE 213
	4289	Hand and Foot Card Game	09/07	Thurs	12:00 pm	Leo's Place 155 S. Holmes IF
	4121	Hiking Walking and Exploring /HWE	TBA	TBA	TBA	Different locations
	4171	Holiday Luncheon	12/04	Mon	11:30 am	Westbank Inn 525 River Parkway IF
	4631	Idaho Brewing Company Tour	10/10	Tues	3:00 pm	Idaho Brewing Co 775 S. Capital IF
	4632	Idaho Falls Power Tour	09/05	Tues	10:00 am	Idaho Falls Power
	4633	Idaho Museum of Natural History Tour	10/30	Mon	10:00 am	Idaho Museum of N. H. 698 Dillion St., Pocatello
	4634	Idaho Wilderness	10/13	Fri	10:00 am	CHE 213
	4635	Improve your Communication Skills	10/11,18,25	Wed	10:00 am	CHE 213
	4111	Italian Potluck Cuisine	11/06	Mon	5:30 pm	Lutheran Church 455 W. Sunnyside, IF
	4636	Jambalaya Cooking	09/14	Thurs	3:00 pm	Bonneville Co Fairground commercial kitchen
	4610	Learn How to Cook Paella (and eat)	10/05	Thurs	11:00 am	Bonneville Co Fairground commercial kitchen
	4218	Line Dance	9/08-12/15	Fri	1:00 pm	Development Workshop 555 W. 25 <sup>th</sup> St. IF
	4637	Martha Washington: Her Life in Her Time	11/28	Tues	10:00o am	CHE 213
	4613	Melaleuca Headquarters Tour	9/22	Fri	11:00 am	Melaleuca Global Headquarters 4609 W 65 <sup>th</sup> S. IF
	4564	Men's Brunch	9/12, 10/10, 11/14, 12/12	Tues	12:00 pm	Idaho Falls various restaurants
	4641	Nativescaping in Eastern Idaho	9/07	Thurs	10:00 am	CHE 213
	4180	Navigating the Medicare Maze	10/10	Tues	9:00 am	CHE 217
	4503	Pickleball Practice	9/14 & every Thursday	Thurs	10:00 am	Lincoln Park Pickleball Complex 2280 Lincoln Road, IF
	4639	Queen Victoria's Descendants at War	10/24	Tues	10:00 am	CHE 213
	4640	Rafting the Grand Canyon	10/19	Thurs	10:00 am	CHE 213
	4188	Reader's Round Table	9/05	Tues	1:00 pm	CHE 306

4231	Singing for Fun	9/13-12/06	Every Wed	1:00 pm	Linda Hawley's home 4051 Cambria Drive, IF
4142	Sourdough for Starters	10/26	Thurs	10:00 am	Bonneville Co Fairground Commercial Kitchen
4607	Spanish, Intermediate	9/12-12/18	Every Mon	6:00 pm	ZOOM
4143	Summiting Kilimanjaro: Leadership lesson	10/12	Thurs	10:00 am	CHE 213
4144	Swimming for Fitness - Beginning	10/02-11/01	Every Mon & Wed	9:30 – 10:20 am	Wes Deist Aquatic Center 149 7 <sup>th</sup> St. IF
4145	Swimming – Intermediate/Advanced	10/02-11/01	Every Mon & Wed	10:30 – 11:20 am	Wes Deist Aquatic Center 149 7 <sup>th</sup> St. IF
4618	Tapestry of American Religion	10/16 & 23	Mon	1:00 pm	CHE 213
4642	The Magic between Horse and Human	9/25	Mon	10:00 am	CHE 213
4643	Tater Tots Story	9/15	Fri	10:00 am	CHE 213
4644	Under the Canopy Tour	10/17	Tues	3:00 pm	Museum of Idaho 200 N Eastern Ave., IF
4645	Update on Ukraine	9/20	Wed	10:30 am	CHE 213
4646	Using a Garmin for Navigation & Safety	10/16	Mon	10:00 am	CHE 213
4647	Visions of East Idaho from a Blind Guy	10/10	Tues	11:00 am	CHE 213
4574	West Yellowstone Railroad Tour	9/12	Tues	All Day	West Yellowstone, MT Museum
4648	What is the Idaho Falls Rotary Club	12/04	Mon	2:00 pm	CHE 213
4649	What is Vascular Health?	9/19	Tues	10:00 am	CHE 213
4650	Wood Specialty Court	11/01	Wed	9:30 am	Bonneville County Courthouse 605 N. Capital, IF
4652	Write Your Own Story	10/12,19,26,& 11/2,16	Thurs	1:00 pm	CHE 306
4651	WWII Relocation of Japanese Americans	9/8	Fri	10:00 am	CHE 213
4241	Zumba Gold	9/12 - 11/21	Tues	1:00 pm	Senior Citizen's Center Idaho Falls 535 W. 21 <sup>st</sup> Street