

# Friends for Learning - Course Catalog

## FALL 2025

Registration for the 2025 Fall semester begins 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 11**, 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 4th. 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



**Have FFL "Questions?????" Visit our website at: [cetrain.isu.edu/ffl](https://cetrain.isu.edu/ffl)**

**You will find our current catalog, online registration, printable registration, calendars, volunteer form, a handbook, bylaws, course information sheet, facilitator information, officer bio's, history, newsletters, photo albums, class extras, maps and FFL contact Information. Many documents are in PDF format. This is all in the ISU website.**

**FALL Parking Passes:** Everyone will need a new parking pass in the Fall. In the Spring, ONLY NEW participants will need a new parking pass. If a Fall participant throws away their Fall Parking Pass they will need to BUY a new pass in the Spring. The cost of the pass is included in the registration, but it is necessary to request a pass. It should be displayed prominently anytime you park on campus or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352) for \$5.00. REMINDER: FALL PARKING PASS–NEW, SPRING PARKING PASS -SAVED FALL PASS.

**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

## **FFL Volunteer Opportunities - 4242**

**Instructor:**

**Fee:** \$-

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

**Location:** N/A

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

**Credentials:**

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

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## **Parking Pass - 4215**

**Instructor:**

**Fee:** \$-

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

**Location:** N/A

**Content:** You must have a parking pass displayed prominently anytime you park on the ISU campus, or you may be ticketed. All registrants will be given a parking pass in the fall semester, but the pass is good for **the Fall and Spring semesters** so please hang onto it! The cost is part of fall registration. This pass will be sent to you from ISU. Note: Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352) at an additional cost.

**Credentials:**

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

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## **Cross-Country Skiing and Snowshoeing - 4789**

**Instructor:** Jeanell Coyne

**Fee:** \$-

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

**Location:** Outdoors!

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

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

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

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**Day Adventures - 4790**

**Instructor:** Pam Johnson & Jeff Bryan

**Fee:** \$-

**Date:** N/A **Time:** TBA

**Location:** Outdoors!

**Content:** This "class" schedules various outdoor adventures (usually one to two per month) for enrolled FFL members from April or May through September or October (weather dependent). Activities may include hiking, biking, float trips, horseback riding, backpacking, caving (non-technical), zip lining, and bird watching. We are guided by member ideas and leaders, so we may try anything. Activities can range from easy to strenuous and might last two hours or all day depending on the activity and/or selected location.

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

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

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**Walking - 4793**

**Instructor:** Cynthia Steele

**Fee:** \$-

**Date:** N/A **Time:** TBA

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

**Content:** Join us for weekly walks around our beautiful city! We walk anywhere from one mile to 3+ miles. We have all different levels of walkers, so it is a "walk at your own pace" activity. During the warm months we walk in the morning and in the cooler months we walk in the afternoons. Sometimes we take trips to nearby areas and walk as well. For example, last year we took a short trip to Massacre Rocks. Currently we walk three times a week and change our locations weekly. Our standard walks originate at Freeman Park, down at the river across from Westbank/Quality Inn (the river loop), Key Bank parking lot (rock garden, walk down to Pancheri or Snake River Landing) and the pier at Snake River Landing (we walk to pond south of Mountain America or even to Sunnyside Road and back).

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

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

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**FFL In-person Registration - N/A**

**Instructor:** The Board & Shirley

**Fee:** \$-

**Date:** 8/11/25 **Time:** 9:00 AM - 11:00 AM

**Location:** ISU CHE 304

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

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

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**Men's Brunch - 4564**

**Instructor:** Jeff Bryan

**Fee:** Buy Lunch

**Date:** 8/13/25 **Time:** 9:00 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 FFL friends network, try new foods and eateries, trade stories and experiences, and catch up on local happenings. We rotate to a different restaurant each month for variety. Email reminder sent to participants each month, confirming the selected restaurant for that month. Bring your enthusiasm for good friends and good food on Wednesdays, 8/13, 9/10, 10/8, 11/12, and 12/10. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

**Credentials:** 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@halffast-racing.com **Phone:** 208-390-9298

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**Pickleball - 4503**

**Instructor:** Jeff Bryan

**Fee:** \$-

**Date:** 8/14/25 **Time:** 9:00 AM - 11:00 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 in August - Now on Thursdays!

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

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

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**Hand and Foot Card Game - 4289**

**Instructor:** Peggy Ash

**Fee:** Buy Lunch

**Date:** 8/14/25 **Time:** 11:00 AM - 3:00 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 should come between 11:00 am and 11:30 am to buy lunch and eat before card play begins for each session. A donation of \$5.00 is taken for replacement of card shufflers, batteries and playing cards . We play year round every Thursday.

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

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

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#### **Pinochle-Double Deck - 4137**

**Instructor:**

**Fee:** Buy Lunch

**Date:** 8/18/25   **Time:** 11:30 AM - 3:00 PM

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

**Content:** We play Pinochle (double deck) year round starting at noon every Monday. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator or the instructor. Players should arrive early about 11:30 am and must buy lunch since we don't pay a fee to use the back room. A \$3 donation is taken for buying new playing cards each semester.

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

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#### **Spanish - 4607**

**Instructor:** Eva Montantes

**Fee:** \$-

**Date:** 8/18/25   **Time:** 6:00 PM - 7:30 PM

**Location:** Zoom

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

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

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

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#### **Beekeeping & Honey Packaging - 4800**

**Instructor:** Adam French

**Fee:** \$- 0

**Date:** 8/27/25   **Time:** 2:00 PM - 3:00 PM

**Location:** Cox's honey 456 N State Street Shelley, Id 83274

**Content:** We will go over the basics of beekeeping, how important bees are to the ecosystem, and the fundamentals of packaging honey.

**Credentials:** Cox's Honey has been in business for 98 years. The consistency in our beekeeping practices and honey packaging has assured our success for almost a century.

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

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**Caring for Your Mental Health: You Matter - 4803**

**Instructor:** Yorel Dean

**Fee:** \$-

**Date:** 9/2/25   **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 217

**Content:** Your peace of mind is just as important as your physical health. In this class, we'll explore how life changes, stress, and emotional challenges can impact mental well-being---and how to respond with compassion, wisdom, and practical care. Topics include managing stress, practicing mindfulness, building social support, and finding peace in everyday moments. The session will include group discussion, hands-on strategies, and a short guided practice to foster calm and clarity. No equipment is needed.

**Credentials:** Yorel Dean has a Bachelor's degree in Exercise Physiology and is an ACSM Certified Personal Trainer.

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

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**Live Healthier and Longer - 4815**

**Instructor:** Debbie Vanderniet

**Fee:** \$-

**Date:** 9/9/25 & 9/11/25   **Time:** 1:00 PM - 2:30 PM

**Location:** ISU CHE 217

**Content:** This two session course (9/9/25 & 9/11/25) will help class participants learn that the effects normally associated with aging (heart disease, diabetes, arthritis, weakness, mental decline, 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 a high quality, healthy life. Our bodies are designed to live a long, healthy life if we know how to care and feed them properly, exercise regularly, overcome stress, and develop a positive attitude.

**Credentials:** Debbie Vanderniet lives in Rigby, Idaho. Debbie graduated from BYU with a degree in University Studies, and from St. Cloud State University (Minnesota) with a MS in Social Science. She taught Sociology, Anthropology, and Social Problems in community college for about 25 years. Debbie's love and passion is health and nutrition.

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

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**Women's Luncheon - 4748**

**Instructor:** Varies

**Fee:** Buy Lunch

**Date:** 9/10/25 **Time:** 11:30 AM - 1:00 PM

**Location:** Various Idaho Falls Restaurants

**Content:** FFL women are having a great time during the monthly Women's Lunch. We gather on the 2nd Wednesday of each month at different restaurants. Everyone buys their own lunch, and we take turns hosting. The best thing about Women's Lunch is the camaraderie and friendships being formed. Sign up even if you regularly attend. If you have never been, come join us. The more the merrier!

**Credentials:**

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

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**Line Dancing - 4218**

**Instructor:** Shari Sampson and Lisa Myers

**Fee:** \$-

**Date:** 9/12/25 **Time:** 1:00 PM - 2:00 PM

**Location:** DWI (Development Workshop)  
555 W. 25th St. Idaho Falls ID 83404

**Content:** Join us weekly on Fridays as we learn line dances to various types of music from decades past to current day. All that's needed is a comfortable pair of shoes, a water bottle, and a desire to move. Line dancing is great exercise for the brain as well. Classes will start on September 12 and will run through December 5th. (No class November 28th.)

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

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

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**Do it yourself Solar Power - 4807**

**Instructor:** Mike Fryer

**Fee:** \$-

**Date:** 9/15/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 217

**Content:** Inexpensive Solar Power. How to buy good cheap equipment and do some simple work to make your own solar power.

**Credentials:** Mike has built two ground mounted solar panel arrays, producing about 5 kilowatts on sunny days.

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

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**IF Humanitarian Center Tour - A - 4813****Instructor:** Mozelle Neville**Fee:** \$- 0**Date:** 9/16/25 **Time:** 11:00 AM - 12:00 PM**Location:** Idaho Falls Humanitarian Center, 1415 Northgate Mile, Idaho Falls, ID

**Content:** Come tour The Idaho Falls Humanitarian Center! The Idaho Falls Humanitarian Center is a nonprofit , non-denominational organization. They produce a variety of projects and collect household and hygiene items, and partner with over 100 agencies to provide for the underserved and needy in our community. Discover how you can help in your community!

**Credentials:** The Idaho Falls Humanitarian Center had its beginnings in 2010 when a group of people began meeting one day a week to provide humanitarian relief for the needy. That first year, 25 volunteers produced 6000 items. The Idaho Falls Humanitarian Center has grown during the ensuing years. In 2022, volunteers helped produce 38,112 items and donated 192,904 volunteer hours.

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

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**Praise for the Potato! - 4820****Instructor:** Cosette Ashcraft**Fee:** \$5 0**Date:** 9/16/25 **Time:** 1:00 PM - 4:30 PM

**Location:** The Ashcraft's home,  
1605 N 2200 E Hamer, ID

**Content:** Tour the Ashcraft potato farm before the harvest in Hamer, Idaho, and enjoy homemade potato recipes. Cosette has fed her family around potatoes for many years. She has many favorite potato recipes. She would love to share her knowledge of potatoes along with her favorite recipes. She will demonstrate recipes and have samples on hand. We will go into the field and dig some fresh potatoes, so if you would like to participate, wear appropriate clothes and shoes. We will meet in the southeast end of Fred Meyer's parking lot by AutoZone at 1:00 p.m. and carpool to Hamer. We will have samples so eat a light lunch before you come.

**Credentials:** Cosette and her husband, Ryan have been farming potatoes in Hamer, Idaho for 38 years.

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

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**IF Humanitarian Center Tour - B - 4813****Instructor:** Mozelle Neville**Fee:** \$- 0**Date:** 9/17/25 **Time:** 11:00 AM - 12:00 PM**Location:** Idaho Falls Humanitarian Center, 1415 Northgate Mile, Idaho Falls, ID

**Content:** Come tour The Idaho Falls Humanitarian Center! The Idaho Falls Humanitarian Center is a nonprofit , non-denominational organization. They produce a variety of projects and collect household and hygiene items, and partner with over 100 agencies to provide for the underserved and needy in our community. Discover how you can help in your community!

**Credentials:** The Idaho Falls Humanitarian Center had its beginnings in 2010 when a group of people began meeting one day a week to provide humanitarian relief for the needy. That first year, 25 volunteers produced 6000 items. The Idaho Falls Humanitarian Center has grown during the ensuing years. In 2022, volunteers helped produce 38,112 items and donated 192,904 volunteer hours.

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

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**Mummies of the World - Tour 1 - 4784**

**Instructor:** Chloe Doucette

**Fee:** \$12 0

**Date:** 9/17/25   **Time:** 3:00 PM - 5:00 PM

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

**Content:** Tour: Mummies of the World (There are two tours for this exhibit. They are both the same. If one is full, then sign up for the second tour. One is in Sept. and the other is in Oct.)

Guided tour of Mummies of the World: The exhibit tour with members of the museum team.

Real Mummies. Real Science. Real People.

**Credentials:** Chloe is the Managing Director of the museum. She has been with the museum since 2015 and in her current position since 2023. Degrees in education and history (Idaho State). Distinguished Under 40 Award (Greater IF Chamber of Commerce).

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

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**Zumba Gold (Seated) - 4241**

**Instructor:** Jennifer O'Sullivan

**Fee:** Donations 0

**Date:** 9/19/25   **Time:** 12:30 PM - 1:30 PM

**Location:** Blue Barn Fitness   555 3rd St. Idaho Falls

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

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

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

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**Anyone Can Paint - 4798****Instructor:** Amber Birch**Fee:** \$35 0**Date:** 9/19/25 **Time:** 6:00 PM - 9:00 PM**Location:** The Grape Van Gogh

1500 Pancheri

Idaho Falls, ID 83402

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

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

**Facilitator:** Vicky Van Sickle **Email:** victorialynnvns@hotmail.com **Phone:** 208-589-6055**Fitness Made Simple - 4433****Instructor:** Leslee Blanch**Fee:** \$- 0**Date:** 9/23/25 **Time:** 10:00 AM - 11:00 AM**Location:** Bonneville County Extension Office

1542 E. 73 S.

**Content:** Leslee will give us the opportunity to improve our strength, flexibility and balance through the use of various types of equipment and exercise. All equipment will be provided. Chairs are used for balance and/or performing the exercises while sitting if needed. Wear comfortable clothing and supportive shoes. Bring water for adequate hydration. This class is weekly throughout the semester starting 9/23, ending 12/16. Notifications will be sent out for any cancellations due to weather, illness or travel.

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

**Facilitator:** Kathy Duplessis **Email:** kduplessis81@gmail.com **Phone:** 208-390-9505**World Heritage Sites - Part 4 - 4831****Instructor:** Robin Piet**Fee:** \$-**Date:** 9/23/25 **Time:** 1:00 PM - 2:30 PM**Location:** ISU CHE 217

**Content:** Come enjoy a presentation by Robin Piet as she shares her experiences & beautiful pictures of visiting World Heritage Sites (WHS). World Heritage Sites are cultural and/or natural places designated by the UNESCO World Heritage Committee as having "outstanding universal value". These sites are listed on the World Heritage List to be protected and preserved for future generations. The sites are recognized for their unique cultural, historical, or scientific significance.

**Credentials:** Note: This presentation is the 4th in a series and will display new and different WHS from all previous presentations.

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

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### **PowerPoint for Beginners - 4778**

**Instructor:** Jane Roberts

**Fee:** \$- 0

**Date:** 9/24/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 304

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

**Credentials:** Jane has created many PowerPoint presentations for work and for a non-profit group over the past 10 years.

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

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### **How to Be a Published Author/Illustrator - 4812**

**Instructor:** Nancy Peterson

**Fee:** \$-

**Date:** 9/25/25 **Time:** 10:00 AM - 11:00 AM

**Location:** ISU CHE 217

**Content:** Join Nancy Garnett Peterson in a 45 minute visually interesting journey thru the publishing world. Learn the ups and downs of agents, self-publishing, inspiration, finding the right illustrator, handmade art vs digital, editing, marketing, how much does it cost, and more. Learn what to expect after you are published. Come prepared with some good questions, we will have a 15 minute Q & A.

**Credentials:** Nancy Garnett Peterson is a seasoned Idaho children's book illustrator with over 34 years of experience with 24 books published. She taught after school art classes to elementary age children for 14 years. She has authored four books of her own and designs greeting cards

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

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### **Mental Health for Seniors - 4834**

**Instructor:** Leila Roach, Ph.D., LCPC, LMFT and Franchesca Anderson, MS, LPC

**Fee:** \$-

**Date:** 9/30/25 **Time:** 1:00 PM - 2:30 PM

**Location:** ISU CHE 217

**Content:** This class will discuss mental health issues for seniors, such as family relationships, loneliness, grief and loss of a loved one, caretaking and caregiving, depression and dementia.

**Credentials:** Dr. Leila Roach has been a professional Marriage and Family counselor for 30 years, which overlapped with 20 years as a professor for Counselor Education. She recently joined the ISU Counseling Education department as an associate professor. Franchesca Anderson is a doctoral student in Counselor Education at ISU. She is a practicing counselor with an interest in working with grief and loss, and the aging community.

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

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**Birds of Ecuador - 4802**

**Instructor:** Terry Thomas

**Fee:** \$-

**Date:** 10/1/25   **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 217

**Content:** Terry Thomas will talk about and show wonderful photos of the Birds of Ecuador.

**Credentials:** Terry Thomas is a world traveler and studies all kinds of Nature. He is an avid Birder.

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

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**Everyone Can Draw - 4323**

**Instructor:** Nancy Peterson

**Fee:** \$5 0

**Date:** 10/2/25   **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 217

**Content:** Always wanted to draw but didn't think you could? Beginners and doodlers will enjoy the world of pencil, ink and color pencil drawing in this four-session class. Tips and techniques that make drawing easy and fun. Go home with a finished piece every class. Learn the right tools for the right paper, how to draw what you see, when to use ink and color blending. Get your picture frames out, you're going to surprise yourself and want to frame a few. Yes, I make it painless. BRING: #2 pencils, Crayola color pencils or equivalent. All paper is supplied. Class will meet Oct 2, 9, 16, & 23.

**Credentials:** Nancy Garnett Peterson is a seasoned children's book illustrator with over 34 years of experience and 23 books published. She taught after school art classes to elementary age children for 14 years. She designs greeting cards and wall art for local stores.

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

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**Writing Your Story - 4573**

**Instructor:** Sidney Hoopes

**Fee:** \$- 0

**Date:** 10/2/25   **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 305

**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. This class will meet on 10/2, 9, 16, 23, 30, and 11/6

**Credentials:** Sidney has been facilitating this class for many years and enjoys the connections developed within the class.

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

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**Iris Folding - 4265**

**Instructor:** Karin Armstrong

**Fee:** \$2 0

**Date:** 10/6/25   **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 305

**Content:** Iris Folding is a paper craft, started in Holland in the 1700's. It takes small strips of folded paper to make beautiful designs. Students should bring scissors, magic tape, ruler, pencil. All other material will be supplied.

**Credentials:** Karin has been teaching this class for several years at FFL. She is very crafty!

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

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**What's Happening in the Ukraine? - 4828**

**Instructor:** Dr. Karen Leibert

**Fee:** \$-

**Date:** 10/7/25   **Time:** 10:30 AM - 12:30 PM

**Location:** ISU CHE 210

**Content:** The war in Ukraine has been raging for over 11 years since the 2014 invasion of Crimea by Russia. What is the current situation and the prospects for a lasting peace in this war?

**Credentials:** Dr. Leibert has a PhD. in Russian and Modern European History.

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

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**6 Great Religions of the world: Islam - 4794**

**Instructor:** David Peck

**Fee:** \$-

**Date:** 10/7/25   **Time:** 1:00 PM - 3:00 PM

**Location:** ISU TAB Auditorium

**Content:** No single religion is in the news today more than Islam, yet no religion is less understood in the context of its growing global significance. This 2-hour class will review the basic history of Islam, its founding, basic tenets, two main sects (Sunnism and Shi'ism), spiritual movements such as Sufism, and a brief overview of the history of Islamic fundamentalism.

**Credentials:** Dr Peck (now retired) was a popular BYU-I faculty instructor. He is an initiated Sufi Master in the Sufi Ruhaniat International located in Marin County, California, and Global Ambassador of the Chishty Foundation based at the shrine of the 12th century Sufi Saint Moineddin Chishty in Ajmer, India.

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

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**IF FamilySearch Center Tour - A - 4627**

**Instructor:** FamilySearch Center Staff

**Fee:** \$- 0

**Date:** 10/10/25 **Time:** 10:00 AM - 12:00 PM

**Location:** Idaho Falls FamilySearch Center, 750 West Elva Street, Idaho Falls, ID

**Content:** Come tour the Idaho Falls FamilySearch Center! Learn about resources available to digitize your memories from various formats, and the help that is available to research your family tree. Included will be a brief overview of the FamilySearch website.

**Credentials:** FamilySearch volunteers will help you discover your ancestors, their stories, and preserve your family memories.

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

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**IF FamilySearch Center Tour - B - 4627**

**Instructor:** FamilySearch Center Staff

**Fee:** \$- 0

**Date:** 10/10/25 **Time:** 2:00 PM - 4:00 PM

**Location:** Idaho Falls FamilySearch Center, 750 West Elva Street, Idaho Falls, ID

**Content:** Come tour the Idaho Falls FamilySearch Center! Learn about resources available to digitize your memories from various formats, and the help that is available to research your family tree. Included will be a brief overview of the FamilySearch website.

**Credentials:** FamilySearch volunteers will help you discover your ancestors, their stories, and preserve your family memories.

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

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**Dot Mandala Rock Painting - 4548**

**Instructor:** Gretchen O'Bleness

**Fee:** \$5 0

**Date:** 10/13/25 **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 305

**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! If you've already taken this class, please let other folks have an opportunity to attend!

**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 a few minutes!

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

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#### **Intro to Medicare Workshop - 4180**

**Instructor:** Helen Mayberry

**Fee:** \$-

**Date:** 10/14/25   **Time:** 9:30 AM - 11:30 AM

**Location:** ISU CHE 213

**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 10 years.

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

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#### **Medicare Updates 2026/Choosing a Drug Plan - 4641**

**Instructor:** Carrie Crom

**Fee:** \$-

**Date:** 10/14/25   **Time:** 11:30 AM - 1:00 PM

**Location:** ISU CHE 213

**Content:** An overview of any upcoming changes for 2026 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 10 years.

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

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#### **6 Great Religions: Hinduism - 4830**

**Instructor:** Tyson Yost

**Fee:** \$-

**Date:** 10/14/25   **Time:** 1:00 PM - 3:00 PM

**Location:** ISU TAB Auditorium



**Content:** What is Hinduism? Where does it come from and what answers does it seek to provide to those who practice it? We will explore the historical foundation and central ideas and practices of Hinduism as they developed in early South Asia

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

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

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#### **City Councilman Kirk Larsen - 4805**

**Instructor:** Kirk Larsen

**Fee:** \$- 0

**Date:** 10/15/25 **Time:** 10:00 AM - 12:00 PM

**Location:** IF City Council Chambers, 680 Park Ave, Idaho Falls

**Content:** Meet with one of our seven Idaho Falls city council persons, Kirk Larsen, and learn more about the role of the city council, pertinent issues, and future.

**Credentials:** Kirk was elected to serve on the Idaho Falls City Council in November of 2023 and entered his first term in January 2024. Kirk is a lifelong Idahoan who grew up interested in making money work to reach goals, which led him to a successful career in banking. Kirk graduated from Brigham Young University with a bachelor's in finance, holds an MBA from Idaho State University, and earned a certificate at Pacific Coast Banking School.

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

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#### **Pelvic Floor Health - 4818**

**Instructor:** Greg Hyde

**Fee:** \$-

**Date:** 10/15/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 210

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

**Credentials:** Doctor of Physical Therapy, Pelvic Floor Specialist with Training from the Herman and Wallace Institute of Pelvic Health

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

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**Travel - Netherlands & Scotland - 4826**

**Instructor:** Gretchen O'Brien

**Fee:** \$-

**Date:** 10/17/25 **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 210

**Content:** Tulips, Stroopwaffles & water. Castles, whisky, and highland Coos! Come learn of our adventures in the Netherlands by Bike & Boat, and Scotland by Car!

**Credentials:** Gretchen & Mike spent a month in the Netherlands and UK recently.

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

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**A Night at the Symphony - 4797**

**Instructor:** Idaho Falls Symphony

**Fee:** \$30 paid there

**Date:** 10/18/25 **Time:** 6:30 PM - 9:30 PM

**Location:** Frontier Center for Performing Arts 501 S. Holmes, Idaho Falls

**Content:** This class will be an evening at the Idaho Falls Symphony. The music theme is "Sounds of the American West" and will include the Grand Canyon Suite. There will be a pre-concert lecture by the symphony director, Thomas Heuser, at 6:30 and the concert starts at 7:30. FFL members will receive a discounted price of \$30, which can be purchased at the concert. We have reserved a block of adjoining seats for FFL members.

**Credentials:** The Idaho Falls Symphony will be celebrating its 76th consecutive season. It provides quality, live orchestra experiences of the world's great music for the enjoyment, enrichment, and education of audiences and musicians.

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

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**Style Leadership: Dress With a Purpose - 4824**

**Instructor:** Sheri Brasier

**Fee:** \$-

**Date:** 10/20/25 **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 217

**Content:** What you wear tells the world who you are before you even say a word. In this class you'll learn how to intentionally align your style with your leadership, confidence, and personal brand. This class isn't about chasing trends, or wearing stiff suits you hate. It's about creating a polished, powerful style that feels like you - and that quietly commands the respect, trust, and opportunities you deserve.

**Credentials:** Sheri Brasier (pronounced Bray-zure) is a Master stylist, Image Consultant, and mentor dedicated to helping professional women elevate their confidence, refine their personal style, and achieve success in both business and life. As a Master Stylist and Advanced Certified Life Coach, Sheri blends mindset mastery with style strategy, empowering women to step into their brilliance with unshakable confidence.

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

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**Introduction To Music - 4814****Instructor:** Bob Dunmire**Fee:** \$-**Date:** 10/20/25 **Time:** 1:00 PM - 3:00 PM**Location:** ISU CHE 217

**Content:** This course is a non-technical music appreciation course designed to provide a basis for European classical music and the discovery of stylistic differences between composers and their music. We will explore the evolved music practices between the eras, roughly from 400AD and Modern day, highlighting many of the popular composers and their contributions to this history.

**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. He also keeps a hand in with District 91 schools as pit orchestra director for the school musicals these past 6 six years.

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

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**6 Great Religions: Buddhism - 4795****Instructor:** Tyson Yost**Fee:** \$-**Date:** 10/21/25 **Time:** 1:00 PM - 3:00 PM**Location:** ISU TAB Auditorium

**Content:** Buddhism developed as a separate path distinct from Hinduism. Why did the Buddha feel like he needed to go in a new direction? And what does this new path look like? We'll explore the history and context for the beliefs and practices that mark Buddhism as a new and distinct religion in early South Asian history.

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

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

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**Freezing your Credit - 4810****Instructor:** Gretchen O'Bleness**Fee:** \$-**Date:** 10/22/25 **Time:** 10:00 AM - 11:30 AM**Location:** ISU CHE 217

**Content:** This class will teach you how to freeze your credit which helps prevent identity theft and fraud by restricting access to your credit reports, making it harder for thieves to open new accounts in your name. It's free and easy!

**Credentials:** Gretchen is a computer nerd and has had her credit frozen for quite some time now!

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

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**Help I've Been Sued!** - 4833

**Instructor:** Steve Taggart

**Fee:** \$-

**Date:** 10/22/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 217

**Content:** What are your options when you are sued for money? Do you pay, fight, or look at bankruptcy?

**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 rock hounding, traveling, good science fiction and historical novels and exercising.

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

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**Sourdough Basics** - 4142

**Instructor:** Jackie Christiansen

**Fee:** \$3 0

**Date:** 10/24/25 **Time:** 9:30 AM - 10:30 AM

**Location:** Bonneville County Fairgrounds Commercial Kitchen, 1542 E 73rd

**Content:** Sourdough is an ancient bread technique that was used by the Egyptians before the Bronze Age. Learn this timeless technique, about the care and feeding of a sourdough start, and how to make mouthwatering sourdough bread. If you would like a sourdough start, bring a one-quart container such as a wide mouth quart canning jar. Class handout will be emailed prior to class. Please print and bring to class.

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

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

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**Sourdough Beyond Bread** - 4822

**Instructor:** Jackie Christiansen

**Fee:** \$3 0

**Date:** 10/24/25 **Time:** 11:00 AM - 12:00 PM

**Location:** Bonneville County Fairgrounds Commercial Kitchen, 1542 E 73rd

**Content:** This class is for people who have and use a sourdough culture and are ready to advance their sourdough repertoire. Sourdough culture can be used in many more recipes than the traditional round artisan loaf of bread. Come try some new recipes and discuss how to use sourdough culture in a variety of recipes. A handout will be emailed prior to class, please print and bring it to class.

**Credentials:** Jackie began her sourdough adventure in 2020 and continues to try new sourdough recipes.

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

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**Let's Make Jelly - A - 4728**

**Instructor:** Cathy Gray

**Fee:** \$8 0

**Date:** 10/24/25 **Time:** 1:00 PM - 2:00 PM

**Location:** Bonneville County Fairgrounds Commercial Kitchen, 1542 E 73rd

**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:** 208-522-8705

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**Let's Make Jelly - B - 4728**

**Instructor:** Cathy Gray

**Fee:** \$8 0

**Date:** 10/24/25 **Time:** 2:30 PM - 3:30 PM

**Location:** Bonneville County Fairgrounds Commercial Kitchen, 1542 E 73rd

**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:** 208-522-8705

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**6 Great Religions: Christianity - 4796**

**Instructor:** David Peck

**Fee:** \$-

**Date:** 10/28/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU TAB Auditorium

**Content:** Christianity -Building from the Foundations Up: Christianity in Time and Space. From its origins in ancient Palestine, the Jesus movements coalesced over several centuries into the broad religious phenomenon called Christianity. But, underlying its monolithic name, Christianity is composed of a stunning variety in organizations, rituals, theologies and customs. Better known “western” forms are discussed as are lesser-known varieties such as the Church of the East, the Coptic Church in Egypt, the traditions of India, and the Mystical traditions of the West.

**Credentials:** Dr. Peck (now retired) taught world religions at the university level for decades. He has participated in interfaith panels and conferences in North America, Europe, the United Nation, and Asia. His many foreign residences in Spain, Tunisia, Egypt, and India have brought him into contact with a wide variety of religions around the world.

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

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#### **Glass Garden Art Poles - 4811**

**Instructor:** Gretchen O'Bleness

**Fee:** \$-

**Date:** 10/29/25   **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 213

**Content:** In this show and tell class you will learn how to transform glass vases and other glass items into stunning art poles that can be mounted on a pole and mounted in your garden. Gretchen will outline and show you all of the materials you will need and will teach how to tackle this fun project! She'll show you the three poles already in her garden and will give you some helpful advice.

**Credentials:** This project combines Gretchen's Art and Industrial Education backgrounds!

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

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#### **Mummies of the World - Tour 2 - 4784**

**Instructor:** Chloe Doucette

**Fee:** \$12 0

**Date:** 10/29/25   **Time:** 3:00 PM - 5:00 PM

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

**Content:** Tour: Mummies of the World (There are two tours for this exhibit. They are both the same. If one is full, then sign up for the second tour. One is in Sept. and the other is in Oct.)  
Guided tour of Mummies of the World: The exhibit tour with members of the museum team.  
Real Mummies. Real Science. Real People.

**Credentials:** Chloe is the Managing Director of the museum. She has been with the museum since 2015 and in her current position since 2023. Degrees in education and history (Idaho State). Distinguished Under 40 Award (Greater IF Chamber of Commerce).

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

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**Witches: Then and Now - 4829**

**Instructor:** Lexie French

**Fee:** \$-

**Date:** 10/30/25 **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 213

**Content:** Mankind has been fascinated by witches since the earliest civilizations. These women have haunted the literature and histories, be they real or imagined. Stories are oftentimes magical and whimsical but the reality is sometimes cruel and savage. Let's explore the enduring fascination and fear of these many witches and try to perceive why the subject is always enticing and frightening.

**Credentials:** Lexie French graduated from ISU with a BA in history. She taught for over 30 years at School District 91. She has been fascinated by witches and fairies since childhood.

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

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**Beginning Fly Tying - 4801**

**Instructor:** Jeff Armstrong

**Fee:** \$- 0

**Date:** 11/3/25 **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 305

**Content:** All materials will be supplied to teach how to tie 3-4 basic flies for fishing the local waters. (FFL members only.)

**Credentials:** Jeff Armstrong is an avid fly fisherman and has been tying his own flies for years.

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

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**Eastern Idaho Water Update - 4809**

**Instructor:** Alan Jackson

**Fee:** \$-

**Date:** 11/3/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 217

**Content:** Update on various water issues affecting Eastern Idaho including domestic wells and the status of the 2024 Stipulated Mitigation Plan.

**Credentials:** Alan has over 20 years working in irrigation and water resource management in Idaho, Oregon, Washington, California and Arizona. He has a BS Agricultural Engineering from the University of Idaho and a MS Environmental Science from the University of Oklahoma .

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

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### **Cultural Cuisine - Mexico - 4111**

**Instructor:**

**Fee:** \$ 15 or bring dish

**Date:** 11/3/25 **Time:** 6:00 PM - 8:00 PM

**Location:** First Evangelical Lutheran Church  
455 W Sunnyside Road Idaho Falls Idaho

**Content:** Come and learn about our neighbor Mexico and enjoy its cuisine. FFL members attending the dinner will be given an authentic Mexican 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 Mexican recipe. Spouses and friends and members who don't bring a food dish will be charged \$15.00. Contact Jeanell Coyne to be on the Cultural Cuisine committee or to volunteer to help with the Cuisine.

**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

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### **The History of the Bible - 4825**

**Instructor:** Joseph H. Groberg

**Fee:** \$-

**Date:** 11/4/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 219

**Content:** The history of the Bible from New Testament times through the printing of the King James version in 1611, with special emphasis on the English Bible, and hands on study of physical Bibles from the middle ages through the printing revolution.

**Credentials:** The teacher has degrees from Brigham Young University in economics, the University of Chicago in Law, and Dartmouth College in liberal arts. He became fascinated with the history of the English Bible and the printing revolution about 30 years ago.

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

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### **Memory Tips, Tricks & Techniques - 4835**

**Instructor:** Royce Lee

**Fee:** \$-

**Date:** 11/5/25 **Time:** 10:00 AM - 11:30 AM

**Location:** ISU CHE 210

**Content:** Memory is a skill that can be improved with effective methods. This class will cover new ways to lock in information so it can be retrieved when needed. It will cover memory techniques, practical steps for brain health, remembering names, short-term versus long-term learning, and a few memory tricks.

**Credentials:** Royce Lee had a special interest in memory and learning skills since reading The Memory Book by Harry Lorayne while in high school. After many more years of books and ideas, he would like to share some methods to make memory a skill rather than a frustration.

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



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**Beating the Winter Blues - 4799**

**Instructor:** Leslee Blanch

**Fee:** \$-

**Date:** 11/5/25 **Time:** 1:00 PM - 2:30 PM

**Location:** ISU CHE 210

**Content:** "Beating the Winter Blues" will help participants to identify symptoms of winter blues, learn strategies to be well in winter, and provide guidance for setting goals for winter wellness.

**Credentials:** Leslee Blanch is a registered dietitian and group fitness instructor with a passion to promote wellness for individuals and for the community. As a Family and Consumer Sciences associate educator with University of Idaho Extension in Bonneville County, she offers a variety of wellness topics, including nutrition, fitness, and mental/emotional well-being.

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

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**Road Trip to Alaska - 4821**

**Instructor:** Jerry Jayne

**Fee:** \$-

**Date:** 11/7/25 **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 217

**Content:** Come along on a road trip through big, beautiful western Canada to that amazing State of Alaska, and return. Lots of photos and some history.

**Credentials:** My wife Joyce and I drove our camper van through Canada to Alaska and back 3 times, in 1993, 2003, and 2006.

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

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**Cookie Exchange Party! - 4713**

**Instructor:** Vicky Van Sickle

**Fee:** Bring Cookies

**Date:** 11/11/25 **Time:** 2:00 PM - 4:00 PM

**Location:** Mark & Vicky Van Sickle Home  
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:** Vicky has been baking and making holiday treats for many years. Come join us for a sweet day!

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

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**Phyllo - Baklava & Spanikopita - 4819**

**Instructor:** Gretchen O'Brien

**Fee:** \$5 0

**Date:** 11/13/25 **Time:** 1:00 PM - 3:00 PM

**Location:** DWI (Development Workshop)  
555 W. 25th St. Idaho Falls ID 83404

**Content:** In this class, Gretchen will demo putting together a dish called Spanakopita (Greek spinach pie) that uses Phyllo dough. While that is baking, students will be put in pairs, and the class will make 5 pans of Baklava to be donated to the Festival of Trees the following week! Baklava is a layered pastry dessert made with phyllo dough pastry basted with butter, filled with chopped nuts, and sweetened with sugar covered in a honey syrup. There will be a \$5 fee for this class. All supplies will be provided and students will get to taste the Spanakopita and Baklava! A copy of both recipes will be provided via email before the class.

**Credentials:** Gretchen has been making both of these dishes for over 30 years!

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

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**Beginning Colored Pencil Art - 4546**

**Instructor:** Coleen Bohan & Denise Morton

**Fee:** \$10 0

**Date:** 11/14/25 **Time:** 10:00 AM - 12:00 PM

**Location:** ISU CHE 305

**Content:** This class will meet twice and will teach colored pencil techniques such as transferring and image, shading, and blending colors. There will be no repeats from past classes. Students must bring a set of 24 or 36 Prismacolor Premier pencils. (Purchase at Sam's Club for \$20.00.) Please do NOT bring Prismacolor Scholar or watercolor pencils. Class will meet Friday, Nov 14 & Wednesday, Dec 3.

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

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

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**E-cyclers of Idaho - 4808**

**Instructor:** Daniel Forbush

**Fee:** \$- 0

**Date:** 11/14/25 **Time:** 10:00 AM - 12:00 PM

**Location:** 1976 N. Yellowstone Hwy, Idaho Falls ID

**Content:** E-Cyclers of Idaho take electronic waste and re-cycle it. We will tour their facility. They will accept any waste, phones, computers, printers, etc, that the attendees want to bring with them.

**Credentials:** This business was started by Mr. Forbush's father, and Daniel has taken it over. They work with the INL on their recycling program.

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

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#### **Step into Less Falls - 4823**

**Instructor:** Jay Ellis

**Fee:** \$-

**Date:** 11/18/25 **Time:** 1:00 PM - 3:00 PM

**Location:** ISU CHE 219

**Content:** This class will teach you about fall risks as we age and in particular after injury or surgery. Dr. Ellis will talk about how we can improve how we move and walk to reduce these risks.

**Credentials:** Dr Jay Ellis is a Doctor of Physical Therapy (T-DPT) He is now retired and has lots of good experience to share with the group.

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

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#### **Cross Stitch - Using Waste Canvas - 4806**

**Instructor:** Janice Stimpson

**Fee:** \$-

**Date:** 11/19/25 **Time:** 10:00 AM - 11:30 AM

**Location:** ISU CHE 217

**Content:** Cross-stitching patterns on garments using waste canvas is easy, and it keeps your hands out of the cookie jar while you are doing it. It is also a great brain exercise to form new pathways of thinking. This class will teach the basics of using waste canvas and floss to stitch designs on clothing or other items. We will discuss the use of waste canvas, using interfacing, choosing patterns, and other pertinent information for making one-of-a-kind garments.

**Credentials:** Janice has a BS from the University of Wyoming and; MS from UID. She worked as an Extension Educator for U of I in Fremont and Clark Counties, with stints in Bonneville County, as well. Currently retired. She spends her time gardening, walking, cross-country skiing, horseback riding, baking, and cross-stitching.

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

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#### **Volunteering - Helping in Our Community - 4827**

**Instructor:** Cheryl Goff

**Fee:** \$-

**Date:** 11/19/25 **Time:** 1:00 PM - 2:30 PM

**Location:** ISU CHE 217

**Content:** This class is about volunteer opportunities in our region. There is always a greater need for volunteers who can help people who need help. It will teach us about the many ways we can use our free time to help others in need. We will also complete a humanitarian project at the end of class.

**Credentials:** Cheryl Goff coordinates volunteer opportunities with JustServe.org, and other volunteer organizations. She is completing her bachelor's degree in psychology and social work at ISU.

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

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**Holiday Luncheon - 4171**

**Instructor:** Karin Armstrong

**Fee:** \$25 0

**Date:** 12/2/25   **Time:** 11:30 AM - 1:30 PM

**Location:** Idaho Falls Country Club, 11611 S. Country Club Road, (113 South) Idaho Falls

**Content:** Another annual FFL Holiday Luncheon for you to enjoy. Please bring a wrapped gift, (value up to \$15) for the gift exchange. Please send your non-refundable check for \$25 to: Karin Armstrong, 2155 Olympic Ave. Idaho Falls ID 83404. Checks will not be cashed until after the luncheon.

**Credentials:** This will be a buffet luncheon. A wonderful afternoon of meeting old friends.

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

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**Christmas - Henry's Fork Museum - 4804**

**Instructor:** Mary Adamic

**Fee:** \$- 0

**Date:** 12/3/25   **Time:** 1:00 PM - 3:00 PM

**Location:** Museum of the Henry's Fork,  
521 Main Street, Ashton ID

**Content:** Attendees will visit the Museum of the Henry's Fork in Ashton, ID. The Museum houses exhibits, objects, and records relating to Fremont County's history. Historic exhibit themes include trapping and trading, farming, Bear Gulch Ski Area, the railroad, everyday living, the military, American Dog Derby (sled dog race), farming, Historic Ashton Christmas Village, and 1800's mountain man display. The Christmas village contains over 100 village buildings, many have been made to resemble local attractions. Over 600 total pieces in front of murals depicting the local area painted by an Ashton artist. The "Ashton memories" Christmas tree will take you back in time. The tree is decorated with historic photos of Ashton and surrounding area, popcorn garland, candle lights and antique ornaments. The front museum window is transformed into a "live" window during the holiday season. A local couple dresses in Victorian period clothing and greet those who drive or walk past by the Museum.

**Credentials:**

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

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**Magical Christmas Bus Tour - 4816****Instructor:** Eileen & Nancy**Fee:** \$ ~250 0**Date:** 12/4/25 **Time:** 8:00 AM - Midnight**Location:** Meet at the Walmart on South Utah Ave.

**Content:** Join fellow FFL members and guests for a two-day magical experience during the Christmas season. We will first journey to the authentic German Christmas Market, similar to popular Christmas markets throughout Europe, with many craftsmen and artisans, music and food vendors. That evening we will capture the magic of the Luminaria at Thanksgiving Point. The next morning we will go on a guided tour of Olympic Park where Olympic athletes prepare for the winter Olympic games. Cost: About \$250. Includes hotel, bus and all entry fees. Although you are not obligated, please sign up if you are interested in participating. No money is required at this time.

**Credentials:** In December 2024 Eileen, Nancy and their spouses found the Christmas Market, Luminaria and Olympic Park tour to be so fantastic they want to share this delightful experience with others.

**Facilitator:** E Perkins & N Carpenedo **Email:** eileenperkins404@gmail.com **Phone:** 208-520-7483

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**World Heritage Sites - Part 5 - 4832****Instructor:** Robin Piet**Fee:** \$-**Date:** 12/9/25 **Time:** 1:00 PM - 2:30 PM**Location:** ISU CHE 217

**Content:** Come enjoy a presentation by Robin Piet as she shares her experiences & beautiful pictures of visiting World Heritage Sites (WHS). World Heritage Sites are cultural and/or natural places designated by the UNESCO World Heritage Committee as having "outstanding universal value". These sites are listed on the World Heritage List to be protected and preserved for future generations. The sites are recognized for their unique cultural, historical, or scientific significance.

**Credentials:** Note: This presentation is the 5th in a series and will display new and different WHS from all previous presentations.

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

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## Friends for Learning Registration Form – Fall, 2025

**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 304 August 11, 2025 from 9 until 11 am.

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

- **Mail-in Registration:** Mail your Registration Class List and registration \$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 participants will need and get a new parking pass, this pass is to be used until August 2026. If you lose or throw away your parking pass a new one will cost \$5.00.

**Special Note:** If you have questions or problems with or about a class during the semester, the facilitator is the person who you need to call. They are set up to help you and should have the answers you need. Please read the catalog for information about the classes, there are some that are more than one session, some that are weekly, and some that are monthly. Thank you to all for your continued support in joining FFL, facilitating FFL classes, and teaching these classes!

	Course #	Course Title	Instructor	Start Date
___	4242	FFL Volunteer Opportunities		N/A
___	4215	Parking Pass		N/A
___	4793	Walking	Cynthia Steele	N/A
___	4789	Cross-Country Skiing and Snowshoeing	Jeanell Coyne	N/A
___	4790	Day Adventures	Pam Johnson & Jeff Bryan	N/A
___	N/A	FFL In-person Registration	The board & Shirley	8/11/25
___	4564	Men's Brunch	Jeff Bryan	8/13/25

___	4503	Pickleball	Jeff Bryan	8/14/25
___	4289	Hand and Foot Card Game	Peggy Ash	8/14/25
___	4137	Pinochle-Double Deck		8/18/25
___	4607	Spanish	Eva Montantes	8/18/25
___	4800	Beekeeping & Honey Packaging	Adam French	8/27/25
___	4803	Caring for Your Mental Health: You Matter	Yorel Dean	9/2/25
___	4815	Live Healthier and Longer	Debbie Vanderniet	9/9&11/25
___	4748	Women's Luncheon	Varies	9/10/25
___	4218	Line Dancing	Shari Sampson and Lisa Myers	9/12/25
___	4807	Do it yourself Solar Power	Mike Fryer	9/15/25
___	4820	Praise for the Potato!	Cosette Ashcraft	9/16/25
___	4813	IF Humanitarian Center Tour - A	Mozelle Neville	9/16/25
___	4813	IF Humanitarian Center Tour - B	Mozelle Neville	9/17/25
___	4784	Mummies of the World - Tour 1	Chloe Doucette	9/17/25
___	4798	Anyone Can Paint	Amber Birch	9/19/25
___	4241	Zumba Gold (Seated)	Jennifer O'Sullivan	9/19/25
___	4433	Fitness Made Simple	Leslee Blanch	9/23/25
___	4831	World Heritage Sites - Part 4	Robin Piet	9/23/25
___	4778	PowerPoint for Beginners	Jane Roberts	9/24/25
___	4812	How to Be a Published Author/Illustrator	Nancy Peterson	9/25/25
___	4834	Mental Health for Seniors	Leila Roach & Franchesa Anderson	9/30/25
___	4802	Birds of Ecuador	Terry Thomas	10/1/25
___	4323	Everyone Can Draw	Nancy Peterson	10/2/25
___	4573	Writing Your Story	Sidney Hoopes	10/2/25
___	4265	Iris Folding	Karin Armstrong	10/6/25
___	4828	What's Happening in the Ukraine?	Dr. Karen Leibert	10/7/25
___	4794	6 Great Religions of the world: Islam	David Peck	10/7/25
___	4627	IF FamilySearch Center Tour - A	FamilySearch Center Staff	10/10/25
___	4627	IF FamilySearch Center Tour - B	FamilySearch Center Staff	10/10/25
___	4548	Dot Mandala Rock Painting	Gretchen O'Bleness	10/13/25
___	4180	Intro to Medicare Workshop	Helen Mayberry	10/14/25
___	4641	Medicare Updates 2026/Choosing a Drug Plan	Carrie Crom	10/14/25

___	4830	6 Great Religions: Hinduism	Tyson Yost	10/14/25
___	4805	City Councilman Kirk Larsen	Kirk Larsen	10/15/25
___	4818	Pelvic Floor Health	Greg Hyde	10/15/25
___	4826	Travel - Netherlands & Scotland	Gretchen O'Bleness	10/17/25
___	4797	A Night at the Symphony	Idaho Falls Symphony	10/18/25
___	4824	Style Leadership: Dress With a Purpose	Sheri Brasier	10/20/25
___	4814	Introduction To Music	Bob Dunmire	10/20/25
___	4795	6 Great Religions: Buddhism	Tyson Yost	10/21/25
___	4810	Freezing your Credit	Gretchen O'Bleness	10/22/25
___	4833	Help I've Been Sued!	Steve Taggart	10/22/25
___	4142	Sourdough Basics	Jackie Christiansen	10/24/25
___	4822	Sourdough Beyond Bread	Jackie Christiansen	10/24/25
___	4728	Let's Make Jelly - A	Cathy Gray	10/24/25
___	4728	Let's Make Jelly - B	Cathy Gray	10/24/25
___	4796	6 Great Religions: Christianity	David Peck	10/28/25
___	4811	Glass Garden Art Poles	Gretchen O'Bleness	10/29/25
___	4784	Mummies of the World - Tour 2	Chloe Doucette	10/29/25
___	4829	Witches: Then and Now	Lexie French	10/30/25
___	4801	Beginning Fly Tying	Jeff Armstrong	11/3/25
___	4809	Eastern Idaho Water Update	Alan Jackson	11/3/25
___	4111	Cultural Cuisine - Mexico		11/3/25
___	4825	The History of the Bible	Joseph H. Groberg	11/4/25
___	4835	Memory Tips, Tricks & Techniques	Royce Lee	11/5/25
___	4799	Beating the Winter Blues	Leslee Blanch	11/5/25
___	4821	Road Trip to Alaska	Jerry Jayne	11/7/25
___	4713	Cookie Exchange Party!	Vicky Van Sickle	11/11/25
___	4819	Phyllo - Baklava & Spanikopita	Gretchen O'Bleness	11/13/25
___	4546	Beginning Colored Pencil Art	Coleen Bohan & Denise Morton	11/14/25
___	4808	E-cyclers of Idaho	Daniel Forbush	11/14/25
___	4823	Step into Less Falls	Jay Ellis	11/18/25
___	4806	Cross Stitch - Using Waste Canvas	Janice Stimpson	11/19/25
___	4827	Volunteering - Helping in Our Community	Cheryl Goff	11/19/25
___	4171	Holiday Luncheon	Karin Armstrong	12/2/25



___	4804	Christmas - Henry's Fork Museum	Mary Adamic	12/3/25
___	4816	Magical Christmas Bus Tour	Eileen & Nancy	12/4/25
___	4832	World Heritage Sites - Part 5	Robin Piet	12/9/25