

MARCH

FREE All Day Pass to the YMCA **DATE OPEN TIME OPEN**

Receive a full access, family all-day pass, a value of \$13.25, to any of the four local YMCAs – Caldwell, Downtown, West, and the new South Y. **LOCATION** All YMCA Locations

Unraveling the Mysteries of Social Security Benefits

DATE MAR 12 TIME 10:30AM - 11:30AM THUR In this course, the instructor will discuss the details of Social Security benefits, historical trends and facts, potential strategies to maximize benefits, and factors to consider when making these important retirement decisions. Resources and materials will be provided. **LOCATION UI EXTENSION ADA COUNTY**

US Census – History and Impact for Idaho

DATE MAR 17 TIME 9AM - 10:30AM TUES Come and hear about the history of the US Census and how your participation in the 2020 Decennial Census will impact Idaho, your city, and your community. **LOCATION AARP DOWNTOWN BOISE**

Recycling in 2020

DATE MAR 17 TIME 10AM - 12PM TUES Learn to recycle in 2020! A lot of changes in the recycling world over the last few years has really shaken things up! Come learn an easier way to think about recycling. **LOCATION NORCO BUILDING MERIDIAN**

Chicken Pot Pie

DATE MAR 18 TIME 10AM - 12PM WED Learn how to make a delicious chicken pot pie. Delicious tasting opportunities are included. **LOCATION** KING OF GLORY CHURCH

Birds of New Zealand

DATE MAR 18 **TIME** 10:45AM – 12:45PM WED This presentation will provide an overview of more than 100 bird species indigenous to New Zealand. LOCATION NORCO BUILDING MERIDIAN

Senior Eye Care

DATE MAR 19 TIME 6PM – 7PM THUR Discussion will include common eve conditions and treatments that impact many seniors such as Dry Eye Syndrome, Cataracts, Glaucóma, and Macular Degeneration. Additional tools to help maintain your best eve health will also be shared. **LOCATION NORCO BUILDING MERIDIAN**

For full class descriptions, complete location addresses and to register, visit:

https://aarp.cvent.com/NKAspring2020 All classes are subject to change.

REGISTRATION OPENS TUESDAY, MARCH 3RD.

Knit a Hat Using a Loom

DATE MAR 20 TIME 10AM - 12PM FRI This class will show you the basics of knitting a hat using a loom. This class is free, the yarn is provided, and if you have looms, please bring them. If not, don't worry, we have plenty of everything! **LOCATION** NORCO BUILDING MERIDIAN

Documentary Film Club

DATE MAR 23 TIME 1PM – 4PM MON This class will be on five Mondays: March 23, April 6, 13, 20, and 27. If you love watching documentaries, and then engaging in lively discussions about them, this Monday afternoon club is for you. **LOCATION AARP DOWNTOWN BOISE**

Painted Rock Garden Art

DATE MAR 24 TIME 2PM - 4PM TUES Designing and painting your garden rock is fun and easy to do. Enjoy your beautifully painted rock in your garden, flower pot, or home. A \$5 cash class fee is due at

LOCATION KING OF GLORY CHURCH

Texas Hold'em for the Newbie

DATE MAR 25 **TIME** 10AM – 12PM WED A "how to..." experience intended for a novice poker player. Taught "hands-on". Basic rules of Texas Hold'em poker, with poker hand values, betting rules, etiquette, and strategies and odds. **LOCATION** AARP DOWNTOWN BOISE

Texas Hold'em for the Newbie

DATE MAR 25 TIME 1PM - 3PM WFD A "how to..." experience intended for a novice poker player. Taught "hands-on". Basic rules of Texas Hold'em poker, with poker hand values, betting rules, etiquette, and strategies and odds. **IOCATION** AARP DOWNTOWN BOISE

Boise State Public Radio Tour and

DATE MAR 25 **TIME** 10:30AM – 12:30PM WED Discover how the news and music get broadcasted, meet program hosts, tour the studios, hear from the General Manager, and learn about day-to-day operations at Boise State Public Radio. **LOCATION** YANKE FAMILY RESEARCH PARK

Fraud: Stop It, Prevent It, Report It!

DATE MAR 26 TIME 10AM – 12PM THUR "Congratulations! You have won \$ 1.5 million and all you need to do is pay \$ 7,500 in the next 24 hours for processing and handling". Learn to spot scams, to implement prevention strategies, and how to report

LOCATION AARP DOWNTOWN BOISE

Authentic Mexican Meal

DATE MAR 27 TIME 10AM - 12PM FRI Come learn to prepare an authentic Mexican meal. After working up an appetite with all that cooking, we will have the pleasure of eating it, too. Join us for lunch! A \$5 cash class fee is due at admission. **LOCATION HISPANIC CULTURAL CENTER**

Basic Home Repairs

DATE MAR 30 TIME 10AM - 12PM MON You will learn to do basic home maintenance: for example, repair sheetrock, stop water leaks, adjust doors, change faucets, caulk and grout tile, and understand basic electricity safety and upgrades. **LOCATION NORCO BUILDING MERIDIAN**

Understanding Property Taxes in Ada

DATE MAR 31 TIME 1PM - 3PM TUES This is an excellent opportunity for residents seeking to better understand the property tax process, the homeowner's exemption, and what happens to the taxes collected by Ada County. **LOCATION AARP DOWNTOWN BOISE**

APRII

Decluttering for Life

DATE APRIL 1 TIME 10AM - 11:30AM WED A simple guide to downsizing, organizing, and maintaining your home for a healthier lifestyle **LOCATION** AARP DOWNTOWN BOISE

Tooth Truths: Your Health Starts in Your Head!

DATE APRIL 2 TIME 10AM - 11:30AM THUR Your dental health has a direct impact on your overall health. The instructor will take you on a fun and educational journey to show you what to watch out for. how to properly brush your teeth, why you need to floss, the dangers of ignoring your dentist, and much, much

LOCATION AARP DOWNTOWN BOISE

Care to Talk?

DATE APRIL 2 TIME 1PM - 2:30PM THUR This class is for current and future family caregivers and will involve small group discussions. Come and share how you feel about caregiving with a group who understands **LOCATION AARP DOWNTOWN BOISE**

Herbalism for More Sleep and Less

DATE APRIL 3 TIME 10AM - 12PM FRI Learn simple herbal protocols to reduce stress and anxiety, and to promote better quality sleep. Lavender. Lemon Balm, Scullcap, and Passion Flower, and potential contra-indications will be discussed. You will try samples of alcohol-based extracts/tinctures and teas. **LOCATION AARP DOWNTOWN BOISE**

Payette Brewery Tour & Tasting DATE APRIL 4 TIME 1PM - 2PM SAT

Enjoy a 30-minute brewery tour of the production area led by a tour guide. Please bring your ID, wear closedtoed shoes, and \$15 cash for tour and tasting fee. **LOCATION PAYETTE BREWERY**

Anatomy & Physiology Labs Tour DATE APRIL 6 TIME 10AM - 11:30AM MON

Take a brief tour of this amazing facility and learn how the Labs support health sciences education, research, and practice in Idaho and beyond. **LOCATION ISU Meridian Skaggs Health Science Center**

Understanding the Basics and **Benefits of Annuities**

DATE APRIL 7 TIME 10AM - 11:30AM TUES This class will help to familiarize and give you a better understanding of annuities including the different types, risks. guarantees, flexibilities, tax benefits, and when they do and don't make sense. **LOCATION** AARP DOWNTOWN BOISE

Avoid Being a Scam Victim

DATE APRIL 8 TIME 10AM - 11:30AM WED The Boise Police Department will discuss the most current scam trends and wavs to avoid becoming a victim. They will also introduce tools to help protect your **LOCATION CITY HALL WEST**

Nutrition For Healthy Aging

DATE APRIL 8 TIME 10:30AM – 12PM WED This class will teach the nutritional challenges related to aging and how to combat them. A handout of nutritional tips and a snack recipe will be provided and sampled. Class fee is \$10 cash due at admission. **LOCATION UI EXTENSION ADA COUNTY**

World Center for Birds Of Prev DATE APRIL 10 TIME 2PM - 3:30PM FRI

Explore the fascinating world of raptors with an expert guide. Groups will experience a live bird presentation and see live falcons, hawks, eagles, owls, and vultures. A cash entrance fee of \$8 will be collected at admission. **LOCATION** WORLD CENTER FOR BIRDS OF PREY

Presidents and First Ladies

DATE APRIL 14 TIME 1PM - 2:30PM TUES Get ready for the presidential treatment, and be prepared to laugh and learn. Explore fascinating facts about the life and times of the POTUS and FLOTUS. **LOCATION** AARP DOWNTOWN BOISE

Family Tree

DATE APRIL 14 TIME 2PM – 4PM TUES Have you always wanted to learn about your genealogy but do not know where to start? During this session, the instructor will assist you in building your family tree through Family Search and give you the tools to go forward in continuing that search. Attendees are encouraged to bring a laptop to the class. **LOCATION** LIBRARY! @COLE AND USTICK

Geranium Bonsai Buddies

DATE APRIL 16 TIME 1PM – 3PM THUR With an inexpensive plant, you will learn a bit of philosophy, history, and practical application of the art of bonsai. **LOCATION NORCO BUILDING MERIDIAN**

Be an Upstander – The Idaho Anne Frank Human Rights Memorial

DATE APRIL 21-22 TIME 1:30PM - 2:30PM TUES/WED This class will present both the triumphs and tragedies of the human story on display in the Anne Frank Memorial. The class fee is \$10 cash.

DAY 1 - AARP CONFERENCE ROOM DAY 2 - ANNE FRANK MEMORIAL

Idaho Public TV Tour

DATE APRIL 22 TIME 2PM – 3:30PM WED Participants will see first-hand what it takes to broadcast informative and educational programs on five channels at Idaho Public Television. **LOCATION IDAHO PUBLIC TELEVISION STUDIOS**



improvisation.

Asparagus Farm 101

Idaho City Walking Tour

DATE APRIL 23 TIME 10AM – 11AM THUR

This is a one-hour docent led walking tour with

recommend that you lunch at one of the local

restaurants. There is a \$3 cash class fee.

LOCATION IDAHO CITY VISITORS CENTER

DATE APRIL 23 TIME 1:30PM – 3PM THUR

CSI/Forensic Overview

crime scene investigation in the field.

LOCATION AARP DOWNTOWN BOISE

LOCATION LIBRARY! @COLE AND USTICK

DATE APRIL 30 TIME 10AM - 12PM THUR

descriptions of the buildings and sites of Idaho City. We

This class is a general overview of forensic disciplines,

including both laboratory work, such as DNA, and also

Lighten Your Day with Improv

prior experience is necessary as you experience a

gentle, but wonderfully exhilarating introduction to

Improv is good for the body, the soul, and the mind. No

DATE MAY 1 TIME 10AM - 1PM FRI Join us as we walk through the growing, picking, and packing of fresh local asparagus. Come learn more about the crops grown just outside your back door. There is a \$5 cash class fee. **LOCATION** PARMA - 34325 APPLE VALLEY ROAD

Technology of Distance Learning

DATE MAY 1 TIME 11AM - 12:30PM FRI This class will provide the participants with an understanding of the technology required for distance learning. Bring your Wi-Fi-enabled laptop or other mobile device to participate in an optional activity during the class.

LOCATION ISU MERIDIAN SKAGGS HEALTH SCIENCE

Candy Making – A Variety of **Chocolate Clusters**

DATE MAY 6 TIME 1PM – 3PM WED Instructor will demonstrate various candy making techniques. Included will be tasting opportunities of Rocky Road and Chocolate Carmel Pecan Clusters. **LOCATION** KING OF GLORY CHURCH

Healing Powers of Essential Oils

DATE MAY 7 TIME 1PM - 3PM THUR The class will explore the science and chemistry behind the powerful results of Essential Oils. **LOCATION NORCO BUILDING MERIDIAN**

Tooth Truths: Your Health Starts in Your Head! DATE MAY 12 TIME 10AM - 11:30AM TUES

Your dental health has a direct impact on your overall health. The instructor will take you on a fun and educational journey to show you what to watch out for, how to properly brush your teeth, why you need to floss, the dangers of ignoring your dentist, and much, much

LOCATION NORCO BUILDING MERIDIAN

Effects of Aging on Body Systems

DATE MAY 12 TIME 10AM - 12PM TUES The instructor will explain the common effects age has on body systems. He will compare the normal aging process with pathological aging, along with analyzing the effects of age on medical and therapy treatment plans. Discussion on how to outline an appropriate plan of care for a geriatric patient will also be covered. **LOCATION** ISU MERIDIAN SKAGGS HEALTH SCIENCE

Stop the Bleed during Active Shooter

DATE MAY 19 TIME 10AM - 12PM TUES Stop the Bleed is a program created to train immediate responders - those that are on scene at the time the event happens - on how to stop bleeding through direct pressure and tourniquets. Department of Homeland Security feels that if enough people are trained, then more people would know what to do and how to do it. LOCATION ISU MERIDIAN SKAGGS HEALTH SCIENCE

CRASE - "Community Response to Active Shooter Events"

DATE MAY 21 TIME 10AM – 12PM THUR CRASE is a seminar that explains how to be prepared and actions to take in the all too often instances of an active shooter in and around public and private businesses and institutions. These actions help individuals act decisively and mitigate deaths and injuries when an incident occurs.

LOCATION ISU MERIDIAN SKAGGS HEALTH SCIENCE

I consent to the use of photographs taken of them for the future program promotional or marketing materials. I do hereby assume all responsibility for my participation and activities, and utilization of equipment in my activities. I do assume responsibility for my participation in class.

By registering for this course, I do hereby waive, release and forever discharge AARP, ISU, YMCA and NKA-TV, their respective officers, agents, employees, representatives, executors and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities of said program I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself and my property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of New Knowledge Adventures-Treasure Valley and this course. I do hereby further declare myself to be physically sound and suffering from no condition, impairment

From AARP: "Yes please share my information with AARP so it can keep me informed about AARP programs, events and offerings. I understand AARP will send me an initial email to confirm my interest in further email communications and my email preferences can be changed at any time." AARP Privacy Policy https://www.aaro.org/about-



identity. Thank you for your part in preventing child bring their photo ID for confirmation of their

each visit within the year, the NKA participant must

and is necessary only once a year. However, upon

each guest. This process takes about 15 minutes

screening only with the prior written consent of

which will be used to run an instant sex offender

provide a picture ID and to fill out a guest waiver

>> YMCA Identity Requirements - The Y requires all

https://aarp.cvent.com/NKAspring2019.

more information.

beforehand. You can always check online at

We might need to move or reschedule classes. If ➤ Class Changes - All classes are subject to change.

Handicap Accessible. See full class description for

At AARP Idaho, parking is free for up to two hours

➤ Parking - Free parking is available for most classes.

street/lot parking is available within the block.

in the visitor's lot. If the lot is full, ample paid

that happens, we will be sure to email you

>> Accessibility - Most, but not all, classes are

non-member guests using one of their facilities to

➤ Fees - Some classes have fees that must be paid by

or email us at aarpid@aarp.org you have any questions, call us at 1-208-899-1226 someone who really wants to attend that class. If DON'T SIGN UP! You could be taking a spot from classes. If you're unsure about attending a class, March 3rd. You may enroll for any number of Registration begins at 8AM Mountain on Tuesday, https://aarp.cvent.com/NKAspring2020

> Registration - Sign up online only at

EARLY TO ENSURE GETTING A SEAT. not admitted for this reason. PLAN TO ARRIVE maximum capacity. Please understand if you are regulations, we are limited by each location's however, it is a possibility. Because of fire safety we will have more participants than seats, attendance. Due to no-shows, it is not likely that

∞ Classes are overbooked to ensure maximum

- Seating for each class is first-come, first served.
 - There is no longer a registration fee.
 - ➤ Registration is online only.

New Knowledge Adventures Things are changing at















>> Free! No registration fees

>> Exciting new courses exclusively for ages 50+

and learn!

frame of mind, plus sharpen it too. It's never too late to live entirely new, get in on the ultimate way to change your games and gardens to trying your hand at something educational experience made for the curious at heart. From designed exclusively for mature adults, this is an some with you while you learn something new. Peerwhy not make the most of it? Make new friends or bring rewarding careers. While free time is finally on your side, culmination of lifelong passions, intellectual journeys, and their hearts and their heads into it. These courses are the rooted in real experience. Our volunteer instructors put Combining passion, purpose, and just plain fun, NKA is

TARP resibilities

Treasure Valley! Welcome to New Knowledge Adventures

NENTURES KNOWLEDGE

a new dream" c.s. Lewis set another goal or to dream "You are never too old to

Boise, ID 83702 250 South 5th St., Suite 800 C.W. Moore Plaza AARP Idaho

Idaho