MARCH

FREE All Day Pass to the WYCA
MARCH 12  9:00AM – 4:00PM  BYR
This signature event of the WYCA will feature local artists and organizations.
LOCATION NORCO BUILDING MERIDIAN
Unveiling the Mysteries of Social Security Benefits
MARCH 12  10AM – 11:30AM  THUR
Learn about how to make the most of your Social Security benefits.
LOCATION NORCO BUILDING MERIDIAN

Documentary Film Club
MARCH 12  1PM – 3PM  WED
This club meets for two Mondays, April 21, and 28. Perfect for a cozy, in-depth look at a new documentary film.
LOCATION NORCO BUILDING MERIDIAN

US Census – History and Impact for Idaho
MARCH 12  10AM – 11:30AM  THUR
Learn about the history of the US Census and how census data is used to affect social, economic and educational policies.
LOCATION NKA-HOBBY CENTER

Recycling in 2020
MARCH 12  1PM – 3PM  WED
This class will explain what is recyclable and show you how to recycle.
LOCATION NORCO BUILDING MERIDIAN

Chicken Pot Pie
MARCH 13  10AM – 11:30AM  FRI
Learn how to make a classic chicken pot pie. Delicious chicken and vegetables in a rich gravy.
LOCATION LIBRARY! @COLE AND USTICK

Bird Nesting Newbie
MARCH 17  10AM – 11:30AM  WED
Learn about the different types of bird nests and what to do if you find a nest in your yard.
LOCATION NORCO BUILDING MERIDIAN

Boise State Public Radio Tour and Tasting
MARCH 18  10AM – 12PM  WED
Have a guided tour throughout the production area of Boise State Public Radio, and then enjoy some delicious treats.
LOCATION BSU PUBLIC RADIO

Herbalism for More Sleep and Less Stress
MARCH 25  10AM – 12PM  THUR
Join us as we walk through the growing, picking, and identification of numerous herbs that can help to promote better sleep and can help reduce symptoms of anxiety.
LOCATION NORCO BUILDING MERIDIAN

Stop the Bleed during Active Shooter Events
MARCH 25  1PM – 3PM  WED
CRASE is a seminar that explains how to be prepared and actions to take in the all too often instances of an active shooter. This class will cover the basics of where to find the nearest tampon or band-aid. Learn how to properly use a tourniquet and what to do when the rubber hits the road.
LOCATION CITY HALL WEST

Understanding the Basics of Annuities
MARCH 27  1PM – 3PM  FRI
This class will help to familiarize and give you a better understanding of annuities, what they do and do not do, benefits, taxes, guarantees, fail-safe, and when to use one.
LOCATION NORCO BUILDING MERIDIAN

Knit a Hat Using a Loom
MARCH 30  10AM – 12PM  THUR
This is an excellent opportunity for residents wishing to learn to knit on a loom. The class will cover basic techniques such as warping a loom, setting the gauge, and threading the loom.
LOCATION NORCO BUILDING MERIDIAN

APRIL

idoIdaho City Walking Tour
APRIL 4  10AM – 12PM  MON
Join us on an educational walking tour through downtown. Visit some of our favorite landmarks and learn about our history. For more information, call 208-384-7115.
LOCATION DOWNTOWN IDAHO FALLS

Understanding Property Taxes in Ada County
APRIL 11  10AM – 12PM  THUR
This class is designed for residents wishing to learn about the property tax system. It will cover the basics of property taxes, including how they are calculated and how to appeal them.
LOCATION ISU MERIDIAN SKAGGS HEALTH SCIENCE CENTER

Chicken Pot Pie
APRIL 11  1PM – 3PM  THUR
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LOCATION NORCO BUILDING MERIDIAN

Be an Upstander – The Idaho Anne Frank House Rights Forum
APRIL 25  10AM – 12PM  THUR
This class will present a sample of the many events, programs, and resources available at the Anne Frank House.
LOCATION AARP DOWNTOWN BOISE

Idaho Public TV Tour
APRIL 27  10AM – 12PM  THUR
Join us for a behind-the-scenes tour of ITVS, the public television network that serves Idaho. Learn about how public television is produced, and enjoy a tour of the studios.
LOCATION DIAZO PUBLIC TELEVISION STUDIOS

Candy Making – A Variety of Chocolate Classes
APRIL 27  10AM – 12PM  THUR
Join us for two chocolate making techniques. Included will be learning opportunities for most every kind of chocolate, whether milk, dark, or white.
LOCATION AARP DOWNTOWN BOISE

Healing Powers of Essential Oils
APRIL 28  10AM – 12PM  THUR
Learn about the healing properties of essential oils, and how to use them in your daily life.
LOCATION AARP DOWNTOWN BOISE

Lighten Your Day with Food Treats
APRIL 28  1PM – 3PM  THUR
An introduction to foods that can help to lighten your day.
LOCATION AARP DOWNTOWN BOISE

HISPANIC CULTURAL CENTER

April 3, 2020
This class will introduce the concepts of agricultural, as well as the benefits of local produce. This class is taught by a former produce manager for Whole Foods.
LOCATION AARP DOWNTOWN BOISE

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Registration is online only. There is no longer a registration fee. Seating for each class is first-come, first-served. Classes are overbooked to ensure maximum attendance. Due to no-shows, it is not likely that we will have more participants than seats, however, it is a possibility. Because of fire safety regulations, we are limited by each location’s maximum capacity. Please understand if you are not admitted for this reason.

PLAN TO ARRIVE EARLY TO ENSURE GETTING A SEAT.

Registration - Sign up online only at https://aarp.cvent.com/NKAspring2020

Registration begins at 8AM Mountain on Tuesday, March 3rd. You may enroll for any number of classes. If you’re unsure about attending a class, DON’T SIGN UP! You could be taking a spot from someone who really wants to attend that class. If you have any questions, call us at 1-208-899-1226 or email us at aarpid@aarp.org

Fees - Some classes have fees that must be paid by cash.

Parking - Free parking is available for most classes. At AARP Idaho, parking is free for up to two hours in the visitor’s lot. If the lot is full, ample paid street/lot parking is available within the block.

Accessibility - Most, but not all, classes are Handicap Accessible. See full class description for more information.

Class Changes - All classes are subject to change. We might need to move or reschedule classes. If that happens, we will be sure to email you beforehand. You can always check online at https://aarp.cvent.com/NKAspring2019.

YMCA Identity Requirements - The Y requires all non-member guests using one of their facilities to provide a picture ID and to fill out a guest waiver which will be used to run an instant sex offender screening only with the prior written consent of each guest. This process takes about 15 minutes and is necessary only once a year. However, upon each visit within the year, the NKA participant must bring their photo ID for confirmation of their identity. Thank you for your part in preventing child sexual abuse.

Things are changing at New Knowledge Adventures – Treasure Valley!