A MESSAGE FROM THE PRESIDENT

Dear NKA Members,

I’d like to welcome you all to the Fall 2022 semester. Our Curriculum Chairman, Trent Stephens, has gone out of his way to put together a slate of interesting and informative classes for the upcoming semester. We will continue to Zoom the lecture classes from Liberty Hall.

NKA counts on all of you to help with finding and selecting classes and we will be reviving the Curriculum Committee for the Spring 2023 classes. Those of you who would like to be a part of this renewed effort, mark your calendars for the first week of September and Shirley will send out a message to the membership with the time and date for our meeting.

This semester we will be working with Liberty Hall, the Elks Club, the Senior Activities Center and the Assemble’ Learning and Event Center as venues for our classes. As a member of the United Seniors Project we are continuing our efforts to procure funds* for a building of our own where we can have all our classes in one place.

I’m looking forward to seeing you in class!

—Geoff Hogander, NKA President

OFFICERS

President: Geoff Hogander
208-232-3437

President-Elect: Christine Brower
208-681-8483

Past President: Sue Miller
208-993-1133

Secretary: Suzanne Johnson
208-589-5122

Treasurer: Phil Joslin
208-251-1951

DIRECTORS-AT-LARGE

Nancy Dafoe (3-year term ending 6/30/2024)
208-596-0491

Linda Fairchild (1-year term ending 6/30/2023)
208-251-2586

Teresa Westfall (3-year term ending 6/30/2025)
703-973-5074

COMMITTEE CHAIRS

Curriculum: Trent Stephens
208-240-4884

Publicity: Kathleen Stephens
208-244-2732

History: Trish Mooney
208-220-1283

Social: Kathy Priddy
208-234-2849

Travel: Katie Sierra
208-244-1418

Community Service: Paula Jull
208-406-9248

CONTINUING ED. Management Assistant
Shirley Hockett – 208-282-2789; mcelshir@isu.edu

*Donations may be sent to:
United Seniors Project, Inc.
P.O. Box 4378
Pocatello, Idaho 83205
Policies and Procedures for NKA Classes

NKA is a life-long learning group for people 50+ years of age. It is based upon the Road Scholar program and offers a variety of educational classes to its members. There is a fall and a spring catalog that describe the semester classes being offered, giving dates, times, location, and a brief description of each class. Members may register for and participate in as many classes as they like, (space provided.)

1) Each class has a facilitator who fills out the facilitator sheet to be turned in to the curriculum committee. The facilitator oversees the class and ensures that it adheres to the times, dates, location, and other information listed in the catalog. If changes are necessary, the facilitator notifies the curriculum chairperson, who will then notify CEWT and the president.

2) Each class will operate within the semester dates designated by the Curriculum Committee (which typically follows the ISU calendar.)

3) If the class is held in a venue that NKA contracts with, i.e. Liberty Hall, Assemblé, or the Elks Lodge, then the class will abide by the parameters set in the contract.

4) NKA may cancel a class that does not comply with these guidelines.

COVID-19 VACCINATION POLICY
Anyone who has not been vaccinated must wear a mask when attending lectures. Anyone may wear a mask, if desired. Lecture-style classes will be also offered via Zoom. If you have not been vaccinated and cannot or choose not to wear a mask, please view the lecture via Zoom.

EMERGENCY CLASS CANCELLATION POLICY
In case of emergencies such as hazardous weather conditions (and if School District 25 has canceled school) then NKA classes will be also be canceled. Membership will be notified via e-mail and the NKA Facebook page. If a presenter must cancel a class, the presenter will notify the facilitator, who will contact CEWT to send an email to class members.

PRESENTERS
Generally, presenters are voluntary and are not compensated. Non-member presenters are invited to the Spring luncheon as guests of NKA. We are very fortunate that our presenters share their time and knowledge with us. Please take a minute to thank them.

HOW DO YOU BECOME A MEMBER?
Fill out the Membership and Registration Form (both sides) in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose classes, and return forms with registration fees. Or register online. Membership is by semester and fees are due each semester. For additional information, call 208-282-2789, Monday-Friday, between 8 a.m. and 5 p.m.

NKA MEMBERSHIP CLASS REQUESTS
Registrations will be accepted after the due date, but you may not be able to enroll in all the classes you want because of room or class size limitations. Be assured: every effort will be made to accommodate and register you for requested classes.

NOTICES
—INSTRUCTORS, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or other activity without jeopardizing the health or safety of the member, other participants, or the instructor.

—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Some fees will need to be paid either at the first class or prior to the class.
—The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board.

—PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out.

PARKING
Parking on the ISU campus is **free only after 4 p.m.** For daytime classes on campus, you need a campus parking permit, which is good in all the General Lots for the entire year. **The cost of a parking permit through NKA is $5**; the permit will be mailed with the registration receipt or you can buy one in person at the CEWT office. Permits issued to NKA members are not transferable to anyone else and are to be used for NKA classes only. Any other use may result in a ticket. **Neither NKA or CEWT shall be held liable for any violations of parking regulations.**

BUS TRANSPORTATION
For bus stop locations: 208-234-ABUS; www.pocatellotransit.com

New Knowledge Adventures (NKA), a Road Scholar affiliate at Idaho State University, is a member-directed organization that provides an informal, noncompetitive environment for lifelong learners age 50 or older.

**NKA FACEBOOK PAGE**
NKA members are encouraged to submit pictures and information about NKA activities to the NKA Facebook Page at www.facebook.com/nkapocatello. LindaLee Furstenworth and Christine Young are the group moderators. They can be reached using the Messenger link on the Facebook page. Look for “Send a message” next to the visit group link.

**PLEASE be courteous to other members and cancel ASAP if you cannot attend a program so that those on the WAIT LIST may attend. Call the NKA office at 208-282-3372 to cancel.**

If you are put on a **wait list**, it is due to the instructor’s class limit or the classroom’s size.

ISU will be CLOSED September 5 for Labor Day; November 21 - 25 for Thanksgiving; and December 20 through January 6 for ISU Christmas Holiday.
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ART, MUSIC, & THEATRE

Preview to the Symphony (#3322)
Fridays: September 16, October 21, and November 18; 3:00 – 4:00 p.m.

NKA welcomes Dr. Nell Flanders, the new artistic director and conductor of the Idaho State Civic Symphony. In these classes, she will describe what to expect in each upcoming performance, including the compositions, composers, their times and styles. These previews will enhance your enjoyment when attending the concerts. For more information, visit www.thesymphony.us.

Symphony Performance Dates:
Meet Me in New York: Friday: September 23; 7:30 p.m.
Central Park: Friday: October 28; 7:30 p.m.
Joy to the World: Friday & Saturday: December 2 & 3; 7:30 p.m
Location: Liberty Hall lecture room and Zoom
Instructor: Dr. Nell Flanders, Artistic Director/Conductor, ISCS
Facilitator: Elizabeth Dyer (573-210-7588, dyer2158@gmail.com)

Reader’s Theater Melodrama (#3303)
Thursdays: September 15 – December 8; 2:30 – 4:00 p.m.

Written specifically for NKA, this play should push all the right melodrama buttons. Ever wanted to play a nasty villain, damsel in distress, the hero, or one of many memorable supporting roles? This is your chance!! We’ll rehearse once a week and perform for an NKA audience for the last class (no memorization). This is the most fun you’ll have all semester.
Location: Liberty Hall lecture room
Instructor/Facilitator: Jim Mariani (208-851-0842, jsm22553@yahoo.com)

THEATRE

The Spitfire Grill Play Preview (#3305)
Friday: November 11; 5:00 – 6:00 p.m.

Director Joel Shura and his creative team will share the process, product, and creation of elements from the ISU theatre and Dance production of The Spitfire Grill.
Play Performance Dates: November 18, 19 & December 1, 2, 3
Location: Beverly Bistline Theatre, Stephens Performing Arts Center
Instructor: Joel Shura
Facilitator: Sharon Manning (208-233-9425, manninsh@aol.com)

CRAFTS & HOBBIES

Beginning I Crochet (#3563)
Tuesdays and Thursdays: September 27 – November 3; 10:00 – 11:30 a.m.

Participants will learn basic crochet stitches and reading pattern instructions. We will crochet an easy dish cloth and hat. Supplies needed: two balls of coordination medium #4 cotton yarn for dish cloth, and one skein of #4 worsted yarn for the hat, size G/6/4mm crochet hook, and stitch markers.
Location: Senior Activity Center, Room 6, 427 N. 6th Ave., Pocatello
Instructor/Facilitator: LindaLee Furstenwerth (208-251-1996, lfurstenwerth@msn.com)
Class Limit: 10
Class Fee: $3 for printed materials

Beginning II Crochet (#3309)
Tuesdays and Thursdays: November 8 – December 15; 10:00 – 11:30 a.m.

Participants will continue learning new stitches and we will make samplers than can be stitched together, and participants can choose a project from my patterns or bring their own. Supplies needed: two balls of coordination medium #4 (continues...)
(continued: Beginning II Crochet)
worsted yarn, size G/6/4mm crochet hook, yarn needle and stitch markers.
**Location:** Senior Activity Center, Room 6, 427 N. 6th Ave., Pocatello
**Instructor/Facilitator:** LindaLee Furstenwerth (208-251-1996, lfurstenwerth@msn.com)
**Class Limit:** 10
**Class Fee:** $3 for printed materials

**Beginning Knitting** (#3135)
**Tuesdays: September 13 – December 13; 1:00 – 3:00 p.m.**
Learn the basics of knitting and reading patterns. We look forward to seeing you all return with your knitting needles and ideas for your new projects. For those who have never knitted before, welcome to an exciting time of new beginnings.
**Location:** Senior Activity Center, Room 8, 427 N. 6th Ave., Pocatello
**Instructor:** Shannon Erickson
**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)
**Class Limit:** 14
**Class Fee:** Bring your own needles and wool

**Creative Cards for Christmas** (#3960)
**Wednesday: November 9; 1:00 – 3:00 p.m.**
Create holiday (religious and secular) cards.
**Location:** Senior Activity Center, Room 8, 427 N. 6th Ave., Pocatello
**Instructor:** Diane Tauscher
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)
**Class Limit:** 10
**Class Fee:** $15 for all materials

**Creative Cards for Halloween & Birthday** (#3356)
**Wednesday: September 21; 1:00 – 3:00 p.m.**
Create cards using stamps, inks, stencils, embossing folders and framelets.
**Location:** Senior Activity Center, Room 8, 427 N. 6th Ave., Pocatello
**Instructor:** Diane Tauscher

**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)
**Class Limit:** 10
**Class Fee:** $10 for all materials

**Crochet/Knitting Service Group** (#3196)
**Tuesdays: September 13 – December 13; 1:00 – 2:00 p.m.**
We meet once a week to create lap blankets for the cancer patients at PMC. The yarn is furnished. Bring your own crochet hook and/or knitting needles. It’s a great time to socialize and learn new patterns. Work at your own pace and have fun.
**Location:** Senior Activity Center, Room 11, 427 N. 6th Ave., Pocatello
**Instructor/Facilitator:** Nancy Ellis (208-237-0995, mnellis6050@gmail.com)
**Class Limit:** 20

**Introduction to Quilling** (#3220)
**Thursday: October 13; 1:00 – 3:00 p.m.**
General quilling techniques and holiday ideas.
**Location:** Senior Activity Center, Room 11, 427 N. 6th Ave., Pocatello
**Instructor:** Suzanne Johnson
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)
**Class Limit:** 10
**Class Fee:** $10 for supplies (bring to first class)

**Letterpress Finale** (#3362)
**Mondays: October 3, 10, 17, and 24; 2:00 – 4:00 p.m.**
Hand print your own little book using text and imagery you create in the letterpress shop. The final step will be to assemble and sew a simple book with cover. This will be the final class offered at Pinyon Jay Press by Professor Jull.
**Location:** Pinyon Jay Press, Liberal Arts Building, Room 139 (downstairs) at ISU. Quad side entrance.
**Instructor:** Paula Jull, Professor Emerita, ISU
**Facilitator:** Elizabeth Dyer (dyer2158@gmail.com, 573-210-7588)
**Class Limit:** 8
**Class Fee:** $10 pays for bookmaking, ink, and tools needed. Bring cash or check to first class.
Macrame (#3369)

*Thursdays: September 29, October 6, 13, 20; 11:30 a.m. – 1:30 p.m.*

Learn to tie knots and create a beautiful piece of artwork.

**Location:** Senior Activity Center, Room 8, 427 N. 6th Ave., Pocatello

**Instructor:** Merkell Berrett

**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)

**Class Limit:** 10

**Class Fee:** $5 for materials

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Origami Animals (#3373)

*Wednesdays: November 2, 9, 16, 23; 1:00 – 3:00 p.m.*

What has four feet, a head, and a tail? Lots of things! Each species has characteristics that make it unique. Part of the charm of origami is combining simplified characteristics into an easily identifiable, yet stylized model. These models will be a little more difficult than those presented in the beginner’s class, and you’ll learn some new tricks. Origami paper in solid colors and lovely prints will be provided, as well as guided instruction and printed lessons so you can practice at home.

**Location:** Senior Activity Center, Room 6, 427 N. 6th Ave., Pocatello

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit:** 10

**Class Fee:** $5 for paper – four two-hour classes

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Origami for Beginners (#3148)

*Wednesdays: September 28, October 5, 12; 1:00 – 3:00 p.m.*

The ancient art of origami has been enjoying a real renaissance. Modern designers are developing new models and clever new techniques. New colors and printed paper squares aid in precise folds. Learn how a few basic folds can be combined to create a myriad of diverse models. Feel like a magician as you transform a simple square of paper into a swan, a horse, a snail, and yes, the elegant traditional crane. This class is for BEGINNERS, so give it a try! Kami paper and printed origami paper will be provided, as well as printed instructions to follow at home.

**Location:** Senior Activity Center, Room 6, 427 N. 6th Ave., Pocatello

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit:** 10

**Class Fee:** $5 for paper – three two-hour classes

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Origami Simple Kusudama (#3155)

*Wednesday: October 19 & 26; 1:00 – 3:00 p.m.*

Fold a specially designed unit with special tabs and pockets. Then fold 29 more identical units. Fit them together by sliding the tabs of each unit into the pockets of other units to form an amazing sphere. Centuries ago, these ‘medicine balls’ contained fragrant medicines and herbs, and were believed to help ward off evil and sickness. You will complete a beautiful 12-unit, and an impressive 30-unit Kusudama combining the same basic units. This model will be new for those who did kusudamas last fall. People new to the challenge of kusudamas, but that have some experience with origami, should be able to be successful in this class. Specially designed two-sided paper adds to the fun and beauty.

**Location:** Senior Activity Center, Room 6, 427 N. 6th Ave., Pocatello

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit:** 10

**Class Fee:** $10 for paper – two two-hour classes

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Origami Trip to Bethlehem (#3062)

*Wednesday December 7 & 14; 1:00 – 3:00 p.m.*

You are almost there – less than three weeks left until the birth of your precious baby! Then you hear the news: you must travel with your husband more than seventy miles, from your home to the town of Bethlehem, to pay your taxes. No reprieve for your physical condition, or the fact that the child you are carrying is the most important and sacred baby ever to be born on this earth. Luckily (continues...)

(continues...)
you have a sweet and gentle donkey available to carry you. In origami, we'll represent the three iconic characters of this story with simple, elegant folds typical of classic origami. If this story is an important part of your Christmas celebration, you'll enjoy making this threesome to add to your collection of nativity sets, or enjoy giving a set to favorite friends and relatives. You'll make a donkey, a lovely model of Mary designed to sit atop the donkey, and a model of Joseph to lead the donkey. Printed instructions and origami paper provided.

**Location:** Senior Activity Center, Room 6, 427 N. 6th Ave., Pocatello  
**Instructor:** Kris Hansen  
**Facilitator:** Nancy Dafoe (208-596-0491)  
**Class Limit:** 10  
**Class Fee:** $5 for paper – two two-hour classes

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**Ragnar, the Woodland Gnome (#3170)**  
**SECTION 1 – Monday: November 14, 10:00 – 11:30 a.m.**  
**SECTION 2 – Friday: November 18; 10:00 – 11:30 a.m. (Both sections are the same class, please choose only one)**


**Location:** Senior Activity Center, Room 8, 427 N. 6th Ave., Pocatello  
**Instructor:** Jill Serpa  
**Facilitator:** Diane Tauscher (208-680-2393, dmt88bailey@q.com)  
**Class Limit:** 10  
**Class Fee:** $10

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**Seasonal Frame for Halloween (#3063)**  
**Wednesday: October 5; 1:00 – 3:00 p.m.**

Create a frame for your Halloween décor.

**Location:** Senior Activity Center, Room 8, 427 N. 6th Ave., Pocatello  
**Instructor:** Diane Tauscher  
**Facilitator:** Nancy Dafoe (208-596-0491)  
**Class Limit:** 10  
**Class Fee:** $15 with frame; $10 without frame

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**Woodcarving, Advanced (#3558)**  
**Mondays, Wednesdays, and Fridays as desired: September 12 – December 16; 9:00 am – Noon (Clean-up from 11:30 – Noon)**

Advanced classes are for those who have completed at least one semester as a beginning carver or have prior experience and do not require constant assistance and supervision. Advanced carvers provide their own tools and equipment to include rotary power tools and knives/gouges (edged hand tools). Carvers select projects per their individual interests. Optional activities include participation in woodcarving competitions and displays at First Friday Artwalk Pocatello – October 7, 2022.

**Location:** Home Depot – Lumber Department, 4340 Hawthorne Road, Pocatello  
**Instructors:** Shorty Miller and Diane Porter, both with years of experience  
**Facilitator:** Cathy McPherson (208-233-5899/208-269-0941, cathylee3770@gmail.com)  
**Class Fee:** $20 (cash or check at first meeting) plus purchase of any other additional supplies.

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**Woodcarving, Beginner (#3101)**  
**Mondays, Wednesdays, and Fridays as desired: September 21 – December 16; 9:00 a.m. – Noon (Strongly advised to attend first class) After this first class, come any Monday, Wednesday and Friday as desired.**

Beginner classes are for individuals with little or no experience. Students will use rotary power tools and related equipment (provided). Projects may begin with stylized bird, then a shelf cat, with final project selected by the carver. Related optional activities include participation in woodcarving competitions and displays at First Friday Artwalk Pocatello – October 7, 2022.

**Location:** Home Depot lumber department, 4340 Hawthorne Road, Chubbuck  
**Instructors:** Shorty Miller & Diane Porter  
**Facilitator:** Cathy McPherson (208-233-5899/208-269-0941, cathylee3770@gmail.com)  
**Class Fee:** $20 (cash or check at first meeting) plus purchase of any other additional supplies.
**FITNESS & MOTION**

**Fit and Fall Proof™ (#3106)**
*Mondays and Wednesdays: September 12 – November 16; 9:30 – 10:30 a.m.*

Fit and Fall Proof is an exercise-based fall prevention program that focuses on improving strength, mobility, and balance to reduce the risk of falling. Wear loose clothing and bring water to stay hydrated.

**Location:** Senior Activity Center, Room 4, 427 N. 6th Ave., Pocatello
**Instructor/Facilitator:** Marlene Hendricks (208-220-0615, mkhendy@yahoo.com)
**Class Limit:** 30

**Latin Line Dance I (#3107)**
*Wednesdays: September 14 - November 16; 2:00 – 3:00 p.m.*

Dance to Latin rhythm—mambo, cha-cha, rumba, tango, samba, bachata, merengue, and salsa! No partners required. Meet people and have fun! The music impassions the brain and the dance itself is a full body workout. Water may be brought to the facility.

**Location:** Assemble’ Learning and Event Center, 820 E. Young St., Pocatello
**Instructor:** Lucy Bonman
**Facilitator:** Dee Smith (208-251-2045, deezersmith@hotmail.com)
**Class Limit:** 30

**Latin Line Dance II (#3108)**
*Wednesdays: September 14 – November 16; 3:00 – 4:00 p.m.*

More attention to the music is called for since time tags, syncopation, multiple turns, styling, and phrasing are incorporated. Plus, the brain is challenged to remember more steps. Previous dance experience is highly recommended or participants must have taken Latin Dance I. Water may be brought to the facility.

**Location:** Assemble’ Learning and Event Center, 820 E. Young St., Pocatello
**Instructor:** Lucy Bonman
**Facilitator:** Jane Gibson (208-521-0654, jmg_nka@use.startmail.com)
**Class Limit:** 20

**Line Dancing: Beginning 1 (Starter) (#3013)**
*Mondays: September 12 – November 14; 1:00 - 1:55 p.m.*

If you are new to line dancing, this is the place to start. Basic line dance steps, step patterns, and rhythms will be taught, which then will be combined into simple and easy-to-learn dances. This will help memory and coordination; so that you get both physical and mental exercise. This class is for guys and gals; you don’t need a partner. Social distancing and masks may be required, depending on the CDC or NKA Guidelines in September.

**Location:** Elks Lodge, 410 S. Main Street, Pocatello
**Instructors:** Penny Cooper; Bob Schaffner; Luann Claussen; Shannon Sudweeks
**Facilitator:** Judy Liday, 208-317-6664, lidayjam@gmail.com
**Class Limit:** 30

**Line Dancing: Beginning 2 (#3111)**
*Mondays: September 12 – November 14; 2:05 – 3:00 p.m.*

This class will build on what was taught in the Beginning 1 class. The line dances in this class are more complex than the dances in the Beginning 1 class, but they are still fun and relatively easy. Line dancing helps to build memory and coordination with physical and mental exercise. This class is for guys and gals; you don’t need a partner. Social distancing and masks may be required, depending on the CDC or NKA Guidelines in September.

**Location:** Elks Lodge, 410 S. Main Street, Pocatello
**Instructors:** Kay Elsethagen and Carlyn Rice
**Facilitator:** Kay Elsethagen (208-233-2945, robandkays@msn.com)
**Class Limit:** 30

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.*
Line Dancing: Intermediate (#3113)
Tuesdays: September 13 – November 15; 9:30 – 10:25 a.m.

Intermediate line dancing is for those who have completed the Beginning 2 line dancing class. This class introduces more challenging dances. We will start slowly and keep adding to our repertoire, working up to the intermediate level. Social distancing and masks may be required, depending on the CDC or NKA Guidelines in September.

Location: Elks Lodge, 410 S. Main Street, Pocatello
Instructor/Facilitator: Susan Cramer (208-237-8709, s.kcramer1@gmail.com)
Class Limit: 30

Line Dancing: “Oldies but Goodies” (#3110)
Tuesdays: September 13 – November 15; 10:35 – 11:30 a.m.

This class is a combination of dances previously learned in the beginning and intermediate dance classes with a few advanced dances at the end. All dances will be reviewed (not taught) with a variety of music and rhythms, beginning with very easy dances to the intermediate and advanced level. If you know the basic steps in line dancing, you will love this class. Social distancing and masks may be required per CDC or NKA Guidelines.

Location: Elks Lodge, 410 S. Main Street, Pocatello
Instructors: Judy Liday and Marjean Waford
Facilitator: Judy Liday, 208-317-6664, lidayjam@gmail.com
Class Limit: 30

Line Dancing: “Step It Up” (#3819)
Thursdays: September 15 – November 17; 9:30 – 11:00 a.m.

If you’d like a little more challenge to your line dancing, we encourage those who have completed the beginning/intermediate classes and are familiar with most line dance steps to join our “STEP-IT-UP” dance class. We teach new dances and review/reteach oldies and then incorporate different songs/rhythms. These dances are not advanced; rather geared toward introducing additional steps/turns to create slightly more complicated dances. Social distancing and masks may be required.

Location: Elks Lodge, 410 S. Main Street, Pocatello
Instructors: Joyce DeGarlais and Marjean Waford
Facilitator: Joyce DeGarlais (208-238-1247, joydgd@yahoo.com)
Class Limit: 30

Qigong (#3282)
Fridays: September 16 – December 16; 9:00 – 10:00 a.m.

More vigorous than Tai Chi, Qigong is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality. We’ll do Qigong to recorded videos, led by expert practitioners.

Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Jim Mariani; (208-851-0842, jsm22553@yahoo.com)
Class Limit: 12

Square Dance (#3105)
Fridays: September 16 – November 11
SECTION 1 – Basic & Mainstream: 6:00 – 7:30 p.m.
SECTION 2 – Introduction to Plus Level (For those who have completed Basic & Mainstream): 7:30 – 9:00 p.m.

Learn the joy of square dance! No partner needed—we have several experienced dancers who dance male/female positions. Wear comfortable clothing, comfortable dance shoes, a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, top square dance caller—and he’s GOOD!

Location: Basement of the building at the NW corner of W. Lewis and North Arthur (same building as Henry’s Hair Salon). Park on west side of building in lot and use the west entrance. If the door is locked call (208) 237-3609 and they will let you in.
Instructor: Steve Sullivan, licensed square dance caller
Facilitator: Barbara Hyde (208-760-7260, bhyde1048@gmail.com)
Class Limit: 24
Class Fee: Non-NKA members: $5/person/evening
## September 2022

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>FALL FIELD TRIPS</strong></td>
<td><strong>FALL TRAVEL</strong></td>
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<td>September 10: Idaho County Rock Walk at ISU</td>
<td>October 14: Fall Harvest Festival</td>
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<td>NKA Board Mtg - 10 am</td>
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<td>September 16: Historic Tour of Lava Hot Springs</td>
<td>December 17: Dinner and Musical Theater—The Little Mermaid</td>
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<td>September 21: Museum of Clean</td>
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<td>Rock Walk - 9:30-Noon</td>
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<tr>
<td><strong>LABOR DAY</strong></td>
<td>Woodcarving, Adv • 9-Noon</td>
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<td>Mindful Path • 10:15 am</td>
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<td>Fit &amp; Fall Proof • 9:30-10:30 am</td>
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<td>Fruit Trees ZOOM • 5-6:30 pm</td>
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<td>ISU Athletics • 10:30-Noon</td>
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<td>Ln Dnc. Beg. 2 • 2:05-3:00 pm</td>
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<tr>
<td>Woodcarving, Adv • 9-Noon</td>
<td>Ln Dnc. Intec. • 9:30-10:25 am</td>
<td>Woodcarving, Adv • 9-Noon</td>
<td>Ln Dnc. Step Up • 9:30-11 am</td>
<td>Qigong • 9:10:00 am</td>
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<td>Fit &amp; Fall Proof • 9:30-10:30 am</td>
<td>Ln Dnc Oldies • 9:30-10:25 am</td>
<td>Fit &amp; Fall Proof • 9:30-10:30 am</td>
<td>Ln Dnc. Step Up • 9:30-11 am</td>
<td>Woodcarving, Adv • 9-Noon</td>
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<td>Cable • 10:30-Noon</td>
<td>Beg Knitting • 1-3:00 pm</td>
<td>Crochet/Knit Svc • 1-2:00 pm</td>
<td>Mindful Path • 10-11:30 am</td>
<td>Law • 10:30-Noon</td>
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<td>Potatoes • 1-2:30 pm</td>
<td>Team Trivia • 1-2:00 pm</td>
<td>Latin Line I • 2-3:00 pm</td>
<td>Mahjong • 1-3:30 pm</td>
<td>Lunch &amp; Games Sec 1 • Noon-3</td>
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<td>Ln. Dnc. Beg. 1 • 1:00-1:55 pm</td>
<td>Fruit Trees ZOOM • 5-6:30 pm</td>
<td>Latin Line II • 3-4:00 pm</td>
<td>Pompeii • 1-2:30 pm</td>
<td>Lava Hot Springs • 1-3:00 pm</td>
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<td>Ln. Dnc. Beg. 2 • 2:05-3:00 pm</td>
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<td>Readers Theater • 2:30-4 pm</td>
<td>Symphony • 3-4:00 pm</td>
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<tr>
<td>Woodcarving, Adv • 9-Noon</td>
<td>Ln Dnc. Intec. • 9:30-10:25 am</td>
<td>Woodcarving, Adv • 9-Noon</td>
<td>Ln Dnc. Step Up • 9:30-11 am</td>
<td>Qigong • 9:10:00 am</td>
<td>Woodcarving, Adv • 9-Noon</td>
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<tr>
<td>Fit &amp; Fall Proof • 9:30-10:30 am</td>
<td>ISU Athletics • 10-30-Noon</td>
<td>Woodcarving, Beg • 9-Noon</td>
<td>Ln Dnc. Step Up • 9:30-11 am</td>
<td>Woodcarving, Adv • 9-Noon</td>
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<tr>
<td>Stargazing • 10:30-Noon</td>
<td>Ln. Dnc. Oldies • 10:35-11:30 am</td>
<td>Fit &amp; Fall Proof • 9:30-10:30 am</td>
<td>Mindful Path • 10-11:30 am</td>
<td>Woodcarving, Beg • 9-Noon</td>
<td>Woodcarving, Adv • 9-Noon</td>
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<tr>
<td>Astronomy 10 • 1-2:30 pm</td>
<td>Beg Knitting • 1-3:00 pm</td>
<td>Halloween Cards • 1-3:00 pm</td>
<td>Mahjong • 1-3:30 pm</td>
<td>Law • 10:30-Noon</td>
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<td>Ln. Dnc. Beg. 1 • 1:00-1:55 pm</td>
<td>Crochet/Knit Svc • 1-2:00 pm</td>
<td>Museum of Clean • 1-30 pm</td>
<td>Pompeii • 1-2:30 pm</td>
<td>Lunch &amp; Games Sec 1 • Noon-3</td>
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<td>Ln. Dnc. Beg. 2 • 2:05-3:00 pm</td>
<td>Team Trivia • 1-2:00 pm</td>
<td>Latin Line I • 2-3:00 pm</td>
<td>Readers Theater • 2:30-4 pm</td>
<td>Lava Hot Springs • 1-3:00 pm</td>
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<p>| 25 | 26 | 27 | 28 | 29 | 30 | |
|---|---|---|---|---|---|
| T'ai Chi Beg • 8:30-9:30 am | Adv Tai Chi • 9-10:00 am | Woodcarving, Adv • 9-Noon | Tai Chi Adv • 9-10:00 am | | |
| Woodcarving, Adv • 9-Noon | Ln Dnc. Intec. • 9-10:00 am | Woodcarving, Beg • 9-Noon | Ln Dnc. Step Up • 9:30-11 am | Qigong • 9:10:00 am | |
| Woodcarving, Beg • 9-Noon | Beg Crochet • 9-10:30 am | Fit &amp; Fall Proof • 9:30-10:30 am | Beg Crochet • 10-11:30 am | Woodcarving, Adv • 9-Noon | |
| Fit &amp; Fall Proof • 9:30-10:30 am | Ln Dnc. Oldies • 9:30-10:30 am | Colosseum • 10:30-Noon | Let’s Talk Turkey • 10:30-Noon | Woodcarving, Beg • 9-Noon | |
| T'ai Chi (pt 3) Zoom • 10-11 am | Beg Knitting • 1-3:00 pm | Beg Origami • 1-3:00 pm | Macrame • 11:30-1:30 pm | Square Dance | |
| Zumba • 10-11:00 am | Crochet/Knit Svc • 1-2:00 pm | Latin Line I • 2-3:00 pm | Inflation • 1-2:30 pm | Sec 1 • 6-7:30 pm | |
| Hot Topics • 1-30-Noon | Team Trivia • 1-2:00 pm | Latin Line II • 3-4:00 pm | Mahjong • 1-3:30 pm | Sec 2 • 7:30-9:00 pm | |
| Ln. Dnc. Beg. 1 • 1:00-1:55 pm | Oprahl • 2:30-3:30 pm | Environmental Chg • 7-8:30 pm | Readers Theater • 2:30-4 pm | | |
| Ln Dnc. Beg • 2:05-3:00 pm | | | | | | |</p>
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<tr>
<th>Date</th>
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<th>Activity</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>1:00 PM</td>
<td>Tai Chi Beg</td>
<td>Room 101</td>
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<tr>
<td>TUESDAY</td>
<td>1:00 PM</td>
<td>Tai Chi Adv</td>
<td>Room 101</td>
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<td>WEDNESDAY</td>
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<td>Tai Chi Beg</td>
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<td>THURSDAY</td>
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<td>SATURDAY</td>
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<td>SUNDAY</td>
<td>1:00 PM</td>
<td>Tai Chi Beg</td>
<td>Room 101</td>
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Other activities include classes, workshops, and games such as Woodcarving, Crochet/Knitting, Let's Play Bridge, etc., taking place at various times and locations throughout the week.
NKA 2022 MEMBERSHIP AND REGISTRATION FORM

☐ New Member ☐ Previous Member

Name: _______________________________________________________________________________________
Address: _____________________________________________________________________________________
City/State/Zip: ________________________________________________________________________________
Daytime Phone: __________________ Evening Phone: __________________Cell Phone: ___________________
E-Mail: _______________________________________________________________________________________
Emergency Contact Person and Phone: _____________________________________________________________
Preferred method of contact: ☐ Phone ☐ E-mail
Preferred method of registration receipt: ☐ Mailed ☐ E-mailed

REGISTRATION OPENS ON SEPTEMBER 1

Three options are available to register:
1—By Mail:
Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8380
Pocatello ID, 83209
2—In Person at:
777 Memorial Drive, Roy F. Christensen Bldg. (#48),
Suite #148
3—Online: cetrain.isu.edu/nka
Phone: 208-282-2789 or 208-282-3372
Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration
$40 per person/per semester $ _______
Parking Fee $5 (once a year) $ _______
Only required on campus before 4 p.m.
TOTAL DUE $ _______

NOTE: Some classes require additional fees that need to be paid at the first class or prior to the class to the instructor or facilitator.

AGREEMENT AND RELEASE OF LIABILITY

I, the undersigned, am aware that participation in activities as a member of New Knowledge Adventures (NKA) is voluntary and may be risky and dangerous to include bodily injury, including death, as well as damage to property or third parties. By participating, I certify that I have full knowledge of and assume all risks, and that I am in good health and have no physical or mental limitations that would preclude the safe participation or the use of equipment related to the activities of NKA. To the fullest extent permitted by law, and in consideration of gaining membership or being allowed to participate in the activities and programs of NKA and to use its facilities and equipment, I, on behalf of myself, my heirs, representatives, executors, administrators, and assignees (the Releasing Parties) hereby agree to indemnify, defend, save, hold harmless, release, and covenant not to sue NKA, the State of Idaho, Idaho State University, its State Board of Education, its members, respective officers, employees, volunteers, and agents (the Released Parties) for any negligently caused injuries or losses arising out of, or connected with, my participation in any activities of NKA. On behalf of myself, I hereby consent to emergency medical care, including transportation to and exchange of medical information with a medical facility. I understand that I am responsible for all medical expenses for myself.

I do assume responsibility for my participation in class and will call 208-282-3372 if I cannot attend.

Date: ______________ NKA Member or Participant Signature: _________________________________
REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

NOTES: Classes filled first-registered, first-served. Please cancel ASAP if you are signed up for a program and cannot attend. Lecture-style classes will also be available via Zoom. Crafts & Hobbies, Fitness & Motion, Food & Beverage, and Games classes will be held in-person, unless designated otherwise in the catalog description. Lecture classes offered in Zoom will be available to all members. Instructions to the course will be emailed to you otherwise in the catalog description. Lecture classes offered in Zoom will be available to all members. Instructions to the course will be emailed to you or you can check: cetrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.
NKA 2022 MEMBERSHIP AND REGISTRATION FORM

☐ New Member  ☐ Previous Member

Name: _______________________________________________________________________________________

Address: _____________________________________________________________________________________

City/State/Zip: ________________________________________________________________________________

Daytime Phone: __________________  Evening Phone: __________________  Cell Phone: ___________________

E-Mail: _______________________________________________________________________________________

Emergency Contact Person and Phone: _____________________________________________________________

Preferred method of contact: ☐ Phone  ☐ E-mail

Preferred method of registration receipt: ☐ Mailed  ☐ E-mailed

REGISTRATION OPENS ON SEPTEMBER 1

Three options are available to register:

1—By Mail:
Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8380
Pocatello, ID, 83209

2—In Person at:
777 Memorial Drive, Roy F. Christensen Bldg. (#48), Suite #148

3—Online: cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3372
Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration
$40 per person/per semester  $ _______

Parking Fee $5 (once a year)  $ _______
Only required on campus before 4 p.m.

TOTAL DUE  $ _______

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ART, MUSIC, & THEATRE
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Preview to the Symphony (#3322)
- Reader's Theater Melodrama (#3303)
- The Spitfire Grill Play Preview (#3305)
- Beginning I Crochet (#3563)
- Beginning II Crochet (#3309)
- Beginning Knitting (#3135)
- Creative Cards for Christmas (#3960)
- Creative Cards for Halloween & Birthday (#3956)
- Crochet/Knitting Service Group (#3196)
- Introduction to Quilling (#3220)
- Letterpress Finale (#3362)
- Macrame (#3369)
- Origami Animals (#3373)
- Origami for Beginners (#3148)
- Origami Simple Kusudamas (#3155)
- Origami Trip to Bethlehem (#3062)
- Ragnar the Woodland Gnome (#3170)
- Seasonal Frame for Halloween (#3063)
- Woodcarving, Advanced (#3558)
- Woodcarving, Beginning (#3101)

FITNESS & MOTION
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Fit & Fall Proof™ (#3106)
- Latin Line Dance I (#3107)
- Latin Line Dance II (#3108)
- Line Dancing: Beginning 1 (#3111)
- Line Dancing: Beginning 2 (#3112)
- Line Dancing: Intermediate (#3113)
- Line Dancing: “Oldies but Goodies” (#3110)
- Line Dancing: “Step It Up” (#3819)
- Qigong (#3282)
- Square Dance (#3105)
- T’ai Chi Chih Breathing, Stretching, and More: ZOOM ONLY (#3178)
- T’ai Chi Chih (Advanced) (#3104)
- T’ai Chi Chih (Beginner) (#3103)
- Why Therapeutic Exercise Works & Why it Doesn’t! (#3382)
- Zumba Gold (#3952)

FOOD & BEVERAGE
IN-PERSON (ALL CLASSES)
- Wine Pairing at PV’s Uncorked on Main (#3943)
- Wine Pairing at the Yellowstone (#3642)
- Wine Tasting at Café Tuscano (#3120)
- Lunch and Games (#3126)
- Mahjong (#3125)
- Team Trivia (#3014)

GAMES
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Let’s Play Bridge (#3194)
- Environmental Change, Plastics, Pandemics and Politics (#3392)
- Essential Emergency Awareness (#3016)
- Growing Fruit Trees & Preventing Problems ZOOM ONLY (#3399)
- Inflation & Recession (#3046)
- Italian Mountains, Marble, Roads (#3410)
- Let’s talk Turkey (#3417)
- Making Essential Oil Blends (#3420)
- Oprah’s Belief Series (#3977)
- Pompeii (#3426)
- Publishing with Amazon (#3432)
- Social Security Basics (#3434)
- Southeast Idaho Council of Governments (SIOG) (#3437)
- Ultimate Africa (#3439)

HEALTH & WELLNESS
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Ancient Medicine for Modern Lives (#3443)
- Aromatherapy and the Brain (#3441)
- Dental Implants & Quality of Life (#3050)
- Guided Meditation, Inner Radiance (#3307)
- Medicare Workshop (#3905)
- A Mindful Path to Happiness (#3300)

HISTORY
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- America’s First Veterans (#3444)
- Genealogy (#3446)
- History Lesson in Pocatello’s Streets (#3447)
- The Italian Campaign of WWII (#3448)
- The Mexican-American War (#3450)
- Neighborhoods Siena and Florence (#3452)
- A Peace Corps Volunteer in India (#3456)
- The Pilgrims at 400 (#3458)
- Pocatello’s Triangle (#3336)
- Presidents, Presidential Candidates (#3462)
- Reminisce with Steve Hayes (#3252)
- The Roman Colosseum (#3463)
- Swords or Pistols: The Duel (#3466)
- UN Bonn Accords for Afghanistan (#3470)
- Vietnam: Always on My Mind (#3471)

NATURE, SCIENCE, & TECHNOLOGY
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Astronomy 10: New Discoveries (#3472)
- Binocular Stargazing (#3782)
- Cutting the Cable Cord (#3473)
- Discover our Local Trails (#3196)
- Discover our Local Trails (#3394)

TRAVEL & FIELD TRIPS
- Dinner and Theater – The Little Mermaid (#3474)
- Fall Harvest Festival – Logan, Utah (#3475)
- Historic Tour of Lava Hot Springs (#3477)
- Idaho County Rock Walk at ISU (#3479)
- Museum of Clean (#3481)

WRITING & LITERATURE
- Book Group and a Glass (#3372)
- Critical Writing 1 (#3408)
- Critical Writing 2: Readout (#3409)
- Low Impact Creative Writing (#3136)
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<td>Adv Tai Chi • 9-10:00 am Let’s Play Bridge • 9:30 am-Noon Beg Crochet II • 10-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knit Svc • 1-2:00 pm Team Trivia • 1-2:00 pm</td>
<td>Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Origami Bethlehem • 1-3 pm</td>
<td>Tai Chi Adv • 9-10:00 am Beg Crochet II • 10-11:30 am Wearable Tech Workshop • 10:30 am ICOA • 1-2:30 pm Reader’s Theater • 2:30-4 pm Book Group • 3-4:30 pm</td>
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<td>Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Origami Bethlehem • 1-3 pm</td>
<td>Tai Chi Adv • 9-10:00 am Beg Crochet II • 10-11:30 am</td>
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T’ai Chi Chih Breathing, Stretching, and More (Part 3) • ZOOM ONLY (#3178)
Mondays: September 26, October 3, 10, 17, 24; 10:00 – 11:00 a.m.

This ZOOM class will focus on the Thirteen Grand Preservers and parts of Tai Chi 64 movements which help in achieving a straight and flexible spinal column, rejuvenate muscles and tendons, increase circulation, and keep the lower back and legs supple and limber. If there is any doubt about whether you are healthy enough to undertake these exercises, consult your doctor before attempting to practice them. Have a chair nearby, a bottle of water, and wear comfortable clothes.

Location: This is an online Zoom-only class, collaborating with AARP Idaho NKA-TV classes and will use AARP Idaho NKA-TV Zoom link.
Instructor/Facilitator: Rachel Damewood MBA MS, INL retiree, Volunteer NKA Instructor (208-604-0741, racheldamewood91@gmail.com)

T’ai Chi Chih (Advanced) (#3104)
Tuesdays and Thursdays: September 27 – December 15; 9:00 – 10:00 a.m.

Meditation in motion. We practice the 19 T’ai Chi Chih disciplines taught in the beginner’s class and also several classical Qigong forms. Class is limited to those who have previous experience or are willing to come early for tutoring.

Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Stephanie Gill (208-234-4183, sgillforterra@gmail.com)
Class Limit: 25

T’ai Chi Chih (Beginner) (#3103)
Mondays: September 26 – December 12; 8:30 – 9:30 a.m.

T’ai Chi Chih (TCC) is described as “joy through movement.” Emphasis is on moving meditation, breathing, physical balance and spiritual balance. We will be learning and practicing the 19 TCC disciplines. Dress in comfortable gym clothes.

Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Linda Fairchild (208-251-2586, linda1fairchild@hotmail.com)
Class Limit: 30

Why Therapeutic Exercise Works and Why it Doesn’t! (#3382)
Thursday: October 6; 10:30 a.m. – Noon

Basic PT: anatomy, physiology, morphology, and your personal health belief system included. The disciplines, goals, and importance of a PLAN OF CARE (POC). Developing a personalized POC. The disciple’s modalities (a-stem, e-stem, ultrasound, etc.) and science behind it. Pain management, range of motion (ROM), stability in gate, improvement with posture, mobility, strength and other nagging issues if alleviated will increase your quality of life.

Location: Liberty Hall, lecture room and Zoom
Instructor: Deborah Mitchell
Facilitator: Trent Stephens (208-244-1774, stephenstrent7@gmail.com)

Zumba Gold® (#3952)
Mondays: September 26 – November 14; 10:00 – 11:00 a.m.

Are you ready to party yourself into shape? That’s exactly what the Zumba program is all about! It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning, dance fitness-party geared for seniors! It’s exercise in disguise!

Location: Assemble’ Learning and Event Center, 820 E. Young St., Pocatello
Instructor: Elizabeth McKenna, Licensed Zumba Gold, Zumba, and Aqua Zumba instructor
Facilitator: Rod Johnson (208-251-4230, rodjohnson703@gmail.com)
Class Limit: 20 (plus those on wait list if room accommodates more)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.
Wine Pairing at PV’s Uncorked on Main (#3943) Wednesday: October 26; 6:00 – 8:00 p.m.

Let's get together at PV’s Uncorked for some great food, great wine, and good company.

**Location:** PV’s Uncorked, 138 N. Main St., Pocatello

**Instructors:** Donny and Jenn Flores

**Facilitator:** Geoff Hogander (208-232-3437)

**Class Limit:** 30

**Class Fee:** $50, includes wine, food, and gratuity. Make check payable to PV’s Uncorked. Mail to Geoff Hogander, 255 Fairmont Ave. Pocatello, ID 83201 by Friday, October 21, 2022.

Wine Pairing at the Yellowstone (#3642)

**Thursday: September 22; 5:00 – 7:00 p.m.**

The Yellowstone Restaurant is reprising their successful pairing from last spring, matching select menu items to complement the attributes of a wine.

**Location:** The Yellowstone Restaurant inside the Yellowstone Hotel, 230 W. Bonneville, Pocatello

**Instructor:** Jennifer Erchul, owner

**Facilitator:** Geoff Hogander (208-232-3437)

**Class Limit:** 50

**Class Fee:** $55 includes gratuity. Make check payable to NKA; mail to Geoff Hogander, 255 Fairmont Ave., Pocatello, ID 83201 by Friday, September 16, 2022.

Wine Tasting at Café Tuscano (#3120)

**SECTION 1 – Tuesday: November 15; 2:00 – 4:00 p.m.**

**SECTION 2 – Tuesday: November 15; 5:00 – 7:00 p.m.**

Let the staff at Café Tuscano delight your senses with wonderful wines and appetizers perfectly paired by Chef Jason!

**Location:** Café Tuscano, 2231 E. Center Street

**Instructor:** Allyson Burnham

**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)

**Class Limit:** 40

**Class Fee:** $30 per person (includes wine, appetizers, and gratuity). Please make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204 by November 1, 2022.

Let’s Play Bridge! (#3194)

**Tuesdays: October 4 – December 13; 9:30 a.m. – Noon**

Join us! Different bridge bidding strategies and responses will be discussed each week. We will play and discuss hands related to each topic. No trump, Majors, Minors...we will play them all. Never played, come learn! Beginners, come practice! Just want to play!

**Location:** Senior Activity Center, Room 4, 427 N. 6th Ave., Pocatello

**Instructor:** Peggy Vogt

**Facilitators:** Barbara Bain (208-232-3415, bainbarb@isu.edu) and Janice Matteson-Howell (208-221-4276, howejani@isu.edu)

**Class Fee:** $5 for packet of handouts, payable first day of class to instructor.

Lunch and Games (#3126)

**SECTION 1 – Friday, September 16; 12:00 – 3:00 p.m.**

**SECTION 2 – Friday, October 21; 12:00 – 3:00 p.m.**

**SECTION 3 – Friday, November 11; 12:00 – 3:00 p.m.**

**SECTION 4 – Friday, December 16; 12:00 – 3:00 p.m.**

Lunch is served at noon. Hand and Foot game, OR Dominoes Mexican Train game will be played from 1:00 – 3:00 p.m. You must sign-up to participate each month. The facilitator will verify attendance by calling everyone who signs up. Be sure to indicate on the registration form the months you plan to attend. Call the facilitator, Sharon Manning (208-233-9425) if you must cancel.

**Location:** Juniper Hills Country Club, 6600 S. Bannock Hwy

**Facilitators:** Sharon Manning & Committee (208-233-9425, manninsh@aol.com)

**Class Limit:** 60

**Class Fee:** $20 per section for lunch to be paid at the door (for lunch, beverage, dessert, gratuity, room fee.)
Mahjong (#3125)

*Thursdays: September 15 – November 17; 1:00 – 3:30 p.m.*

Mahjong, similar to the Western card game rummy, is a game of skill, strategy and calculation, and involves a certain degree of chance. It is a four-player table game with some 3-player variations found in Korea, Japan and the Philippines. The game requires players to draw (to make melds) and discard until a winning hand is completed. This game is fun!

**Location:** Senior Activity Center, Room 11, 427 N. 6th Ave., Pocatello

**Instructor:** Lucy Bonman

**Facilitators:** Mary Horsmon (724-433-8631) and Pat Kleeman (208-904-1186)

**Class Limit:** 20

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Team Trivia (#3014)

*Tuesdays: September 13 – December 13; 1:00 – 2:00 p.m.*

Why scratch your head alone? We’ll form teams on the spot and change them out each session. Play for bragging rights only! Expect much fun.

**Location:** Liberty Hall lecture room and Zoom

**Instructors:** Jim Mariani and Carol Nelson

**Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)

**Class Limit:** 40

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**GENERAL INTEREST**

Bannock Civitan – Builders of Good Citizenship (#3383)

*Monday: October 17; 10:30 - Noon*

Do you know what Civitan is? If not, it’s time to learn all about this 105-year old service club and its dedication to serving the community with an emphasis to those with developmental disabilities. You will also learn about our local club, Bannock Civitan, which has been a part of our community for over 40 years.

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Basics of Photography (#3384)

*Thursday: September 22; 10:30 – Noon*

Do your pictures turn out so-so, blurry, dark or worse? Learn how to shoot stunning photos. Whether taken on a smart phone or a DSLR, the same basic techniques are employed to create your desired results. Note: this is not a “how to use your camera/phone class.” It will help you to become familiar with your own equipment before the class—but not necessary. Bonus: Most of what you will learn also applies to video.

**Location:** Liberty Hall lecture room and Zoom

**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)

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CASA (Court Appointed Special Advocates for Children) (#3403)

*Thursday: November 3; 10:30 a.m. - Noon*

Court Appointed Special Advocates serve children at their most vulnerable, after they have suffered abuse or neglect. CASA volunteers have an opportunity to change a child’s story by speaking up for them in court. Find out how CASA volunteers help children navigate foster care and the courtroom, and learn more about foster care in Idaho. Why are children being removed from their homes? How likely are they to be reunified with their families? How many children are served in Idaho’s foster care system each year? Discover how CASA volunteers are making a difference for these children in our community.

**Location:** Liberty Hall lecture room and Zoom

**Instructor:** Lesli Schei, Training and Recruiting Coordinator, 6th Judicial District CASA program

**Facilitator:** Bill Kessler (909-374-1465, chevynomad55@gmail.com)

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Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.
Constitutional Law (#3388)
Friday: September 16; 10:30 a.m. – Noon
Dave is a local attorney whose practice focuses on estate planning, probate and trust administration, tax matters, and business formation and transactions. In addition to J.D., University of Idaho he has a Masters degree in tax law from the University of Florida and teaches in the accounting department at Idaho State University. Part of his teaching includes Constitutional Law, which he will share with NKA.
Location: Liberty Hall lecture room and Zoom
Instructor: Dave Bagley
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Democratic VS. Authoritarian Leadership (#3390)
Thursday: October 20; 1:00 – 2:30 p.m.
A discussion of the beliefs that makes a Democratic or Authoritarian leader. (It will not be about our former president).
Location: Liberty Hall lecture room and Zoom
Instructor: Dr. Victor Joe
Facilitator: Virginia Kelly (208-232-7417, ginnyckelly@gmail.com)

Environmental Change, Plastics, Pandemics and Politics: A Science Based, Rational and Civil Discussion of Problems and Solutions (#3392)
Wednesdays: September 21, 28, October 5; 7:00 p.m. – 8:30 p.m.
This course will include some lecture and demonstrations, and a significant number of science-based handouts and web sites. Considerable time also allocated for civil discussions of the various challenges and possible solutions.
Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Dr. Dave Makings (208-420-4289, Drmakings67@gmail.com)

Essential Emergency Awareness (#3016)
Friday: October 7; 1:00 – 2:30 p.m.
Learn how to prepare for an emergency evacuation using natural ways to be safe! We’ll talk about how to make a “bug out” bag for an escape up to 72 hours and where/how to store it.
Location: Liberty Hall lecture room and Zoom
Instructor: Tamara Retzloff
Facilitator: Linda Fairchild (208-251-2586, linda1fairchild@hotmail.com)

Everything You Need to Know to Keep Potatoes Healthy (#3393)
Monday: September 12; 1:00 – 2:30 p.m.
We will be discussing common symptoms that one can find on their potatoes in the store. Then we will dive deeper into the molecular biology of fungal pathogens and DNA extractions.
Location: Liberty Hall lecture room and Zoom
Instructors: Katie Malek, Alan Malek, and Shelbie Curry
Facilitator: Linda Fairchild (208-251-2586, linda1fairchild@hotmail.com)
Class Limit: 50

Future Perfect • ZOOM ONLY (#3394)
Friday: November 4; 10:30 a.m.
Remember the book “1984” by George Orwell? And THAT was the future! How about 2000, the new millennium, and THAT was the future! We’ve lived through all of those futures, so, what’s the next future? One thing we know, the pace of technological change has accelerated. Let’s look ahead 8-10 years. Let’s take a quick look back, just to set the stage. Now, what’s likely to happen by, say, 2030, driven by technology? We’ll look ahead at autos, airplanes, railroads, space travel, healthcare, education, climate and environment, energy generation, more. Will this be “Future Perfect”?
Location: ZOOM Only
Instructor: Douglas W. Stowell, University of South Carolina
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)
Growing Fruit Trees & Preventing Problems • ZOOM ONLY (#3399)

* Tuesdays and Thursday: September 8, 13, 15; 5:00 – 6:30 p.m.*

The class will cover the basics of growing fruit trees for the amateur grower or small farm, especially preventing problems with trees. We will cover apple trees, pears, cherries, plums, apricots and peaches. We will discuss site selection, soils, planning, rootstocks, selecting hardy trees (best varieties), fencing, animal protection (deer, etc.), maintenance, diseases, pests, picking, storage, saving money.

**Location:** ZOOM Only

**Instructor:** Robb McCracken, MS, Master Tree Nurseryman. Retired County Extension Agent; experience growing fruit for over 50 years.

**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Hot Topics (#3827)

* Mondays: September 26, October 31, November 28; 10:30 a.m. - Noon*

Events are moving very quickly in our modern world. Some move so quickly we can’t even calendar them for the following semester, but need to address them as they unfold. Just in case this semester will see some strange and exciting events, we are leaving time open to discuss those topics hot off the press. Suitable instructors will be invited as events evolve.

**Location:** Liberty Hall lecture room and Zoom

**Instructors:** Various

**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Humanitarian Service in Southeast Asia (#3404)

* Wednesday: November 2; 2:00 – 3:30 p.m.*

Giving back always seems to yield rewards that trump the challenges of humanitarian endeavors. This lecture is about the logistics, culture, travel, the people, and the benefits of medical and dental humanitarian trips to 3rd world countries. Dr. Bryce has served and organized dental service trips to Belize, Peru, Jamaica, and Thailand, with trips planned to Cambodia and the Philippines.

**Location:** Liberty Hall lecture room and Zoom

**Instructors:** Dr. Bryce Larsen, DMD, Larsen Dental & Implant Care, and Founder of Thai Smiles

**Facilitator:** Luann Claussen (636-448-1063, clauslu@gmail.com)

Idaho Commission on Aging (ICOA)/ Area on Aging Overview (#3405)

* Thursday: December 1; 1:00 – 2:30 p.m.*

Come join us to understand what services are available for the aging in Idaho. Our main goal is to keep people in their own homes. There are so many services available for the aging population that many of us are not aware of. Hopefully, after this class you will be aware of many of the resources available to the Idaho aging population.

**Location:** Liberty Hall lecture room and Zoom

**Instructor:** Deb Reiland RN, MS

**Facilitator:** Kathy Reynolds (208-680-5537, kathyr1269@gmail.com)

Inflation and Recession (#3406)

* Thursday: September 29; 1:00 – 2:30 p.m.*

What causes inflation and recessions? What are the remedies for either inflation or a recession? What are the prospects for the future? How can we protect ourselves during these times of inflation or recessions? Joel will help us to understand what is happening during these two phases in our economy.

**Location:** Liberty Hall lecture room

**Instructor:** Joel Phillips, Vice President of Operations, Sanctuary Wealth Management

**Facilitator:** Jim Manning (208-233-9425, djamesmanning@aol.com)

Italian Mountains, Marble, and Roads (#3410) Thursday: October 20; 10:30 a.m. - Noon

The Apennine Mountains form the spine of Italy. The highest peak is Corno Grande (Great Horn), which rises to 9,554 feet, only 25 miles from the Adriatic Sea. Many of the Apennines are the source of the world’s best marble. With such high, (continues...)
steep mountains, many of the roads are curving and treacherous. As a result, the 73-mile road from Bologna to Florence was rebuilt in 2019, and passes through 44 tunnels and over more than 40 viaducts and bridges.

**Location:** Liberty Hall lecture room and Zoom
**Instructor:** Trent Stephens
**Facilitator:** Kathleen Stephens (208-244-2732, kathleenrstephens@gmail.com)

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**Let’s Talk Turkey** (#3417)
*Thursday: September 29; 10:30 a.m. – Noon*

The history, biology, life cycle, and habitat of the wild turkey in Idaho and the west. Will also include a sampling of wild turkey soup.

**Location:** Liberty Hall lecture room and Zoom
**Instructor:** Joe Foster
**Facilitator:** Bill Kessler (909-374-1465, chevynomad55@gmail.com)

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**Making Your Own Essential Oil Blends** (#3420)
*Wednesday: October 26; 3:00 – 4:30 p.m.*

Learn about essential oils and how to use them. Make essential oil blends and recipes for home use.

**Location:** Liberty Hall lecture room and Zoom
**Instructor/Facilitator:** Linda Fairchild (208-251-2586, linda1fairchild@hotmail.com)
**Class Limit:** 30
**Class Fee:** $10

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**Social Security Basics: Know How and When to Claim** (#3434)
*Wednesday: November 9; 2:30 – 4:00 p.m.*

Come and learn the basics of social security including the history of the program, how different benefits are paid, and the future viability of the program. Social Security benefits are a retirement plan staple, however, understanding the complexities of the program can be difficult. This course aims to solve the mystery of Social Security benefits and help prepare individuals to decide when to file for benefits so they can maximize their payout and meet their retirement needs.

**Location:** Liberty Hall lecture room and Zoom
**Instructor:** Connor Dye (208-881-5505, connor@3peaksfinancial.com)
**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

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Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.
Southeast Idaho Council of Governments (SICOG) (#3437)
Friday: October 14; 1:00 – 2:30 p.m.
What is SICOG and how can you become involved as a volunteer?
Location: Liberty Hall lecture room and Zoom
Instructor: Mike Hirschi
Facilitator: Phil Joslin (208-251-1951, phil.r.joslin@gmail.com)

Ultimate Africa (#3439)
Thursday: November 17; 10:30 – Noon
Mary will share the awesome adventure she had when she went on a game viewing tour of the sub-Saharan region of Southern Africa. She visited the countries of Zimbabwe, Zambia and Botswana and visited four different camps, three of which were out in the bush. The tour took Mary and her fellow travelers to Hwange National Park, Kafue National Park, Chobe National Park and the Okavango Delta, and included a visit to Victoria Falls, the largest waterfall in the world and one of the Seven Wonders of the World. Mary will share stories about the animals she saw, the people and the culture, the camps and the lessons learned during this adventure of a lifetime.
Location: Liberty Hall lecture room and Zoom
Instructor: Mary Spinner
Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Aromatherapy and the Brain (#3441)
Wednesday: October 19; 10:30 a.m. - Noon
A brief introduction to the parts of the brain and their functions. We will delve into the benefits of aromatherapy for each part of the brain, both matter and sensory.
Location: Liberty Hall lecture room and Zoom
Instructor: Linda Fairchild
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Dental Implants & Quality of Life (#3050)
Wednesday: October 19; 3:00 – 4:30 p.m.
Lost your teeth but not your appetite? Recent research shows that people who help, restore, or replace their teeth enjoy better health and confidence in their golden years. Come and learn about the benefits of good oral health and dental implants.
Location: Liberty Hall lecture room and Zoom
Instructor: Dr. Bryce Larsen
Facilitator: Luann Claussen (636-448-1063, clausslu@gmail.com)

Guided Meditation: Find Inner Radiance (#3307)
Wednesdays: October 5 – 26; 1:00 – 2:30 p.m.
A guided meditation from the yoga perspective, this ancient meditation has the power to change your life. Learn how to experience jyotishmati, Sanskrit for intrinsic luminosity of our core being. This meditation is easy to learn, accessible to anyone and timely in our challenging life conditions. This powerful meditation can be practiced sitting in a chair. It is especially available to those who would like to meditate but worry about their ability to quiet their mind.
Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Brenda Ehrler, Certified 500-hour Yoga instructor (801-554-9396, bl_ehrler@att.net)
Class Limit: 30
Class Fee: $12.50 for Vishoka Meditation book by Pandit Rajmani Tiguanait, PhD. Pay and receive a book on first day of class.
Medicare Workshop (#3905)
Monday: October 10; 12:30 – 2:00 p.m.
Are you turning 65 soon? Are you on Medicare and want to know the basics of how it works? Come join us to learn about Medicare A & B, Part D Prescription Drug Plans, Part C Advantage Plans, and Medicare Supplemental Insurance as well as Enrollment Periods.
Location: Liberty Hall lecture room and Zoom
Instructor: Helen Mayberry, SHIBA – Medicare Counselor, ID Department of Insurance
Facilitator: Rachel Damewood (208-604-0741, racheldamewood91@gmail.com)

A Mindful Path to Happiness (#3666)
Thursdays: September 8, 15, 22; 10:00 – 11:30 a.m.
Mindfulness is an ancient practice developed to improve mental and physical well-being. This class will focus on simple ways to increase our happiness based on mindfulness practices and current research on resilience, brain function, and wellness.
Location: Portneuf Sangha, 424 W. Lewis, Pocatello & Zoom
Instructors: Dr. Paula Seikel and Dr. Tony Seikel
Facilitator: Barbara Bain (208-232-3415, bainbarb@isu.edu)
Class Limit: 25

The History Lesson in Pocatello's Streets (#3447) Tuesday: November 15; 10:30 – Noon
The original townsite was laid out on a grid parallel to the railroad tracks running through the Portneuf Valley. The confusion and controversy surrounding the naming and renaming of Pocatello streets is in many ways a historical melodrama. Learn the stories of the original streets and how they acquired the names they bear today.
Location: Liberty Hall lecture room and Zoom
Instructor: Arlen Walker
Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.
The Mexican-American War: Who Really Won? (#3450)
Monday: November 7; 10:30 a.m. – Noon
The 1846-48 war between Mexico and the United States influenced developments in North America for years to come and its effects are still prevalent today. Yet, the Mexican-American War does not get the credit it deserves. This presentation will focus on the reasons for that war, including the roles played by Mexico leader Santa Anna and U.S. President James K. Polk. Also covered will be Mexico’s efforts to reclaim Texas after it became a lone star republic in 1836.
Location: Liberty Hall lecture room and Zoom
Instructor: Fowler Charles Humphrey, PhD, Professor Emeritus, ISU
Facilitator: Coke McClure (208-637-9373, mcclure.coke56@gmail.com)

The Neighborhoods of Siena and Florence (#3452)
Monday: October 24; 10:30 a.m. - Noon
When our family visited Siena last March, we walked around the Piazza del Campo, where the Palio di Siena is held twice a year, in July and August. When we were in Florence, we happened to be there on the 25th for their New Year Celebration of the Annunciation, including a grand parade of people from various neighborhoods dressed in Medieval and Renaissance costumes.
Location: Liberty Hall lecture room and Zoom
Instructor: Trent Stephens
Facilitator: Kathleen Stephens (208-244-2732, kathleenstephens@gmail.com)

A Peace Corps Volunteer in India (#3456)
Wednesday: October 5; 10:30 a.m. – Noon
In 1964, the 10th Peace Corps group to go to India, trained in Hawaii on poultry raising, then spent 2 years helping the people of Gujarat, the state where Gandhi was born.
Location: Liberty Hall lecture room and Zoom
Instructor: Lee Hendricks
Facilitator: Mary McGee (208-914-1725, mcgeemh@yahoo.com)

The Pilgrims at 400 (#3458)
Monday: November 21; 10:30 a.m. – Noon
Dr. Craig Nickisch, retired Idaho State University Master Teacher, Outstanding Researcher, and Outstanding Public Service Professor will discuss the Pilgrims, 400 years after their arrival in the New World in 1621—and their “First Thanksgiving.”
Location: Liberty Hall lecture room and Zoom
Instructor: Dr. Craig Nickisch
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Pocatello’s Triangle: A Slice of America or an Exceptional Community? (#3336)
Friday: October 28; 1:00 – 2:30 p.m.
The demand for industrial labor to manage railroad operations brought workers and their families from all around the world to Pocatello through the first half of the 20th century. Most of them settled in a neighborhood just east of the rail yards, now known as “the Triangle.” They created a vibrant, diverse community that helped to make Pocatello distinct, and their families continue to shape local stories. This presentation examines who came, when and why, and the obstacles and opportunities they faced in their unique role in Idaho and their place in the larger national story.
Location: Liberty Hall lecture room and Zoom
Instructor: Kevin Marsh, ISU Professor of History and co-author of the book The Triangle: A Slice of America.
Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Presidents and Presidential Candidates in Pocatello (#3462)
Tuesday: October 18; 10:30 a.m. – Noon
In 1889, shortly after Pocatello became the only city in the nation created by an act of Congress, President Benjamin Harrison, who signed that act, was the first U.S. President to visit the new townsite. Since that time, several presidents and presidential candidates have come to Pocatello on (continues...)
(continued: Presidents and Presidential...) official visits or campaign stops. Learn who they were, when they came, what they did, and how they were received by the citizens of their times.

Location: Liberty Hall lecture room and Zoom
Instructor: Arlen Walker
Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Reminisce with Steve Hayes about ISU Athletics and NBA Experience (#3252)
Tuesday: September 20; 10:30 a.m. – Noon

Reminisce with ISU basketball star, Steve Hayes, about ISU athletics and his NBA experiences.
Location: Liberty Hall lecture room and Zoom
Instructor: Brad Bugger
Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

The Colosseum (#3463)
Wednesday: September 28; 10:30 a.m. - Noon

The Colosseum, the largest ancient amphitheater ever built, was constructed between 72 and 80 AD. The heyday of the Colosseum ended in 404 A.D., although condemned criminals were still forced to fight wild animals for another century. And the Colosseum is still standing. What was its history for the past 1500 years?
Location: Liberty Hall lecture room and Zoom
Instructor: Trent Stephens
Facilitator: Kathleen Stephens (208-244-2732, kathleenstephens@gmail.com)

Swords or Pistols: A Brief History of the Duel (#3466)
Monday: October 10; 10:30 a.m. – Noon

A brief history of the duel, with a focus on dueling in America.
Location: Liberty Hall lecture room and Zoom
Instructor: Mike Doellman
Facilitator: Geoff Hogander (208-232-3437, ghogande@yahoo.com)

UN Bonn Accords for Afghanistan (#3470)
Thursday: November 3; 1:00 – 2:30 p.m.

After 9/11 and the US defeat of the Taliban who were providing safe haven for terrorists Bin Laden and Al Qaeda, the United Nations charted a road map to stability and peace in Afghanistan. Many internationals and Afghans joined the effort despite danger and cross-cultural challenges.
Location: Liberty Hall lecture room and Zoom
Instructor: Lee Hendricks
Facilitator: Trent Stephens (208-240-4994, stephentrent7@gmail.com)

Vietnam: Always on My Mind (#3471)
Wednesday: November 30; 10:30 a.m. - Noon

Fowler Charles Humphrey, Lt. Colonel, US Army (Ret) served in the Vietnam War in 1965-’66. Photographs will be used to tell about his experiences as a 22-year old lieutenant while commanding a 35-man Army combat engineer platoon in the First Infantry Division, including his being wounded while overseeing the laying of a minefield.
Location: Liberty Hall lecture room and Zoom
Instructor: Fowler Charles (Chuck) Humphrey, PhD; Professor Emeritus, Idaho State University
Facilitator: Coke McClure (208-637-9373, mcclure.coke56@gmail.com)

Astronomy 10: New Discoveries (#3472)
Monday: September 19; 1:00 – 2:30 p.m.

NASA has been busy. We’ll look at some of the more notable discoveries from NASA’s ongoing and recent missions including initial findings from the James Webb Space Telescope, the Parker Solar Probe, Even Horizon Telescope and more, as well as upcoming and proposed missions.
Location: Liberty Hall lecture room and Zoom
Instructors: Jim Mariani
Facilitator: Jim Manning (208-233-9425, djamesmanning@aol.com)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.
Binocular Stargazing (#3782)
**Monday: September 19; 10:30 a.m. - Noon**

Did you have a telescope as a child? Remember seeing the moon, Jupiter and its moons, the Orion Nebula, and the Pleiades? Even in light polluted Pocatello you can see those with a good pair of binoculars. You will also discover the Coat-hanger, Delphinus the dolphin, the Andromeda galaxy, and a double star in the handle of the Big Dipper. With your binoculars, websites showing the sights of the week, and a sky map, the universe will be yours!

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Brian Kauffmann  
**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Cutting the Cable Cord (#3083)
**Monday: September 12; 10:30 a.m. – Noon**

Is cable TV getting too expensive? Has satellite TV dropped your favorite channel because of a contract dispute? Have you almost forgotten about broadcast TV and rabbit ear antennas? Let’s talk about your options for broadcast TV, replacing your cable or satellite service with a live streaming service, or just using streaming apps on your TV. We’ll talk about your available options, their cost (some are free!), and what channels or features you might gain or lose.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Brian Kauffmann  
**Facilitator:** Pam Landon (208-221-3303, plandon1955@gmail.com)

Discover our Local Trails: City Creek and Beyond (#3473)
**Wednesday: October 26; 10:30 – Noon**

There are hundreds of miles of trails within a 30-minute drive or so of Pocatello. We’ll look at a number of them focusing on access, difficulty levels, usage, conditions, flora and more. If you want to expand your knowledge of the local trail systems, this class is for you. (Class is not a hike!)

**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Jim Mariani (208-851-1842, jsm22553@yahoo.com)

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**TRAVEL & FIELD TRIPS**

**NOTES:**
- Fees for trips must be received thirty (30) days prior to scheduled departure date.
- Trip payment, unless otherwise stated, includes all expenses—bus, meals, gratuities, admissions, hotels.
- Your reservation for the trip will be taken in order of payment, not registration.
- If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it.
- Fees are nonrefundable within the 30-day period prior to departure except for medical reasons. If you cancel for medical reasons, we will refund any monies that are not dedicated funds. Dedicated funds include bus costs and any nonrefundable deposits NKA has spent on the trip.
- Costs for overnight trips are based on double occupancy. For a single, add $50 per night to the fee.
- Make checks payable to NKA.

**Dinner and Musical Theater – The Little Mermaid (#3474)**
**Saturday: December 17; Check in Noon – Depart 12:30 p.m.**

Journey by coach to Sandy, Utah to the Hale Centre Theatre to experience Disney’s timeless tale and HCT’s extraordinary staging of the *The Little Mermaid*. Travel with Ariel under the sea as she defies her father and leaves to be part of the world above as she searches for her prince. Experience the Beloved songs of Under the Sea, Part of Your World, Kiss the Girl, and others. Swim in an ocean of wonder with Sebastian and his colorful cohorts. Relish the music of eight-time Academy Award winner, Alan Menken, and Ashman, Slater and Wright. This treasured fable will capture your heart. When the curtain closes, travel about 5 miles to the Fratelli Ristorante to enjoy dinner with your fellow travelers. After dinner, board our bus for the return trip to arrive in Pocatello approximately 10:30 p.m.

**Departure Location:** Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello. Parking is available on site. There are restrooms inside the terminal.

(continues...)
(continued: The Little Mermaid)

**Facilitators:** Linda Ellis (208-221-8009), Sue Miller (208-993-1133) & Lu Cooper (208-221-2007)

**Class Limit:** Minimum for travel – 40, Maximum – 50

**Class Fee:** $135 Includes bus fee, bus driver tip, snacks and water, theatre tickets, dinner and gratuity.

**How and When to Pay:** Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to November 17, 2022.

**Fall Harvest Festival – Logan, Utah**

(#3475) **Friday: October 14; Check in 7:30 a.m. – Depart 8:00 a.m.**

Remember how much fun it was to go to Grandpa & Grandma’s house and watch swathing hay with horses, milking cows by hand, churning butter, making bread, and shearing sheep? You can relive these old fond memories all over again with much, much more at the American West Heritage Center’s Fall Harvest Festival. There are repeated demonstrations all day and tours of this working farm and Visitor’s Center. Tours are also available through their Bison herd for $3. There will be a stop at Smithfield Implement on the way to Logan, lunch at Chuckarama on arrival, and a fall color drive through Logan Canyon on the return trip.

**Departure Location:** Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello. Parking is available on site. There are restrooms inside the terminal.

**Facilitator:** Kathryn Snyder (208-589-7853, kathryns865@gmail.com)

**Class Limit:** 52

**Class Fee:** $56 (pays for bus, bus driver tip, lunch & tip, entry fee, snacks and water en-route)

**How and When to Pay:** Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201, no later than September 14, 2022.

**Historic Tour of Lava Hot Springs**

(#3477) **Friday: September 16; 1:00 – 3:00 p.m.**

Conducted tour of Southern Bannock County Museum. Followed by a driving visit to the Lava Cemetery (grave of The Virginian) and overlook the homesites of Bob Dempsey and Charley Potter.

**Location:** Meet at Southern Bannock County Museum, 110 E. Main Street, Lava Hot Springs, ID.

**Instructor:** Lee Hendricks

**Facilitator:** Bruce Potter (208-390-0407, potterbvp@dcdi.net)

**Class Limit:** 30

**Class Fee:** $2 entry fee at Southern Bannock County Museum; free for veterans and active-duty military.

**Idaho County Rock Walk at ISU**

(#3479) **Saturday: September 10; 9:30 a.m. – Noon**

Paul Link, retired professor of Geology will lead a tour of the Geology of Idaho using the ISU Rock Walk on the ISU campus. We will meet at the north side of the ISU Administration building and walk much of the Rock Walk on Campus. This will be a walking tour of about 1.5 miles.

**Location:** Meet on the north side of the ISU Administration Building at appointed time. Parking in ISU lots is FREE on weekends.

**Instructor:** Paul Link, Professor Emeritus, ISU Geology

**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)

**Museum of Clean**

(#3481) **Wednesday: September 21; 1:30 p.m.**

Have you seen the dog-powered washing machine or the vacuum cleaner shoes? If not, it’s time for you to stop in at the Museum of Clean to see those amazing inventions or any other numerous housecleaning devices to make cleaning “easier”. There is even an Art Gallery. Take as much time as you would like to explore and discover how we came to enjoy our modern-day conveniences.

**Location:** Museum of Clean, 275 S. 2nd Ave., Pocatello

**Instructor:** Self-Guided Tour

**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)

**Class Fee:** $4 per person
WRITING & LITERATURE

Book Group and a Glass... (#3372)
*Thursdays: October 6, November 3, December 1; 3:00 – 4:30 p.m.*

Allyson will be our hostess as we enjoy a glass of wine or other beverage with an appetizer prepared by Jason, while we discuss the book of the month in small groups. Titles and authors selected for the fall semester are:

- **October 6** — *West with Giraffes* by Lynda Rutledge
- **November 3** — *Blue Heaven* by C.J. Box
- **December 1** — *Empire of the Summer Moon* by S.C. Gwynne

**Location:** Café Tuscano, 2231 E. Center Street  
**Facilitators:** Ann Smith (208-251-5812) and Sharon Manning (208-233-9425)

**Class Limit:** 36  
**Class Fee:** $15 per session, which pays for beverage, appetizer, and gratuity. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204 by **September 23, 2022**.

Critical Writing I (#3408)
*Wednesday: October 12; 10:30 a.m. – Noon*

Tips for writing letters to the editor, opinion pieces, position letters to elected officials, and letters to businesses with the help of Better Business Bureau guidelines.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Lee Hendricks

**Class Limit:** 14

Critical Writing II: Readout (#3409)
*Friday: October 14; 10:30 a.m. – Noon*

Writers will read out opinion pieces or letters following the writing tips of Critical Writing I.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Lee Hendricks  
**Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)

Low Impact Creative Writing (#3136)
*Mondays: September 26 – December 12; 2:00 – 4:00 p.m.*

Like low-impact aerobics, our objective is to enjoy the activity without stress. We write for our own pleasure. We will write for an hour on a story prompt, suggested topic, or about anything we want. For the second hour, those who choose to will read part, or all of their writing. Only positive feedback is given. Our supportive environment helps everyone become a better writer. The best way to learn to write well is to write!

**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Stephanie Gill (208-234-4184, sgillforterra@gmail.com)

**Class Limit:** 14