

Friends for Learning - Course Catalog

Fall 2024

Registration for the 2024 Fall semester begins Monday, August 5 at 9 am and continues throughout the semester.

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

In-person Registration: If you would like help registering, join us at the ISU Idaho Falls campus, Monday, August 5, CHE 304 from 9-11 am. FFL Board members and ISU Continuing Education staff will be available to help with questions and registration. **Please bring your ISU PASSWORD and your parking pass.** Make sure your parking pass is visible when parking on campus and drive slowly through the parking lot. Your parking pass is good until August 31 of each year. Call 208-282-3372 if you have questions.

Mail-In Registration: If you prefer to register by mail, print a copy of the "Class Selection" form found on the FFL website. The earliest mail-in registrations will be processed is after August 5th. Complete the form and attach your check made out to ISU for the \$20.00 membership fee and mail to the following address:

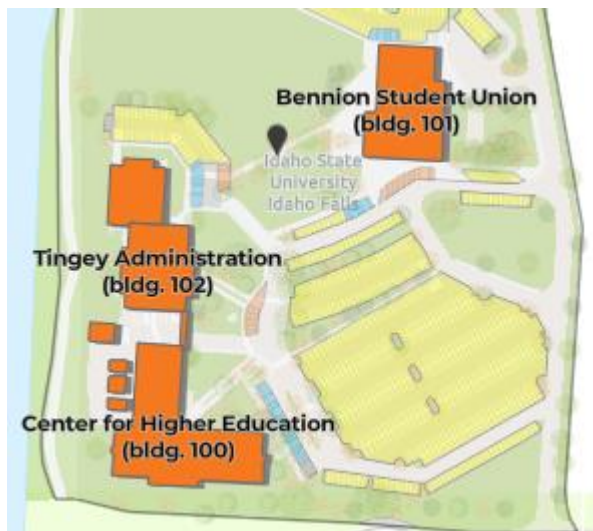
Idaho State University Continuing Education/Workforce Training FFL
921 S 8th Avenue, Stop 8380
Pocatello, Idaho 83209

Classroom locations:

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

CHE - Center for Higher Education, 1770 Science Center Drive, Idaho Falls

TAB - Tingey Administration Building, 1776 Science Center Drive, Idaho Falls



Parking Passes: Everyone will need a new parking pass in the Fall. In the Spring, only new participants will need a new parking pass. The cost of the pass is included in the registration, but it is necessary to request a pass. It should be displayed prominently anytime you park on campus or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352) for \$5.50.

Questions? If you have questions, please call:

ISU Continuing Education - 208-282-3372

President, Vicky Van Sickle - 208-589-6055

Secretary, Janet Clayton - 208-932-5674

Friends for Learning Registration Form – Fall, 2024

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 the Idaho Falls campus on August 5, 2024 in room CHE 304.

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.

| Course Number | Course Title | Instructor | Start Date |
|---------------|--|----------------------------|------------|
| 4707 | A new way to see Palisades Reservoir | Nancy Frank, Ph.D | 10/8/2024 |
| 4703 | Above and Beyond Tour - Nov | Jeff Carr & Staff | 11/13/2024 |
| 4703 | Above and Beyond Tour - Sept | Jeff Carr & Staff | 9/18/2024 |
| 4659 | Addiction-Seeing it With Your Eyes Wide Open | Erin Boyle | 9/13/2024 |
| 4708 | Advanced Directives for Health Care Wishes | Celeste Eld | 10/22/2024 |
| 4709 | Alzheimer's & Dementia - Latest Research | Alexis Bonoff/Jody C | 11/20/2024 |
| 4752 | Art Museum Tour | Emily Wenderlich | 9/18/2024 |
| 4711 | Art of French Onion Soup | Woody Woodford | 10/11/2024 |
| 4751 | ARTitorium on Broadway Tour | Georgina Goodlander | 9/23/2024 |
| 4550 | Car Collection Tour - Kevin Call | Kevin Call | 10/10/2024 |
| 4546 | Colored Pencils - Beginning | Bohan/Morton | 11/5/24 |
| 4713 | Cookie Exchange Party! | Alan & Jackie Christiansen | 11/20/2024 |
| 4714 | Crimea - A Brief History | Dr. Karen Leibert | 10/22/2024 |
| 4111 | Cultural Cuisine | Board | 11/4/2024 |
| 4548 | Dot Mandala Rock Painting | Gretchen O'Bleness | 9/19/2024 |

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|------|---|------------------------|------------|
| 4591 | Dutch Oven Cooking with Doug | Doug Dameron | 9/18/2024 |
| 4715 | Economic Development in IF | Catherine Smith | 9/26/2024 |
| 4323 | Everyone Can Draw | Nancy Peterson | 10/3/24 |
| 4433 | Fitness Made Simple | Leslee Blanch | Weekly |
| 4716 | Forever Young and Healthy | Debbie Vanderniet | 9/17/24 |
| 4717 | Gardening thru the Ages: Sustainable Future | Sam Ellsworth | 9/3/2024 |
| 4718 | Getting Fiscally (\$) Fit | Garth Hassel | 11/6/2024 |
| 4719 | Glass/Ceramic Garden Flowers | Molly Brinkerhoff | 10/7/2024 |
| 4720 | Grandparenting Do's and Don'ts | Class Members | 10/2/2024 |
| 4523 | Habitat for Humanity Peterson Project | Karen Lansing | 12/4/2024 |
| 4289 | Hand and Foot Card Game | Marian Hudnall | Weekly |
| 4483 | Happyville Farm | Claudia Pine | 9/27/2024 |
| 4677 | Henry VIII -- Good King, Bad Husband | Lexie French | 10/30/2024 |
| 4121 | Hiking Walking & Exploring (HWE) | Jim Schaffer | Varies |
| 4171 | Holiday Luncheon | Karin Armstrong | 12/3/2024 |
| 4528 | Hospice - What is it? | Celeste Eld | 11/19/2024 |
| 4721 | How Meditation Calms Your Brain | Nancy Frank, Ph.D | 9/25/2024 |
| 4722 | Huck Finn Metaphor to History | Jim Francis | 11/8/2024 |
| 4723 | Idaho Falls Symphony Tour | Carrie Athay | 10/18/2024 |
| 4520 | IF Main Fire Station Tour | Mark Pitcher | 10/16/2024 |
| 4560 | IF Public Library Resources | Beth Swenson | 9/25/2024 |
| 4724 | IF Redevelopment Agency | Member of the RD Board | 12/5/2024 |
| 4725 | Income Tax for Senior Citizens | Charles Brooks | 10/16/2024 |
| 4726 | Intro to Google Drive | Gretchen O'Bleness | 9/10/24 |
| 4180 | Intro to Medicare Workshop | Helen Mayberry | 10/9/2024 |
| 4727 | Jazz of America's 20th-Century | Bob Dunmire | 9/16/2024 |
| 4728 | Let's Make Jelly! Section A | Cathy Gray | 10/11/2024 |
| 4728 | Let's Make Jelly! Section B | Cathy Gray | 10/11/2024 |
| 4728 | Let's Make Jelly! Section C | Cathy Gray | 10/11/2024 |
| 4218 | Line Dancing | Group | Weekly |
| 4641 | Medicare Updates 2025/Choosing a Drug Plan | Helen Mayberry | 10/9/2024 |
| 4729 | Meet the Mayor of Idaho Falls | Mayor Rebecca Casper | 9/3/2024 |
| 4613 | Melaleuca Headquarters Tour | Tammy Reboiro | 10/18/2024 |
| 4730 | Memories of Germany | Jerry Jayne | 12/6/2024 |
| 4564 | Men's Brunch | Jeff Bryan | Monthly |
| 4731 | Mental Health Court Presentation | Teriann Parker | 10/4/2024 |

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|------|---|-------------------------|------------|
| 4732 | Mental Health Nursing Perspectives | Kim Jardine-Dickinson | 11/5/2024 |
| 4733 | Mindfulness - Making Healthy Connections | Leslee Blanch | 9/11/2024 |
| 4750 | New IF Police Station Tour 1 | Jessica Clements | 11/7/2024 |
| 4750 | New IF Police Station Tour 2 | Jessica Clements | 11/5/2024 |
| 4503 | Pickleball | Mark/Jeff Bryan | Weekly |
| 4137 | Pinochle (Double Deck) | Gene Hicks | Weekly |
| 4734 | Plant Based Whole Food Lifestyle | Tim and Sheri Forhan | 11/21/2024 |
| 4188 | Reader's Round Table | Sheryl Schaffer | 10/30/2024 |
| 4735 | Retirement - How to Make it Golden | Class Members | 9/30/2024 |
| 4227 | Rexburg Legacy Flight Museum Tour | Kirk Lindholm | 8/30/2024 |
| 4736 | Rightsizing Your Home for the Future | Erica Stallings | 9/4/2024 |
| 4737 | Science of Sound | Kevin Young | 9/6/2024 |
| 4181 | Selecting Your Medicare Drug Plan | Carrie Crom | 10/9/2024 |
| 4738 | Smartphones - Catching up | Camille Wood & Gretchen | 9/5/2024 |
| 4739 | Social Security - When to start drawing | Garth Hassel | 11/13/2024 |
| 4740 | Somatics - An Intro to Healthy Movers | Jodi Spackman | 8/13/2024 |
| 4607 | Spanish - Intermediate | Eva Montantes | 8/12/2024 |
| 4310 | Suicide Prevention | Sheila Murdock | 10/15/2024 |
| 4195 | Swimming - Begin/Inter | Robin Piet | 8/19/2024 |
| 4196 | Swimming - Inter/Adv | Robin Piet | 8/19/2024 |
| 4741 | Trucking - Fun Facts | Clay Murdoch | 10/1/2024 |
| 4742 | Tuberculosis Sanatoriums in the US | Kim Jardine-Dickinson | 11/12/2024 |
| 4743 | Turning the Tables | Jeannine Larsen | 9/17/2024 |
| 4744 | Understanding Personality Conflicts | Nancy Frank, Ph.D | 9/25/2024 |
| 4745 | Understanding Wills and Probate | Steve Taggart | 9/18/2024 |
| 4746 | Unveiling US Holidays: Tracing traditions & legends | Debbie Borek | 10/8/2024 |
| 4700 | War on Weeds | Justin Hatch | 11/19/2024 |
| 4747 | Wellness - A Holistic Approach | Yorel Dean | 11/14/2024 |
| 4748 | Women's Luncheon | Vicky Van Sickle | Monthly |
| 4749 | World Heritage Sites - part 1 | Robin Piet | 9/12/2024 |
| 4652 | Writing Your Life Story | Sidney Hoopes | 10/17/24 |
| 4702 | Xeriscaping - Beauty of Sustainability | Claudia Pine | 10/4/2024 |
| 4241 | Zumba Gold (Seated) | Jennifer O'Sullivan | Weekly |

New format notes: We have the catalog in order by date since this is how registration works, we are hoping that this format will be helpful for people when planning their travel vacations and other activities. We also had a section at the top about online registration, in-person and mail-in registration, (administration section) etc. The other changes after the administration section include a section with multi-session classes listed second, the single session classes will be the last section.

MAIN CATALOG SECTION

FFL In-person Registration -

Instructor: The board & Shirley

Fee: \$20.00

Date: 8/5/2024 Time: 9 AM - 11 AM

Location: ISU CHE 304

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

Credentials:

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

FFL Fall Registration -

Instructor: The board & Shirley

Fee: \$20.00

Content: Fall Registration for FFL

Credentials:

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

FFL Volunteer Opportunities - 4242

Instructor:

Fee: \$-

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

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

Parking Pass - 4215

Content: Fall all registrants need a parking pass! The cost of this pass is included in the fall 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.

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

Multi Session Classes

Men's Brunch - 4564

Instructor: Jeff Bryan

Fee: \$-

Date: 9/11/2024 Time: 9 AM - 10:30 AM

Location: Various Idaho Falls Restaurants

Content: Men, let's gather together the second Wednesday of each month for breakfast, expand our friends network, try new foods and eateries, trade stories and experiences, and catch up on local happenings. Rotate to a different restaurant each month for variety. Email reminder sent to participants each month, confirming the selected restaurant for that month. Bring your enthusiasm for good friends and good food on Wednesdays, 9/11, 10/9, 11/13, 12/11.

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!

Facilitator: John Atchison Email: john@halfast-racing.com Phone: 208-390-9298

Women's Luncheon - 4748

Instructor:

Fee: Buy Lunch

Date: 9/25/2024 Time: 11 AM - 1 PM

Location: Various Idaho Falls Restaurants

Content: Women, let's gather on the 4th Tuesday or Wednesday of each month to have lunch, get to know one another better, exchange recipes or learn about each other's hobbies. Each month we will rotate to a different restaurant. We will choose a different restaurant each month as a group. Purchase your own meal. Meet at 11 am on Wednesday, September 25th at the Olive Garden. Future dates are Wednesday, October 23rd, Tuesday, November 26th, and Tuesday, December 17th.

Credentials:

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

Hiking Walking & Exploring (HWE) - 4121

Instructor:

Fee: \$-

Date: Varies

Location: Outdoors!

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

Pinochle (Double Deck) - 4137

Instructor: Gene Hicks

Fee: Buy Lunch

Date: 9/2/2024 every Monday Time: 11:30 AM - 3 PM

Location: Canton Restaurant
2173 E. 17th Street Idaho Falls

Content: We play Pinochle (double deck) 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 \$3 donation is taken for buying new playing cards each semester. We play year round on every Monday.

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

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

Pickleball - 4503

Instructor: Mark/Jeff Bryan

Fee: \$-

Date: 9/5/2024 every Monday Time: 10 AM - 11:30 AM

Location: Lincoln Park Pickleball Complex
2280 Lincoln Road Idaho Falls ID 83401

Content: Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It is played on a badminton-size court and a slightly modified tennis net using a paddle and a plastic ball with holes. It can be enjoyed by all ages and skill level, 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 starting 9/5 until snow puts an end to our fun!

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

Facilitator: Mark Van Sickle Email: scubamarkvs56@gmail.com Phone: 208-757-8687

Spanish - Intermediate - 4607

Instructor: Eva Montantes

Fee: \$-

Date: 8/12/2024 every Monday Time: 6 PM - 7:30 PM

Location: Zoom

Content: Intermediate Spanish for those who have gone beyond beginning. Classes will be held WEEKLY via Zoom.

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

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

Fitness Made Simple - 4433

Instructor: Leslee Blanch

Fee: \$- Max 50

Date: 9/24/2024 every Tuesday Time: 10 AM - 11 AM

Location: Bonneville County Extension Office
1542 E. 73 S.

Content: In this weekly class, Leslee will give us the opportunity to improve our strength, flexibility, and balance through the use of various types of equipment and exercise. All equipment will be provided. Chairs are used for balance and/or performing the exercises while sitting if needed. Wear comfortable clothing and supportive shoes. Bring water for adequate hydration.

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

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

Hand and Foot Card Game - 4289

Instructor: Marian Hudnall

Fee: Buy Lunch

Date: 8/8/2024 every Thursday Time: 12 PM - 3 PM

Location: Leo's Place Restaurant
155 S Holmes Ave Idaho Falls ID 83401

Content: Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot" In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Players 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

Zumba Gold (Seated) - 4241

Instructor: Jennifer O'Sullivan

Fee: Donations Max 15

Date: 9/20/2024 every Friday Time: 11 AM - 12 PM

Location: Blue Barn Fitness

555 3rd st. Idaho Falls

Content: This weekly seated exercise class for active adults that prefer exercising in a chair. Whether you have balance issues, physical issues, or just prefer a seated class, this is for you! Class uses Zumba international rhythms. Toning Sticks will be used for a part of the class. They will be provided. Donations for the instructor's time and use of facility are appreciated.

Credentials: Licensed in Zumba and Zumba Gold since 2013

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

Line Dancing - 4218

Instructor: Group

Fee: \$-

Date: 9/6/2024 every Friday Time: 1 PM - 2 PM

Location: DWI (Development Workshop)

555 W. 25th St. Idaho Falls ID 83404

Content: Join us weekly 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.

Credentials: All instructors have taught this class for Friends for Learning for several years.

Facilitator: Debbie Scheerer Email: debscheerer@yahoo.com Phone: 208-881-6031

Swimming - Begin/Inter - 4195

Instructor: Robin Piet

Fee: \$75 (IF residents), \$90 (non-residents) paid directly to the pool ASAP Max 10

Date: 8/19/2024 Mondays & Wednesdays Time: 9 AM - 9:50 AM

Location: Wes Deist Aquatic Center

149 7th St. Idaho Falls ID

Content: Learn to swim efficiently so it's more fun. The course will be geared toward learning to swim laps for fitness. The only requirement is that the swimmer can swim 25 yards without stopping. (That's the length of the Aquatic Center Pool.) The class is open to Friends for Learning first, then the public. You must pay the fee to the pool to guarantee a place ASAP. The 9 am class is for beginning & intermediate swimmers and the 10 AM class is for intermediate and advanced swimmers. Classes meet Monday and Wednesday from Aug 19 - Sept 18. Note: since Sep 2 is Labor Day and the pool is closed, the makeup day will be Friday, Sep 6

Credentials: Robin has swum for 60 years as a competitive swimmer, then triathlete, and now for fitness. She feels swimming is such a wonderful sport that has given her so much in her life that she feels a responsibility to help others learn to love to swim.

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

Swimming - Inter/Adv - 4196

Instructor: Robin Piet

Fee: \$75 (IF residents), \$90 (non-residents) paid directly to the pool ASAP Max 10

Date: 8/19/2024 Mondays & Wednesdays Time: 10 AM - 10:50 AM

Location: Wes Deist Aquatic Center

149 7th St. Idaho Falls ID

Content: Learn to swim efficiently so it's more fun. The course will be geared toward learning to swim laps for fitness. The only requirement is that the swimmer can swim 25 yards without stopping. (That's the length of the Aquatic Center Pool.) The class is open to Friends for Learning first, then the public. You must pay the fee to the pool to guarantee a place ASAP. The 9 am class is for beginning & intermediate swimmers and the 10 AM class is for intermediate and advanced swimmers. Classes meet Monday and Wednesday from Aug 19 - Sept 18. Note: since Sep 2 is Labor Day and the pool is closed, the makeup day will be Friday, Sep 6

Credentials: Robin has swum for 60 years as a competitive swimmer, then triathlete, and now for fitness. She feels swimming is such a wonderful sport that has given her so much in her life that she feels a responsibility to help others learn to love to swim.

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

Forever Young and Healthy - 4716

Instructor: Debbie Vanderniet

Fee: \$- Max 50

Date: 9/17, 19, 24 & 26 Time: 1 PM - 2:30 PM

Location: ISU CHE 214

Content: America is having a health crisis - 42 % have obesity, 88% have metabolic syndrome, nearly half have high blood pressure. Most of us have or worry about disease commonly associated with aging: hypertension, arthritis, heart disease, allergies, high triglycerides, dementia, etc. But aging is NOT a disease, and these conditions are NOT inevitable! We can prevent, treat and even reverse many health issues associated with aging. "Our bodies want to be healthy, we just need to give them nourishment and a healthful environment, and they will repair themselves." (Dr. Leland Stillman) Come and learn the keys to healthy lifestyle choices and learn how to unlock your body's ability to repair, regenerate, and restore your physical and mental health. (4 Sessions. September 17, 19, 24 & 26)

Credentials: Debbie Vanderniet lives in Rigby, Idaho. She graduated from BYU with a BA, then from St. Cloud State University (Minnesota) with a MS in Social Science. She taught Sociology, Anthropology, and Social Problems in community college for about 20 years. Recently she earned a Health Coach Certificate from Wellness Institute. She has combined her passion for health nutrition with her love of teaching.

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

Everyone Can Draw - 4323

Instructor: Nancy Peterson

Fee: \$5.00 Max 12

Date: Oct 3, 10, 17, 24 Time: 10 AM - 12 PM

Location: ISU CHE 306

Content: This four session class is designed for the individual who always wanted to learn to draw. Yes you can with these easy tips and techniques. We will complete a small drawing each class with various different mediums; color pencil, ink, pencil and watercolors. You will enjoy a few creative styles on a variety of papers and gain your confidence to try something new each week. Come have fun learning something new. You are going to want to share your art with others! (Oct 3, 10, 17, 24)

Credentials: Nancy is a published children's book illustrator for 7 authors and 21 books. She taught after school art to elementary age children for 15 years and enjoys hosting adult painting workshops. She is a professional calligrapher and author of three of her own children's books.

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

Writing Your Life Story - 4652

Instructor: Sidney Hoopes

Fee: \$- Max 12

Date: Cct 17, 24, 31, Nov 7, 14, 21 Time: 1 PM - 3 PM

Location: ISU CHE 306

Content: Come and learn to enjoy expressing yourself through writing. This six 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.

Credentials: Sidney has been doing this class for many years.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Colored Pencils - Beginning - 4546

Instructor: Bohan/Morton

Fee: \$11.00 Max 15

Date: Nov 5 & 12 Time: 1 PM - 3 PM

Location: Room 306

Content: This two session class will teach beginning colored pencil techniques such as layering, burnishing, pencil pressure and rendering textures and dimension. Students must bring a set of 24 or 36 Prismacolor Premier pencils. (Purchase at Sam's Club for \$20.00) (November 5 & 12)

Credentials: Coleen and Denise are members of the Colored Pencil Society of America. We have shown our work at Idaho Falls Council Hall Gallery, The Willowtree Gallery, and TAM (The Art Museum)

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

Single Session Classes

Somatics - An Intro to Healthy Movers - 4740

Instructor: Jodi Spackman

Fee: \$- Max 20

Date: 8/13/2024 Time: 9 AM - 10:30 AM

Location: ISU CHE 306

Content: Somatic movement is the use of gentle, safe movements to aid in managing chronic pain; improving balance, flexibility and posture; relieving day-to-day stress; increasing athletic performance; decreasing risk of injury; and shortening recovery time. Without stretching or force, learn how to restore comfort and flexibility with slow, natural, yawn-like movements that keep muscles functioning optimally. In this introductory class you will learn the basic principles, guidelines and some movements to pique your interest and get you started with this practice. No experience necessary; this class is accessible for all ages and abilities.

Credentials: Jodi Spackman is a Somatics Educator, Certified Yoga Therapist, Massage Therapist, Ayurvedic Yoga Specialist, Reiki Practitioner

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Rexburg Legacy Flight Museum Tour - 4227

Instructor: Kirk Lindholm

Fee: \$3.00

Date: 8/30/2024 Time: 9 AM - 1 PM

Location: Rexburg Legacy Flight Museum
400 Airport Rd Rexburg ID 83440

Content: Tour the Rexburg Legacy Flight Museum to view the operational aircraft, historical military artifacts, and other iconic prototype aircraft with an enthusiastic, knowledgeable tour guide. Fee of \$3 per individual will be collected at the door. We will meet at the westside Walmart parking lot at 9 am to carpool. Park on the far north side of Walmart. Option for each carpool to go out to lunch somewhere in Rexburg after the museum.

Credentials: Kirk has had a lifetime interest in aircraft and World War II. He has been volunteering at the museum since 2009. One of his talents and hobbies is aircraft photography.

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

Gardening thru the Ages: Sustainable Future - 4717

Instructor: Sam Ellsworth

Fee: \$- Max 50

Date: 9/3/2024 Time: 10 AM - 12 PM

Location: ISU CHE 217

Content: Gardening thru the ages...taking about how to sustain our future thru plant growth.

Credentials: Sam is a master gardener and creative landscaper. Very interested in a Sustainable future

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

Meet the Mayor of Idaho Falls - 4729

Instructor: Mayor Rebecca Casper

Fee: \$- Max 35

Date: 9/3/2024 Time: 10 AM - 12 PM

Location: City Council Chambers

680 Park Avenue Idaho Falls ID 83402

Content: Mayor Casper will present information about the city, her path to election, and current issues and concerns for Idaho Falls. There will be plenty of time for questions.

Credentials: Rebecca Casper was re-elected to a third (and final term) as Mayor of Idaho Falls in November 2021, in a citywide election. Idaho Falls is a city of roughly 67,000 residents located on the banks of Idaho's Snake River. Idaho Falls is the largest city east of Idaho's capital and follows the strong mayor model. With 11 departments, six enterprise funds, utilities and an annual budget of approximately \$333 million, Idaho Falls is one of the most complex cities in the state. Prior to her election, Mayor Casper taught university-level courses in American government and state and local governance. She earned her B.A. and M.A. degrees from BYU in Utah and a Ph.D. in political science from UC-Berkeley. Before that, she worked as a research associate at the Brookings Institution in Washington D.C.

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

Rightsizing Your Home for the Future - 4736

Instructor: Erica Stallings

Fee: \$- Max 50

Date: 9/4/2024 Time: 10 AM - 12 PM

Location: ISU CHE 215

Content: Rightsizing Your Future: Strategies for Downsizing. This class will touch on discovering the value of your Home, listing your home, current market, preparing your home to sell, "As Is" vs repairs, buy and sell simultaneously, costs of selling, and creating a custom timeline.

Credentials: Erica is a realtor with Keller Williams Realty in East Idaho.

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

Smartphones - Catching up - 4738

Instructor: Camille Wood & Gretchen

Fee: \$- Max 50

Date: 9/5/2024 Time: 1 PM - 3 PM

Location: ISU CHE 214

Content: Are you not feeling as smart as your SmartPhone? This class is designed to cover both Apple and Android SmartPhones.

Credentials: Camille Wood is a former math and computer science teacher with experience teaching high school, business college and adult ed in her early career. She recently retired from Idaho Falls School District 91 as the Director

of Technology. Camille enjoys working with people, especially those who struggle with the rapid change in the rapidly changing tech world.

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

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

Science of Sound - 4737

Instructor: Kevin Young

Fee: \$- Max 100

Date: 9/6/2024 Time: 9:30 AM - 10:30 AM

Location: ISU CHE 213

Content: The Science of Sound presentation is an interactive exploration into the basic science behind what sound is and how modern technology manipulates sound. Speaker Kevin Young engages the audience with several hands-on demonstrations to explain what sound is, how sound waves are produced, how we hear sounds, and how we manipulate sound using technology such as microphones, amplifiers, and speakers. As an electrical engineer and semi professional musician, Kevin uses musical instruments and electronic sound amplification equipment to help demonstrate several scientific principles during the presentation. Audience members will have fun playing musical instruments and singing songs all while learning about the science of sound.

Credentials: Kevin L. Young is a dynamic speaker and semi professional saxophonist. He has played saxophone since age seven and currently performs in the Idaho Falls area with multiple bands.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Intro to Google Drive - 4726

Instructor: Gretchen O'Bleness

Fee: \$- Max 50

Date: 9/10/2024 Time: 1 PM - 3 PM

Location: ISU CHE 214

Content: Google Drive is a cloud file storage system used by Google apps such as Google Docs, Sheets, and Slides. Gmail users have 15 gb of free space. This class will help you understand how you would use it, and then learn how to access, organize and share files. This is a perfect tool when you need to share files with a group, or you would like to be able to access your data from your phone or computer wherever you may be!

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

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

Mindfulness - Making Healthy Connections - 4733

Instructor: Leslee Blanch

Fee: \$- Max 50

Date: 9/11/2024 Time: 1 PM - 3 PM

Location: ISU CHE 215

Content: Mindfulness...What is it? How can it be applied to everyday life? Explore connecting mindfulness with daily activities such as eating, sleeping, physical movement, and managing stress with practical and evidence-based strategies.

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

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

World Heritage Sites - part 1 - 4749

Instructor: Robin Piet

Fee: \$- Max 50

Date: 9/12/2024 Time: 1 PM - 2 PM

Location: ISU CHE 214

Content: Come enjoy a presentation from Robin Piet as she shares her experiences & beautiful pictures of visiting World Heritage Sites (WHS). A WHS is designated by the United Nations Educational, Scientific and Cultural Organization (UNESCO), as being meaningful to humanity. There are both cultural and natural sites. The cultural sites should show outstanding examples of human traditions, architecture, values or creative genius. These sites affected humanity in their time and may still affect us today.

The natural sites must display significant ecological and biological development, either past or present, as well as immense native beauty. These preserved pictures of untouched environment boast special gems that can be admired across the globe. Currently there are 1160 WHS, with many more on the tentative list, awaiting approval.

Robin will show and talk about as many sites as possible and will set up future sessions depending on interest.

Credentials:

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

Addiction-Seeing it With Your Eyes Wide Open - 4659

Instructor: Erin Boyle

Fee: \$- Max 50

Date: 9/13/2024 Time: 1 PM - 2:30 PM

Location: ISU CHE 215

Content: How can parents and grandparents communicate with their loved ones who suffer from addiction? What actions can parents/grandparents take to be most helpful? What resources are available to assist in a loved one's recovery?

Credentials: Erin Boyle is a master social worker who has worked in the Idaho Falls Community for the last 29+ years. She has worked with substance use treatment clients. Currently she is working in the Bonneville County Wood Courts.

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

Jazz of America's 20th-Century - 4727

Instructor: Bob Dunmire

Fee: \$- Max 50

Date: 9/16/2024 Time: 1 PM - 3 PM

Location: ISU CHE 215

Content: Bob Dunmire, Adjunct Faculty in Music Theory for CEI, will discuss the development of early jazz of America's 20th-Century - Ragtime music through the Big Band Jazz Era of the 1940's. He will briefly discuss the Boogie Woogie style and its development into early Rock and Roll.

Credentials: Bob taught music at Skyline High School for 33 years from 1983-2017. He was the director of bands and percussion, taught guitar, music theory, and music history. He has always taught private saxophone lessons, including a five year span as adjunct saxophone teacher at Idaho State University from 2000-05. Bob has also enjoyed being an active musician all through his teaching career, playing with many wonderful groups and musicians along the way, and plans on continuing this journey in the future. Currently working at CEI in Idaho Falls as adjunct professor in music appreciation classes since 2019. Also; keeps a hand in with District 91 schools as pit orchestra director for the school musicals these past 6 six years. Words that Bob lives by, "Love what you do, and show it everyday." Two of the most important accomplishments in Bob's life are his marriage of 34 years to his wife Kris, and raising their two daughters, Joanne and Jennifer.

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

Turning the Tables - 4743

Instructor: Jeannine Larsen

Fee: \$-

Date: 9/17/2024 Time: 10 AM - 11:30 AM

Location: ISU TAB 200

Content: We are having a Piano Teacher recital. Come and enjoy local piano teachers play the piano for you.

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

Above and Beyond Tour - Sept - 4703

Instructor: Jeff Carr & Staff

Fee: \$6 for non-members - Max 40

Date: 9/18/2024 Time: 3 PM - 5 PM

Location: Museum of Idaho

200 N. Eastern Ave Idaho Falls ID

Content: Get a behind-the-scenes tour of the Museum of Idaho's new special exhibit "Above and Beyond." MOI staff members will discuss the science of flight and some fun facts about the exhibit process, show off some of their favorite artifacts, and turn students loose to explore the highly interactive experience.

Credentials: Jeff Carr is the Museum of Idaho's (MOI) Executive Director. MOI has developed a reputation as one of the country's best places to see world-class interactive displays on the humanities and sciences.

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

Art Museum Tour - 4752

Instructor: Emily Wenderlich

Fee: \$3.00 Max 30

Date: 9/18/2024 Time: 10:30 AM - 11:30 AM

Location: The Art Museum of Idaho
300 South Capital Ave. Idaho Falls ID

Content: Join us for a tour through The Art Museum of Eastern Idaho. The featured exhibit will be "Passages" by Richard A. Young, a multimedia artist from Boise. This exhibit pairs strong imagery with antique printer's plates to invoke moody works of art. The exhibition and title refer to the many phases of life that include loss, recovery and instability.

Credentials: Emily Wunderlich is the Education Director of The Art Museum of Eastern Idaho.

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

Dutch Oven Cooking with Doug - 4591

Instructor: Doug Dameron

Fee: \$5.00 Max 20

Date: 9/18/2024 Time: 2 PM - 3:30 PM

Location: Doug's home
2141 W. Saddle Lane Idaho Falls Idaho 83402

Content: We will be treated to some of Dave's favorite Dutch Oven dishes. He will teach you how to clean, store, and treat Dutch ovens. He will answer all your questions.

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

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

Understanding Wills and Probate - 4745

Instructor: Steve Taggart

Fee: \$- Max 50

Date: 9/18/2024 Time: 1 PM - 3 PM

Location: ISU CHE 215

Content: Steve Taggart will discuss the importance of estate planning and how it can help you protect your assets and ensure that your wishes are carried out.

Credentials: Steve Taggart is a partner in the Olsen Taggart law firm and practices primarily in the areas of bankruptcy, real property, and complex litigation. He attended Skyline High School, then BYU Provo obtaining a degree in economics. He graduated from the University of Utah law school. He has worked as a staff member for the Governor of Utah and a U.S. congressman in Washington, D.C., served as a designated broker for a local real estate agency, and is still active in

local politics. In his spare time, he loves rockhounding, traveling, good science fiction and historical novels and exercising.

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

Dot Mandala Rock Painting - 4548

Instructor: Gretchen O'Bleness

Fee: \$- Max 20

Date: 9/19/2024 Time: 10 AM - 12 PM

Location: ISU 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 6 years ago on a lark and ended up discovering the Dot Mandala technique of painting rocks. Over those 4 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 few minutes!

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

ARTitorium on Broadway Tour - 4751

Instructor: Georgina Goodlander

Fee: \$- Max 30

Date: 9/23/2024 Time: 10 AM - 12 PM

Location: ARTitorium

271 Broadway Idaho Falls ID 83402

Content: ARTitorium on Broadway is a unique facility that combines art and technology to create an interactive space that is perfect for children of all ages. Try your hand at a creation station, browse the virtual gallery, perform in front of the green screen, fly down the turbo twister slide, and much, much more! Located in downtown Idaho Falls, ARTitorium is the perfect way to spend your day.

Credentials: Georgina is the Visual Arts Director, Idaho Falls Arts Council.

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

How Meditation Calms Your Brain - 4721

Instructor: Nancy Frank, Ph.D

Fee: \$- Max 50

Date: 9/25/2024 Time: 3 PM - 4 PM

Location: ISU CHE 215

Content: The ancient practice of meditation changes people's lives. It works because regular practice literally strengthens parts of the brain that reduce susceptibility to reactivity and anxiety. It strengthens concentration and

equanimity. Finally, we will discuss how meditation moderates the effects of negative emotionality on our inborn personality traits, traits that can be driven to extremes when we encounter stressful situations. It is not the purpose of this class to provide instruction in how to meditate. Instead, we will study the results of meditation, whether in the form of focusing on the breath, walking meditation, prayer, blending with nature, etc.

Credentials: Nancy Frank has a PhD with emphasis on personality and negative emotionality.

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

IF Public Library Resources - 4560

Instructor: Beth Swenson

Fee: \$- Max 70

Date: 9/25/2024 Time: 10:30 AM - 11:30 AM

Location: IF Public Library

457 W Broadway St. Idaho Falls ID 83402

Content: Come get to know your Idaho Falls Public Library! We'll explore the fabulous resources available with your library membership, discover new books you may have missed, and go for a brief tour.

Credentials: Beth Swenson has worked in libraries since 2001 and has done a little bit of everything: shelving, reference, outreach, management, etc. Currently, she's an Assistant Director at the Idaho Falls Public Library, where she fills her days managing people, attending meetings, and reading endless emails. She earned her Master of Library and Information Science degree from the University of North Texas in 2012. Beth lives in Idaho Falls with her family and two evil cats. Her favorite things in this world are bacon, T-Rex, sharks, and jellyfish. She's often found reading, trying in vain to keep plants alive, and napping.

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

Understanding Personality Conflicts - 4744

Instructor: Nancy Frank, Ph.D

Fee: \$- Max 50

Date: 9/25/2024 Time: 1 PM - 2:30 PM

Location: ISU CHE 215

Content: The Five Factor Model of Personality Traits is accepted as the scientific standard for describing human behavior. This course not only explains each of the five traits, it also demonstrates how our individual trait strengths can clash when we interact with someone with dominant traits.

Credentials: Nancy Frank has a PhD with research in personality traits and management.

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

Economic Development in IF - 4715

Instructor: Catherine Smith

Fee: \$- Max 25

Date: 9/26/2024 Time: 10 AM - 12 PM

Location: IF City Council Chambers

City Annex Building 680 Park Avenue Idaho Falls Idaho

Content: As the Economic Development Administrator, Catherine works with the Public Works and Community Development Services Departments to streamline development processes. She is tasked with meeting the needs of the private sector as she seeks to make Idaho Falls attractive for development. The position also interfaces with economic development influencers throughout the state and region to encourage new businesses to locate within the city.

Credentials: Catherine Smith comes to the City of Idaho Falls after working as the Executive Director of the Idaho Falls Downtown Development Corporation. In that role, Smith oversaw the non-profit organization that manages the Idaho Falls Business Improvement District. The corporation advances the historical downtown and organizes events such as FallBrew, Taste of Downtown, and the Tree Lighting Celebration, to name a few.

Catherine is a fourth-generation Idahoan and is tied to her local and regional community through nonprofit work and volunteerism. She is a member of the Idaho Falls Rotary Club, Chair of the East Regional Council for the Idaho Community Foundation, serves on the Board of Directors of the District 91 Education Foundation and the Greater Idaho Falls Area Chamber of Commerce, is a Commissioner of Idaho Falls Historic Preservation Commission, and is the Executive Secretary of the Eastern Idaho Agriculture Hall of Fame.

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

Happyville Farm - 4483

Instructor: Claudia Pine

Fee: \$- Max 50

Date: 9/27/2024 Time: 2 PM - 4 PM

Location: ISU CHE 215

Content: Come learn about eastern Idaho's first organic, urban farm, where we "grow for community." Our commitment is to grow nutrient-dense, delicious food for families in need, food-insecure and other people; teach about sustainable food gardening skills and the environment; and build a thriving public green space that welcomes all ages, including seniors, people with disabilities, and youth.

On our 1-acre farm we have bee hives, pollinator habitat, fruit trees, closed-vessel composting, and soil carbon farming. Our high tunnels allow us to harvest in every month of the year.

The in-class presentation will be 1 hour, followed by a tour at Happyville Community Farm at 640 S Saturn Ave. Optional field trip is limited to 15 people.

Credentials: Claudia Pine has worked in sustainable and organic agriculture for nearly 20 years. She co-founded the University of Idaho's campus organic farm and taught gardening classes for FFL and many other community groups.

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

Retirement - How to Make it Golden - 4735

Instructor: Class Members

Fee: \$- Max 40

Date: 9/30/2024 Time: 10 AM - 11:30 AM

Location: ISU CHE 215

Content: This class will be an interactive class taught by the class members. We will jointly brainstorm ideas from the members' experiences about things to do to make retirement enjoyable and memorable. We will compile lists of ideas about travel, entertainment, activities, health, volunteerism, social, relationships and more. At the end of class a list of all the ideas will be emailed to each attendee.

Credentials: The class members are the presenters. They have a broad range of experiences and ideas that can be shared together about things we can do to make retirement the Golden Years.

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

Trucking - Fun Facts - 4741

Instructor: Clay Murdoch

Fee: \$- Max 50

Date: 10/1/2024 Time: 1 PM - 2:30 PM

Location: ISU CHE 214

Content: This course will teach about Doug Andrus Trucking. We will learn how trucking affects many aspects of our lives that we may not be aware of and the impact on everyone.

Credentials: Clay is the CEO of Doug Andrus Trucking and has worked in all aspects of the trucking business.

Facilitator: Dennis Loftus Email: italia7173@gmail.com Phone: 208-569-5574

Grandparenting Do's and Don'ts - 4720

Instructor: Class Members

Fee: \$- Max 40

Date: 10/2/2024 Time: 10 AM - 12 PM

Location: ISU CHE 215

Content: This class will be an interactive class taught by the class members about effective ways to build and maintain a meaningful relationship with grandchildren and with our adult children. We will draw on the experiences of the class members and brainstorm together about how to communicate with grandchildren at various age levels, what activities will be enjoyable for them and you to do together, and how to strengthen this important relationship. Come prepared with your ideas. At the end of class a list of all the ideas will be emailed to each attendee.

Credentials: The class members are the presenters. They have a broad range of experiences and ideas that can be shared together about how to be an effective grandparent.

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

Mental Health Court Presentation - 4731

Instructor: Teriann Parker

Fee: \$- Max 50

Date: 10/4/2024 Time: 1 PM - 3 PM

Location: ISU CHE 214

Content: Presentation of the new Special Housing Unit at the Bonneville County Jail. Introductory presentation of the Bonneville County Mental Health Court program.

Credentials: Class presented by Teriann Parker (Licensed clinical social worker (LCSW)), Dustin Park (Bachelors of Psychology) and Matt Westfall (Bonneville County Jail Sergeant.)

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

Xeriscaping - Beauty of Sustainability - 4702

Instructor: Claudia Pine

Fee: \$- Max 50

Date: 10/4/2024 Time: 2 PM - 4 PM

Location: ISU CHE 215

Content: What is xeriscape? Xeriscape is landscaping, or gardening, that reduces the need for irrigation. The word comes from the Greek root xeros, meaning "dry." The word "zero" is not part of xeriscaping! Xeriscaping is not no-water, but low-water. Xeriscaping makes our homes and businesses more suited to the place we live. Happyville Farm will show you how easy it can be to make the change to low-water, low-work xeriscape. Why switch to low-water xeriscaping? We'll discuss several major reasons, including: Create a beautiful landscape appropriate to our high desert environment. Save money on water bills - and save water for our drought-stricken west. Support pollinators and other wildlife. Cut down on maintenance costs! The in-class presentation will be 1 hour, followed by a tour and hands-on demonstration at Happyville Community Farm at 640 S Saturn Ave. Optional field trip is limited to 15 people.

Credentials: Claudia Pine has worked in sustainable and organic agriculture for nearly 20 years. She co-founded the University of Idaho's campus organic farm and taught gardening classes for FFL and many other community groups.

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

Glass/Ceramic Garden Flowers - 4719

Instructor: Molly Brinkerhoff

Fee: \$- Max 25

Date: 10/7/2024 Time: 10 AM - 11:30 AM

Location: ISU CHE 306

Content: This class is a demonstration of how to create the Glass/Ceramic Flowers you see around town or at craft fairs. Molly will suggest where to purchase your glass/ceramics and tools and how to put them together. These flowers are easy to make but do require a several step process.

Note: These flowers can stay outside year round. Molly has some she has had outside for five years.

Credentials: Molly has been making glass flowers for over five years.

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

A new way to see Palisades Reservoir - 4707

Instructor: Nancy Frank, Ph.D

Fee: \$- Max 50

Date: 10/8/2024 Time: 11 AM - 12 PM

Location: ISU CHE 215

Content: A review of the history of this amazingly beautiful area. Palisades Reservoir from a unique drone's-eye perspective. This lecture will focus on the area between the dam and Blowout boat dock, especially the mountainsides from Big Elk Creek to Blowout boat dock. A summary of the difficulties created by the winter 2022-2023 Bear Creek road washout. The question, will Calamity campground be accessible, will be answered.

Credentials: Nancy is a year-round resident of area for over 10 years. Property owner more than 25 years. Retired PhD

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

Unveiling US Holidays: Tracing traditions & legends - 4746

Instructor: Debbie Borek

Fee: \$- Max 50

Date: 10/8/2024 Time: 1 PM - 3 PM

Location: ISU CHE 214

Content: We will explore how our holidays have evolved over time, adapting to changing beliefs and traditions of American life.

Credentials: Debbie has a keen interest in history and its impact on our culture and society.

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

Intro to Medicare Workshop - 4180

Instructor: Helen Mayberry

Fee: \$- Max 50

Date: 10/9/2024 Time: 9:30 AM - 11:30 AM

Location: ISU CHE 215

Content: 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.

Credentials: Helen Mayberry has been a Medicare Counselor with the Idaho Department of Insurance for 9 1/2 years.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Medicare Updates 2025/Choosing a Drug Plan - 4641

Instructor: Helen Mayberry

Fee: \$- Max 50

Date: 10/9/2024 Time: 11:45:00 AM - 1:15:00 PM

Location: ISU CHE 215

Content: An overview of any upcoming changes for 2025 will be provided. Attendees will be provided with information about how to select their own Medicare Prescription Drug Plan and how to enroll in it. Using the Medicare website, students will be provided step-by-step instructions on how to enter their medications and pharmacy choice in order to create an individualized plan that will best suit their needs.

Credentials: Helen Mayberry has been a Medicare Counselor with the Idaho Department of Insurance for 9 1/2 years.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Selecting Your Medicare Drug Plan - 4181

Instructor: Carrie Crom

Fee: \$- Max 50

Date: 10/9/2024 Time: 1:30 PM - 3 PM

Location: ISU CHE 215

Content: This course will show Medicare beneficiaries how to select the Medicare Prescription Drug Plan that covers the medications they are taking. It will also identify the plan that is the least expensive. Since the plans, costs, and covered medications change annually, it is important that plans are run annually. We provide free, unbiased information to Medicare beneficiaries regarding their choices.

Credentials: The Idaho Department of Insurance provides training on a regular basis for those providing assistance to Medicare beneficiaries. Carrie Crom has been a certified SHIBA volunteer since 2006.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Car Collection Tour - Kevin Call - 4550

Instructor: Kevin Call

Fee: \$- Max 35

Date: 10/10/2024 Time: 1 PM - 3 PM

Location: Kevin Call residence

380 East Sunnyside Idaho Falls

Content: Kevin has a wonderful collection of old classic cars, trucks, and fire trucks in his collection in a separate building. He recently added the old Rexburg airport fire truck. He prefers the color red, so many of his cars are that color. The collection was started by his father, and Kevin continues to add to it.

Credentials: Kevin is co-owner of Farr Candies and Ice Cream.

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

Art of French Onion Soup - 4711

Instructor: Woody Woodford

Fee: \$7.00 Max 16

Date: 10/11/2024 Time: 10 AM - 12 PM

Location: Bonneville County Extension Office
1542 E. 73 S.

Content: A gastronomic gourmet thru the flavors and techniques of French Onion Soup. Hands-on class will teach the art of caramelizing onions and creating a deep rich broth. Ingredients and recipes provided.

Credentials: Woody is an accomplished self taught chef, with the ability to teach others in a friendly atmosphere.

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

Let's Make Jelly! Section A - 4728

Instructor: Cathy Gray

Fee: \$6.00 Max 9

Date: 10/11/2024 Time: 1 PM - 1:45:00 PM

Location: Bonneville County Extension Office - Kitchen
1542 E. 73 S.

Content: Are you not feeling as smart as your SmartPhone? This class is designed to cover both Apple and Android SmartPhones.

Credentials: Cathy is a retired librarian who has been making jams and jellies for 30+ years, and makes over 1000 jars each year. Most of the fruit is from her backyard, where she has four plum trees, an apple tree, cherry tree, currant bushes, raspberries and rhubarb that produce prolifically. Let's make some jelly!

Facilitator: Jackie Christiansen Email: jackie.w.christiansen@gmail.com Phone: 208-522-8706

Let's Make Jelly! Section B - 4728

Instructor: Cathy Gray

Fee: \$6.00 Max 9

Date: 10/11/2024 Time: 1:45:00 PM - 2:30 PM

Location: Bonneville County Extension Office - Kitchen
1542 E. 73 S.

Content: Making jelly is an easy process, but there are some tricks and things to be aware of. In groups of three, we will make a batch of jelly to take home. We'll use locally grown fruit, and follow the low-sugar recipe, letting the natural fruit flavor to burst as you enjoy it on freshly made bread. Participants should bring aprons or clothes that can handle a few stains, as it might get a little messy. All supplies and jelly making ingredients will be provided.

Credentials: Cathy is a retired librarian who has been making jams and jellies for 30+ years, and makes over 1000 jars each year. Most of the fruit is from her backyard, where she has four plum trees, an apple tree, cherry tree, currant bushes, raspberries and rhubarb that produce prolifically. Let's make some jelly!

Facilitator: Jackie Christiansen Email: jackie.w.christiansen@gmail.com Phone: 208-522-8706

Let's Make Jelly! Section C - 4728

Instructor: Cathy Gray

Fee: \$6.00 Max 9

Date: 10/11/2024 Time: 2:30 PM - 3:15:00 PM

Location: Bonneville County Extension Office - Kitchen
1542 E. 73 S.

Content: Making jelly is an easy process, but there are some tricks and things to be aware of. In groups of three, we will make a batch of jelly to take home. We'll use locally grown fruit, and follow the low-sugar recipe, letting the natural fruit flavor to burst as you enjoy it on freshly made bread. Participants should bring aprons or clothes that can handle a few stains, as it might get a little messy. All supplies and jelly making ingredients will be provided.

Credentials: Cathy is a retired librarian who has been making jams and jellies for 30+ years, and makes over 1000 jars each year. Most of the fruit is from her backyard, where she has four plum trees, an apple tree, cherry tree, currant bushes, raspberries and rhubarb that produce prolifically. Let's make some jelly!

Facilitator: Jackie Christiansen Email: jackie.w.christiansen@gmail.com Phone: 208-522-8706

Suicide Prevention - 4310

Instructor: Sheila Murdock

Fee: \$- Max 50

Date: 10/15/2024 Time: 1 PM - 3 PM

Location: ISU CHE 214

Content: Suicide is a critical public health issue in Idaho. It brings tragic loss to families, friends, schools and entire communities across the state each year. In 2022, Idaho had the 12th highest suicide rate within the U.S. Learn the warning signs, effective prevention strategies, and how to better assist suicide loss survivors. Become educated and help remove the stigma and correct the myths surrounding suicide.

Credentials: Shelia Murdock is a board member of Community Suicide Prevention. Community Suicide Prevention is the leading local non-profit organization in Eastern Idaho dedicated to all areas of suicide awareness, prevention, and loss survivor support.

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

IF Main Fire Station Tour - 4520

Instructor: Mark Pitcher

Fee: \$- Max 25

Date: 10/16/2024 Time: 10 AM - 12 PM

Location: IF Main Fire Station
343 E Street Idaho Falls Idaho 83402

Content: Idaho Falls has a combined EMS and Fire response. Tour will cover the main aspects of the Fire Department responsibilities along with a briefing by the Fire Chief.

Credentials: Mark is the Battalion Chief for IF Fire Department.

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

Income Tax for Senior Citizens - 4725

Instructor: Charles Brooks

Fee: \$- Max 50

Date: 10/16/2024 Time: 1 PM - 3 PM

Location: ISU CHE 215

Content: This class will provide information about the tax preparation process and common questions that arise and deductions that may be overlooked. We will discuss proper record keeping for tax purposes and what documents are necessary to prepare your taxes. We will learn about the free AARP tax preparation services that are available for all, not just senior citizens.

Credentials: Charles Brooks is the District Coordinator covering southeast Idaho for the AARP tax return preparation service. He has volunteered for 18 years at AARP to help people prepare their tax returns. He has an electrical engineering degree and a masters degree in business. He was a manager at the site for 38 years before his retirement.

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

Idaho Falls Symphony Tour - 4723

Instructor: Carrie Athay

Fee: \$- Max 30

Date: 10/18/2024 Time: 10 AM - 12 PM

Location: Frontier Center for the Performing Arts (Formerly Civic Auditorium)

501 S Holmes Ave Idaho Falls ID 83401

Content: For seventy-four consecutive seasons, the Idaho Falls Symphony has provided quality live orchestral experiences for the enjoyment, enrichment, and education of audiences and musicians alike. The Symphony presents an annual concert series that brings the best of classical music to a variety of local venues, including Freeman Park, the Colonial Theater, and the Frontier Center for the Performing Arts (formerly the Idaho Falls Civic Center for the Performing Arts). Established in 1949, the Symphony was originally presented by the Idaho Falls Music Club and the Community Concerts Association. The Symphony redefined itself in 1961 when the Idaho Falls Symphony Society was incorporated, by-laws were formulated, and a board of directors was elected with Lowell Jobe as President. The Symphony Society has since partnered with many local sponsors to promote a vibrant and nationally recognized symphony orchestra.

Credentials: As the Executive Director of the Idaho Falls Symphony, Carrie works to build bridges and connect us all through the intertwining of our hearts as we experience live orchestral music together. She has a passion for the cultural arts and believes that we thrive as communities when we experience the beautiful textures around us; specifically the textures of Idaho, as seen through our people, cultural arts, and natural surroundings.

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

Melaleuca Headquarters Tour - 4613

Instructor: Tammy Reboiro

Fee: \$- Max 30

Date: 10/18/2024 Time: 11 AM - 12:30 PM

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

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

Credentials:

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

Advanced Directives for Health Care Wishes - 4708

Instructor: Celeste Eld

Fee: \$- Max 50

Date: 10/22/2024 Time: 1 PM - 3 PM

Location: ISU CHE 214

Content: This class will provide an opportunity to learn about putting your healthcare wishes down in writing for clarification for your family and healthcare providers prior to a medical crisis occurring. Defining Advance Directives, Living Will, Idaho Physician Scope of Treatment Order (Post), and Assigning Durable Power of Attorney for Healthcare will be discussed.

Credentials: Celeste Eld is the Executive Director of Hospice of Eastern Idaho and is responsible for the management and operation of all hospice program areas and for promoting hospice within the community.

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

Crimea - A Brief History - 4714

Instructor: Dr. Karen Leibert

Fee: \$- Max 50

Date: 10/22/2024 Time: 10 AM - 11 AM

Location: ISU CHE 217

Content: Crimea is a peninsula of Ukraine now occupied by Russian troops and illegally "annexed" to Russia. Its history includes mongols, forced deportations, a European war, and villas for tsars, Soviet officials, and the current Russian elite. What's been its unique history, why is it so important to both Russia & Ukraine, and what is its role in the current war?

Credentials: Dr. Karen Leibert is a former Adjunct Professor of History at ISU. She has a PhD in Russian History from the University of Maryland.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Henry VIII -- Good King, Bad Husband - 4677

Instructor: Lexie French

Fee: \$- Max 50

Date: 10/30/2024 Time: 10 AM - 12 PM

Location: ISU CHE 215

Content: Divorced - Beheaded - Died - Divorced - Beheaded - Survived. What do his six wives reveal about Henry VIII and the story of 16th century England?

Credentials: 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 UKI tracing the footsteps of the English Monarchs.

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

Reader's Round Table - 4188

Instructor: Sheryl Schaffer

Fee: \$- Max 50

Date: 10/30/2024 Time: 1 PM - 2:30 PM

Location: ISU CHE 215

Content: 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.

Credentials: Sheryl is an avid reader of many reading genres and has participated in this class in several past sessions

Facilitator: Sheryl Schaffer Email: sdschaffer888@gmail.com Phone: 208-524-2910

Cultural Cuisine - 4111

Instructor: Board

Fee: \$-

Date: 11/4/2024 Time: 6 PM - 8 PM

Location: Lutheran Church
455 Sunnyside Road Idaho Falls Idaho

Content: Come and learn about New Zealand and the Cuisine. FFL members attending the dinner will be given an authentic New Zealand recipe to prepare a dish for the dinner which will be assigned to them by the cuisine food committee. You can even suggest your own favorite New Zealand Recipe! Spouses and friends will be charged \$20.00. Members must register by October 15th to attend the event. Contact Jeanell Coyne to be on the Cultural Cuisine committee or to volunteer.

Credentials: FFL has presented many fun, delicious, and entertaining Cultural Cuisines since 2003

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

Mental Health Nursing Perspectives - 4732

Instructor: Kim Jardine-Dickinson

Fee: \$- Max 50

Date: 11/5/2024 Time: 10 AM - 12 PM

Location: ISU CHE 217

Content: Looking at advocacy and education about Mental Illness in Families and Individuals. There are resources in our communities. Aspects of depression and psychotic disorders. Additional problems with co-occurring substance abuse issues.

Credentials: Kim Jardin-Dickinson is a registered Nurse, Master Science Nursing. Board Certified, Certified alcohol and drug counselor, Retired nursing professor ISU-13 years. Psychiatric and public health nurse, worked in community and prisons.

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

New IF Police Station Tour 2 - 4750

Instructor: Jessica Clements

Fee: \$- Max 20

Date: 11/5/2024 Time: 1 PM - 3 PM

Location: Idaho Falls PD

775 Northgate Mile

Content: The city is celebrating the completion of their new Police Station that consolidates all functions of the PD in one place for the first time in IF history. This tour includes going up and down stairs. Please note that this tour is strictly limited to 20 people.

Credentials: Jessica is the Public Information Officer for the city of Idaho Falls for the Police Department.

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

Getting Fiscally (\$) Fit - 4718

Instructor: Garth Hassel

Fee: \$- Max 50

Date: 11/6/2024 Time: 1 PM - 3 PM

Location: ISU CHE 215

Content: When you stop working, you have less flexibility, you must depend on your investments, social security, and how you've planned. Learn how to understand and overcome financial challenges and the financial mistakes commonly made with our money. Consider having an Emergency Fund. Understand the high cost of credit. Gain control through budgeting.

Credentials: Garth is a Retirement Income Certified Professional, Certified in Long-Term Care, and Amazon best-selling author 5 personal finance categories.

Facilitator: Sidney Hoopes Email: Sidneyhoopes456@gmail.com Phone: 208-524-1280

New IF Police Station Tour 1 - 4750

Instructor: Jessica Clements

Fee: \$- Max 20

Date: 11/7/2024 Time: 1 PM - 3 PM

Location: Idaho Falls PD

775 Northgate Mile

Content: The city is celebrating the completion of their new Police Station that consolidates all functions of the PD in one place for the first time in IF history. This tour includes going up and down stairs. Please note that this tour is strictly limited to 20 people.

Credentials: Jessica is the Public Information Officer for the city of Idaho Falls for the Police Department.

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

Huck Finn Metaphor to History - 4722

Instructor: Jim Francis

Fee: \$- Max 120

Date: 11/8/2024 Time: 10 AM - 12 PM

Location: ISU TAB 200

Content: "All modern American literature comes from one book by Mark Twain called Huckleberry Finn" - Ernest Hemingway

"Understanding and explaining American history comes from two stories by Mark Twain: 'The Story of Huck and the Story of Jim' " - Jim Francis

The Mark Twain's The Adventures of Huckleberry Finn and the individual stories of Jim, the runaway slave, and Huck, the runaway child, as well as Twain's characterization of women, and the social classes with which Huck and Jim interacted combine to provide us with the means by which to understand, explain, and remember U.S. history from the colonial times through the Revolution and Civil War and into the twentieth century (and beyond?). The class will explore these truths within the novel and pose the question to the audience: "What did Twain understand about American society and politics that Americans want to avoid understanding?"

Credentials: Jim Francis is an award winning teacher. In 1989-1990, he was selected as Idaho's National Endowment for the Humanities Teacher-Scholar. In 1997, he was State Teacher of the Year. In 2017, the Idaho Falls City Club honored Jim with its John Hansen Civility and Public Service Award.

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

Tuberculosis Sanatoriums in the US - 4742

Instructor: Kim Jardine-Dickinson

Fee: \$- Max 50

Date: 11/12/2024 Time: 10 AM - 12 PM

Location: ISU CHE 217

Content: History of Tuberculosis in the United States and TB Sanatoriums. From caves and other structures and how consumptives were treated. Late 1800's through the 1960's. Looking at finding ancestors treated for TB.

Credentials: Kim Jardine-Dickinson is a registered Nurse, Master Science Nursing. Board Certified, Certified alcohol and drug counselor, Retired nursing professor ISU-13 years. Psychiatric and public health nurse, worked in community and prisons.

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

Above and Beyond Tour - Nov - 4703

Instructor: Jeff Carr & Staff

Fee: \$6 for non-members Max 40

Date: 11/13/2024 Time: 10:30 AM - 12 PM

Location: Museum of Idaho

200 N. Eastern Ave Idaho Falls ID

Content: Get a behind-the-scenes tour of the Museum of Idaho's new special exhibit "Above and Beyond." MOI staff members will discuss the science of flight and some fun facts about the exhibit process, show off some of their favorite artifacts, and turn students loose to explore the highly interactive experience.

Credentials: Jeff Carr is the Museum of Idaho's (MOI) Executive Director. MOI has developed a reputation as one of the country's best places to see world-class interactive displays on the humanities and sciences.

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

Social Security - When to start drawing - 4739

Instructor: Garth Hassel

Fee: \$- Max 50

Date: 11/13/2024 Time: 1 PM - 3 PM

Location: ISU CHE 215

Content: When should you start drawing social security? Who is eligible for social security, at what age? How can you compare starting social security at different ages? What factors might you consider, such as your other assets, cash flows, expenses.

Credentials: Garth is a Retirement Income Certified Professional, Certified in Long-Term Care, and Amazon best-selling author 5 personal finance categories.

Facilitator: Sidney Hoopes Email: Sidneyhoopes456@gmail.com Phone: 208-524-1280

Wellness - A Holistic Approach - 4747

Instructor: Yorel Dean

Fee: \$- Max 15

Date: 11/14/2024 Time: 10 AM - 12 PM

Location: ISU CHE 306

Content: Looking to improve your wellbeing? In this class, we'll explore holistic wellness, which emphasizes the interconnectedness of mind, body, and spirit in achieving optimal health and happiness. Participants will delve into various aspects of holistic living, including nutrition, exercise, mindfulness, emotional well-being, and spiritual growth.

We'll discuss how our area of focus changes throughout life and how each area affects another. You will be equipped with practical strategies to cultivate balance and harmony in your life. To end, we'll go through a short workout based on functional movements that we use daily. No equipment is needed.

Credentials: Yorel Dean has a Bachelor's degree in Exercise Physiology and is an ACSM Certified Personal Trainer. She is also a believer in positive affirmations!

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

Hospice - What is it? - 4528

Instructor: Celeste Eld

Fee: \$- Max 50

Date: 11/19/2024 Time: 1 PM - 3 PM

Location: ISU CHE 214

Content: This course will educate participants about the differences between Home Health, Hospice and Palliative Care. Myths surrounding hospice services will be dispelled and discussion provided about when hospice may be the appropriate next level of care for you or your loved ones.

Credentials: Celeste Eld is the Executive Director of Hospice of Eastern Idaho and is responsible for the management and operation of all hospice program areas and for promoting hospice within the community.

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

War on Weeds - 4700

Instructor: Justin Hatch

Fee: \$- Max 50

Date: 11/19/2024 Time: 10 AM - 12 PM

Location: ISU CHE 217

Content: Justin Hatch wrote the "War on weeds" column in the Post Register. He will discuss invasive weeds in our area and Idaho.

Credentials: Justin is an Extension Educator with the University of Idaho.

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

Alzheimer's & Dementia - Latest Research - 4709

Instructor: Alexis Bonoff/Jody C

Fee: \$- Max 50

Date: 11/20/2024 Time: 10 AM - 11:30 AM

Location: ISU CHE 215

Content: Alzheimer's is an escalating health crisis. More than 6 million Americans are living with the disease and over 11 million individuals are their caregivers. Tremendous gains have been made in understanding the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for

prevention, detection, diagnostics and therapeutic interventions. The Alzheimer's Association® is a global leader in research, mobilizing the field to advance the vision of a world without Alzheimer's and all other dementia.

Join Us to Learn More About: The landscape of Alzheimer's and dementia science, Risk factors for Alzheimer's and all other dementia, Highlights in early detection and diagnosis, Recent advances in clinical trials, and treatments and lifestyle interventions

Credentials: Alexis Bonoff is the Community Outreach Manager and Research Champion for the Washington and Northern Idaho Chapter of the Alzheimer's Association. Alexis presents the updates for the latest research throughout the region.

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

Plant Based Whole Food Lifestyle - 4734

Instructor: Tim and Sheri Forhan

Fee: \$- Max 50

Date: 11/21/2024 Time: 10 AM - 12 PM

Location: ISU CHE 217

Content: After getting a surprisingly negative CT Cardiac Scan in June of 2023, we made a hard pivot to a plant based, whole food diet. The results have been quite significant. We will share the data on that cardiac scan, a summary of the reading we did that led us in this direction, and a cross section of the pre and post lipid panel data. We will also share some of the good, and not so good anecdotal aspects of making the change, the hacks we have picked up along the way to make it more sustainable and maybe a few recipes. We are viewing it as a journey. We are not making any recommendations, but rather aiming to share our data and experience thus far.

Credentials: Both Tim and Sheri are engineers, like data, research things, and have been 'students' of lifestyle and nutrition most of their lives.

Facilitator: Helen Hill Email: Phone:

Cookie Exchange Party! - 4713

Instructor: Alan & Jackie Christiansen

Fee: \$-

Date: 11/20/2024 Time: 3 PM - 5 PM

Location: Home of Mark and Vicky Van Sickle
1485 Blue Ridge Circle Idaho Falls ID 83402

Content: 'Tis the season to indulge in delicious treats and spread some holiday cheer! Join us for an afternoon of sweet indulgence and merry mingling. Here's the scoop. Bake Your Best Treats: Channel your inner baker and whip up three dozen of your favorite holiday cookies or treats. Share the Recipe: Email the recipe to Jackie prior to the Exchange to share with fellow treat enthusiasts. If you are unable to email the recipe bring along a copy of your recipe when you come to the Exchange. That way, everyone can recreate their favorite treats long after the party is over. Sample the Sweetness: Once all the treats are laid out, it's time to indulge! Grab a plate and sample the delectable creations brought by your fellow guests. One per customer please! Spread Holiday Cheer: As we savor the treats and swap stories, let's take a moment to celebrate the joy of the season and the warmth of friendship. Water will be provided to drink.

Credentials: Jackie and Alan have been baking and making holiday treats for many years. We have our family favorites plus some that are unique from around the world. Come join us for a sweet day!

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

Holiday Luncheon - 4171

Instructor: Karin Armstrong

Fee: \$25.00 Max 72

Date: 12/3/2024 Time: 11:30 AM - 1:30 PM

Location: Idaho Falls Country Club

11611 Country Club Drive Idaho Falls

Content: Annual FFL Holiday Lunch. Buffet lunch with spacious setting, limited to 60 diners. A \$25 non-refundable check should be sent to Karin Armstrong, 2155 E. Olympic Ave. Idaho Falls ID 8340 by November 29th. Please bring a wrapped gift, up to \$15 value, for the gift exchange.

Credentials: Karin has done our luncheon for several years with great success.

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

Habitat for Humanity Peterson Project - 4523

Instructor: Karen Lansing

Fee: \$- Max 50

Date: 12/4/2024 Time: 10 AM - 12 AM

Location: ISU CHE 215

Content: This class is about the Peterson Project, a housing cooperative sponsored by Habitat for Humanity. It will include 73 housing units for first-time home buyers. It will be built near the soccer fields on West Broadway, Idaho Falls. It is a hybrid between renting and owning in which the buyer builds 100% equity from affordable monthly payments on an interest free loan.

Credentials: Karen Lansing has been the Executive Director of the local Habitat for Humanity for 13 years and has served on committees and the Board of Directors for many more years. She was a realtor for 20 years. She is the energy behind the Peterson Project.

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

IF Redevelopment Agency - 4724

Instructor: Member of the RD Board

Fee: \$- Max 50

Date: 12/5/2024 Time: 10 AM - 11:30 AM

Location: ISU CHE 217

Content: This class is about how the Idaho Falls Redevelopment Agency works with developers through tax increment financing to fund improvements to roads, utilities and infrastructure associated with development projects in the City of Idaho Falls. This results in a payback to the City through increased tax revenues on the improved property and successful growth and development in the City.

Credentials: A member of the Idaho Falls Redevelopment Board will present the class.

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

Memories of Germany - 4730

Instructor: Jerry Jayne

Fee: \$- Max 50

Date: 12/6/2024 Time: 10 AM - 12 PM

Location: ISU CHE 215

Content: The presentation will include photos, personal memories, and a little history of Germany. The earliest photos and memories will be from 1955-56, when my wife and I lived in Munich and Heilbronn. Following these will be descriptions of trips to Germany in 2016 and 2018, with some history of this great country.

Credentials: Jerry and his wife Joyce lived in Germany in 1955-56 when he was in the army (ours). He was also able to return to Germany in 2016 and 2018. He enjoys reading about the history of Europe.

Facilitator: Dennis Loftus Email: italia7173@gmail.com Phone: 208-569-5574
