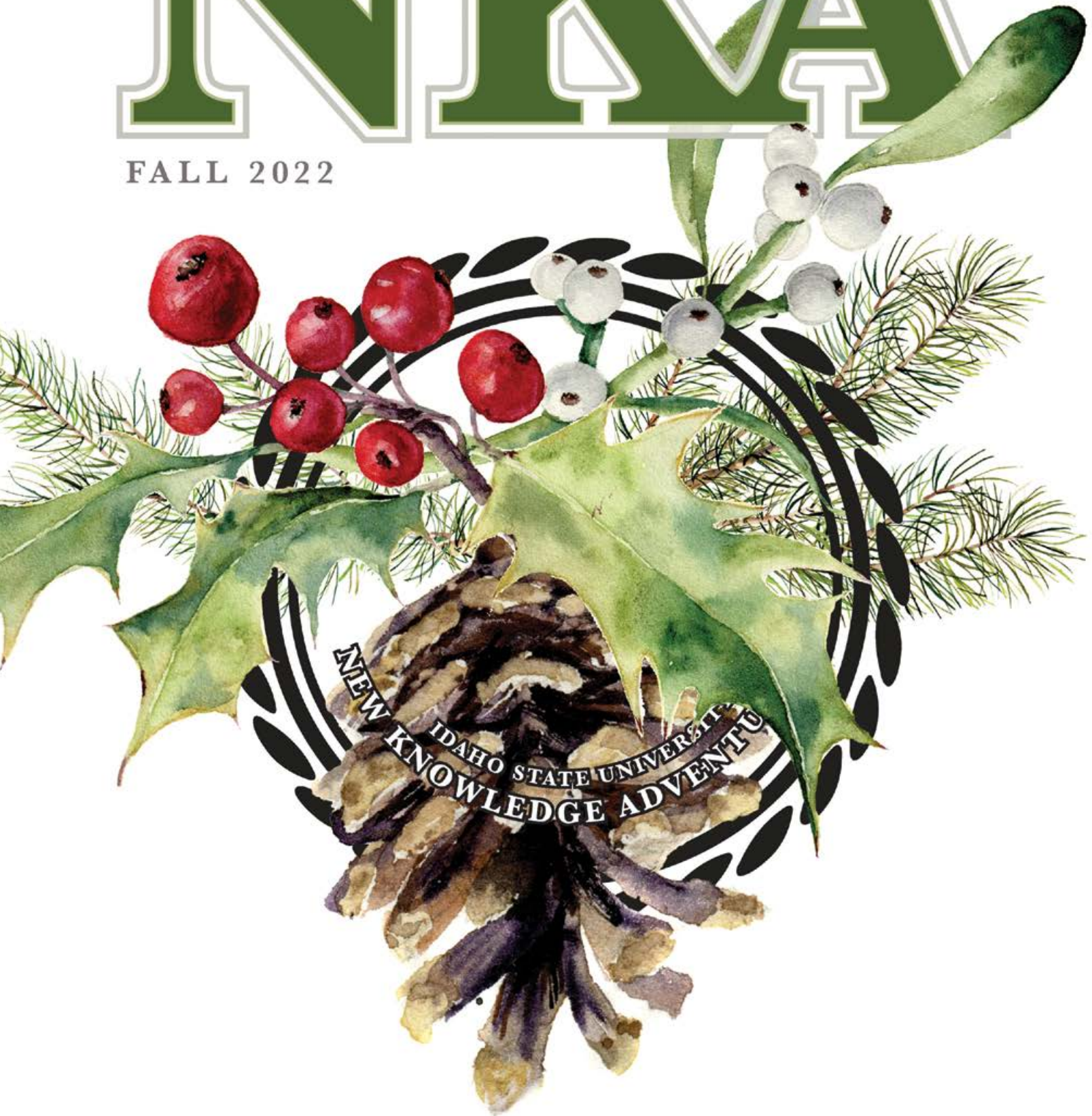


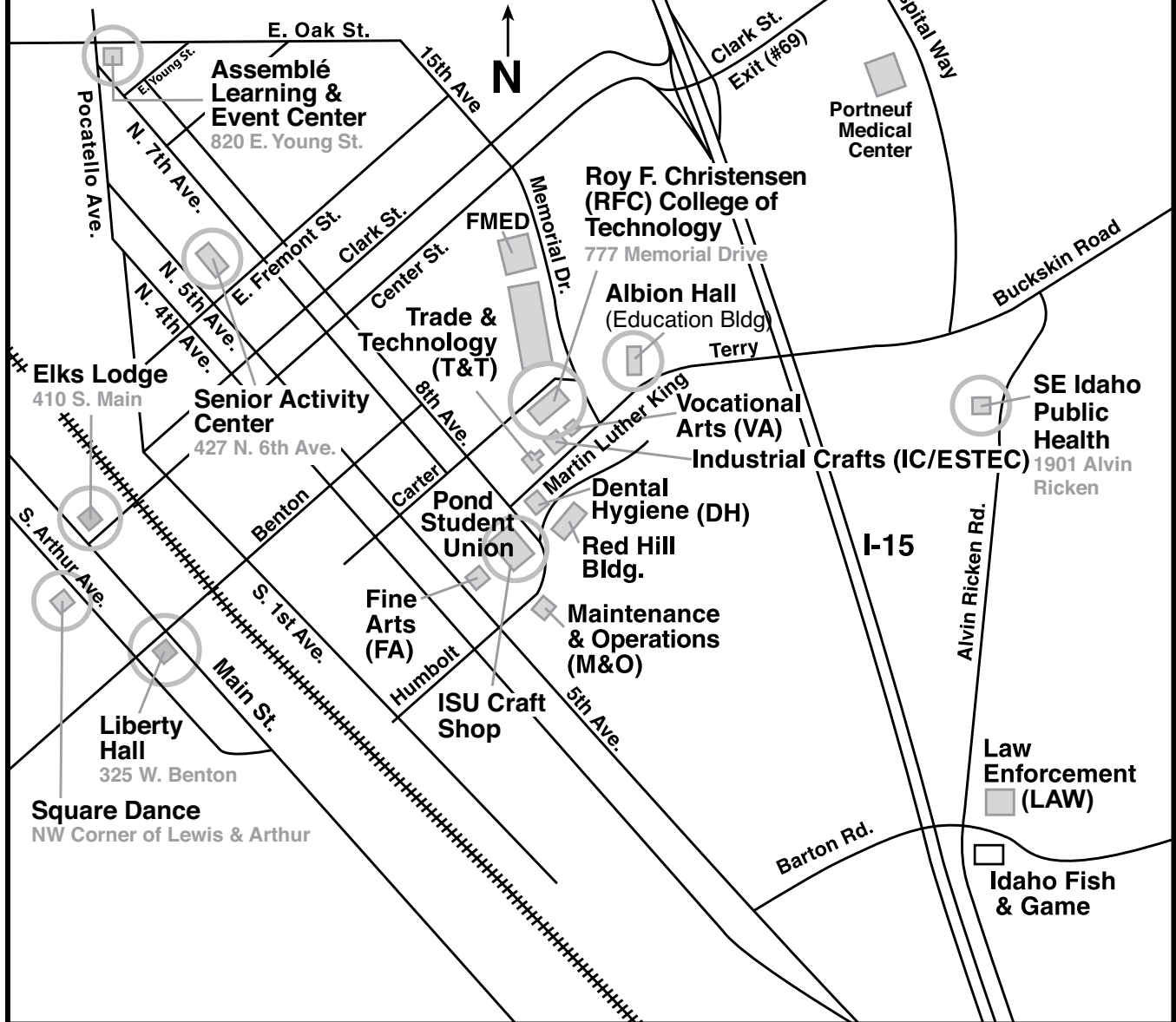
NEW KNOWLEDGE ADVENTURES

NKA

FALL 2022



NEW KNOWLEDGE ADVENTURES



NOTES

Welcome to New Knowledge Adventures

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

**Donations may be sent to:*

United Seniors Project, Inc.

P.O. Box 4378

Pocatello, Idaho 83205

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

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, Assemblée, 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.

Table of Contents

FALL 2022

CLASSES LISTED ALPHABETICALLY BY TOPIC

ART, MUSIC, & THEATRE

Preview to the Symphony.....	1
Reader's Theater Melodrama.....	1
The Spitfire Grill Play Preview	1

CRAFTS & HOBBIES

Beginning I Crochet.....	1
Beginning II Crochet	1
Beginning Knitting.....	2
Creative Cards for Christmas.....	2
Creative Cards for Halloween & Birthday.....	2
Crochet/Knitting Service Group.....	2
Introduction to Quilling.....	2
Letterpress Finale	2
Macrame.....	3
Origami Animals.....	3
Origami for Beginners.....	3
Origami Simple Kusudamas.....	3
Origami Trip to Bethlehem.....	3
Ragnor, the Woodland Gnome.....	4
Seasonal Frame for Halloween	4
Woodcarving, Advanced.....	4
Woodcarving, Beginning.....	4

FITNESS & MOTION

Fit & Fall Proof™.....	5
Latin Line Dance I.....	5
Latin Line Dance II.....	5
Line Dancing: Beginning 1.....	5
Lane Dancing: Beginning 2.....	5
Line Dancing: Intermediate.....	6
Line Dancing: "Oldies but Goodies".	6
Line Dancing: "Step it Up"	6
Qigong.....	6
Square Dance.....	6
T'ai Chi Chih, Breathing, Stretching & More (Part 3).....	7

T'ai Chi Chih, Advanced.....	7
T'ai Chi Chih, Beginner.....	7
Why Therapeutic Exercise Works & Why it Doesn't!.....	7
Zumba Gold.....	7

FOOD & BEVERAGE

Wine Pairing at PV's Uncorked	8
Wine Pairing at the Yellowstone.....	8
Wine Tasting at Café Tuscano	8

GAMES

Let's Play Bridge!.....	8
Lunch & Games.....	8
Mahjong.....	9
Team Trivia	9

GENERAL INTEREST

Bannock Civitan: Builders of Good Citizenship	9
Basics of Photography	9
CASA (Court Appointed Special Advocates for Children).....	9
Constitutional Law.....	10
Democratic VS Authoritarian Leadership: (It will not be about our former president)	10
Environmental Change, Plastics, Pandemics and Politics.....	10
Essential Emergency Awareness	10
Everything You Need to Know to Keep Potatoes Healthy.....	10
Future Perfect	10
Growing Fruit Trees & Preventing Problems.....	11
Hot Topics	11
Humanitarian Service in Southeast Asia	11
Idaho Commission on Aging (ICOA)/ Area on Aging Overview	11

Inflation and Recession.....	11
Italian Mountains, Marble, and Roads.....	11
Let's Talk Turkey.....	12
Making your Own Essential Oil Blends.....	12
Oprah Winfrey's Belief Series.....	12
Publishing with Amazon.....	12
Social Security Basics: Know How and When to Claim	12
Southeast Idaho Council of Governments (SICOG).....	13
Ultimate Africa.....	13

HEALTH & WELLNESS

Ancient Medicine for Modern Lives	13
Aromatherapy and the Brain.....	13
Dental Implants & Quality of Life.	13
Guided Meditation: Find Inner Radiance	13
Medicare Workshop.....	14
A Mindful Path to Happiness.....	14

HISTORY

America's First Veterans.....	14
Genealogy	14
The History Lesson in Pocatello's Streets.....	14
The Italian Campaign of WWII.....	14
The Mexican-American War: Who Really Won?	15
The Neighborhoods of Siena and Florence	15
A Peace Corps Volunteer in India..	15
The Pilgrims at 400	15
Pocatello's Triangle: A Slice of America or an Exceptional Community?	15

<i>Pompeii</i>	12
<i>Presidents and Presidential Candidates in Pocatello</i>	15
<i>Reminisce with Steve Hayes about ISU Athletics and NBA Experience</i>	16
<i>The Roman Colosseum</i>	16
<i>Swords or Pistols: A Brief History of the Duel</i>	16
<i>UN Bonn Accords for Afghanistan</i>	16
<i>Vietnam: Always on My Mind</i>	16

NATURE, SCIENCE, & TECHNOLOGY

<i>Astronomy 10: New Discoveries</i>	16
<i>Binocular Stargazing</i>	17
<i>Cutting the Cable Cord</i>	17
<i>Discover our Local Trails: City Creek and Beyond</i>	17

TRAVEL & FIELD TRIPS

<i>Dinner and Musical Theater—The Little Mermaid</i>	17
--	----

<i>Fall Harvest Festival—Logan, UT</i>	18
<i>Historic Tour of Lava Hot Springs</i>	18
<i>Idaho County Rock Walk at ISU</i>	18
<i>Museum of Clean</i>	18

WRITING & LITERATURE

<i>Book Group and a Glass</i>	19
<i>Critical Writing I</i>	19
<i>Critical Writing II: Readout</i>	19
<i>Low Impact Creative Writing</i>	19

CLASSES LISTED ALPHABETICALLY BY CALENDAR TITLE

A

<i>Ancient Medicine for Modern Lives: Explaining Acupuncture</i>	13
<i>Aromatherapy and the Brain</i>	13
<i>Astronomy 10: New Discoveries</i> ...	16

B

<i>Bannock Civitan—Builders of Good Citizenship</i>	9
<i>Beginning I Crochet</i>	1
<i>Beginning II Crochet</i>	1
<i>Beginning Knitting</i>	2
<i>Book Group and a Glass</i>	19

C

<i>Cable: Cutting the Cable Cord</i>	17
<i>CASA: (Court Appointed Special Advocates for Children)</i>	9
<i>Christmas Cards: Creative Cards for Christmas</i>	2
<i>Colosseum: The Roman Colosseum</i>	16
<i>Creative Writing: Low Impact Creative Writing</i>	19
<i>Critical Writing I</i>	19
<i>Critical Writing II: Readout</i>	19
<i>Crochet/Knitting Service Group</i>	2

D

<i>Dem VS Auth: Democratic VS Authoritarian Leadership</i>	10
<i>Dental Implants & Quality of Life</i>	13

E

<i>Essential Oils: Making Your Own Essential Oil Blends</i>	12
<i>Environmental Change, Plastics, Pandemics and Politics</i>	10
<i>Emergency: Essential Emergency Awareness</i>	10

F

<i>Fit and Fall Proof™</i>	5
<i>Fruit Trees: Growing Fruit Trees & Preventing Problems</i>	11
<i>Future: Future Perfect</i>	10

G

<i>Genealogy</i>	14
<i>Gnome: Ragnor, the Woodland Gnome</i>	4
<i>Guided Meditation: Find Inner Radiance</i>	13

H

<i>Halloween Cards: Creative Cards for Halloween & Birthday</i>	2
<i>Halloween Frame: Seasonal Frame for Halloween</i>	4
<i>Harvest Festival: Fall Harvest Festival—Logan, Utah</i>	18
<i>Hot Topics</i>	11
<i>Humanitarian Service in Southeast Asia</i>	11

I

<i>ICOA: Idaho Commission on Aging (ICOA)/Area on Aging Overview</i>	11
<i>Inflation and Recession</i>	11
<i>The Italian Campaign of WWII</i>	14
<i>Italian Mountains, Marble, and Roads</i>	11
<i>ISU Athletics: Reminisce with Steve Hayes about ISU Athletics and NBA Experiences</i>	16

K

<i>Kusudamas: Origami Simple Kusudamas</i>	3
--	---

L

Latin Line Dance I	5
Latin Line Dance II	5
Lava Hot Springs: Historic Tour of Lava Hot Springs	18
Law: Constitutional Law	10
Let's Play Bridge!	8
Let's Talk Turkey	12
Letterpress Finale	2
Line Dancing: Beginning 1	5
Line Dancing: Beginning 2	5
Line Dancing: Intermediate	6
Line Dancing: "Oldies but Goodies"	6
Line Dancing: "Step it Up"	6
Little Mermaid: Dinner & Musical Theater – The Little Mermaid.....	17
Local Trails: Discover our Local Trails: City Creek and Beyond.....	17
Lunch & Games	8

M

Macrame	3
Mahjong	9
Medicare Workshop	14
The Mexican-American War: Who Really Won?	15
A Mindful Path to Happiness	14
Museum of Clean	18

O

Oprah: Oprah Winfrey's Belief Series	12
Origami Animals	3
Origami for Beginners	3
Origami Trip to Bethlehem	3

P

Peace Corps: A Peace Corps Volunteer in India.....	15
Photography: Basics of Photography.....	9
Pilgrims: The Pilgrims at 400	15
Pocatello's Streets: The History Lesson in Pocatello's Streets	14
Pocatello's Triangle: A Slice of America or an Exceptional Community?	15
Pompeii	12
Potatoes: Everything You Need to Know to Keep Potatoes Healthy ..	10
Presidential Candidates: Presidents and Presidential Candidates in Pocatello	15
Publishing with Amazon	12
PV's: Wine Pairing at PV's Uncorked.....	8

Q

Qigong	6
Quilling: Introduction to Quilling ...	2

R

Reader's Theater Melodrama	1
Rock Walk: Idaho County Rock Walk at ISU.....	18

S

Siena and Florence: The Neighbor- hoods of Siena and Florence.....	15
SICOG: Southeast Idaho Council of Governments.....	13
Social Security Basics: Know How and When to Claim	12
Spitfire Grill: The Spitfire Grill Play Preview	1
Square Dance	6

Stargazing: Binocular Stargazing	17
Swords or Pistols: A Brief History of the Duel.....	16
Symphony: Preview to the Symphony	1

T

T'ai Chi Chih Advanced	7
T'ai Chi Chih Beginner	7
T'ai Chi Chih Part 3 (Zoom): Breathing, Stretching & More	7
Team Trivia	9
Therapeutic Exercise: Why Therapeutic Exercise Works & Why it Doesn't!	7
Tuscano: Wine Tasting at Café Tuscano.....	8

U

Ultimate Africa	13
UN Bonn Accords for Afghanistan.....	16

V

Veterans: America's First Veterans	14
Vietnam: Always on My Mind	16

W

Woodcarving, Advanced	4
Woodcarving, Beginning	4

Y

Yellowstone Wine: Wine Pairing at the Yellowstone	8
---	---

Z

Zumba Gold®	7
--------------------------	---

Adventures for the Fall of Twenty Twenty-Two

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)

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: Merrell Berrett

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

Class Limit: 10

Class Fee: \$5 for materials

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

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

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

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...*)

(continued: Origami Trip to Bethlehem)

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

Ragnor, 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)*

Just in time for Christmas. Join us in creating an adorable fabric woodland gnome.

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

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

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.

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.kramer1@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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FALL FIELD TRIPS September 10: Idaho County Rock Walk at ISU September 16: Historic Tour of Lava Hot Springs September 21: Museum of Clean			FALL TRAVEL October 14: Fall Harvest Festival December 17: Dinner and Musical Theater – <i>The Little Mermaid</i>			
				1 NKA Board Mtg • 10 am	2	3
				8 Mindful Path • 10-11:30 am Fruit Trees ZOOM • 5-6:30 pm	9 Rock Walk • 9:30-Noon	10
				15 Ln Dnc Step Up • 9:30-11 am Mindful Path • 10-11:30 am Mahjong • 1-3:30 pm Pompeii • 1-2:30 pm Readers Theater • 2:30-4 pm Fruit Trees ZOOM • 5-6:30 pm	16 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Law • 10:30-Noon Lunch&Games Sec 1 • Noon-3 Lava Hot Springs • 1-3:00 pm Symphony • 3-4:00 pm Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	17
				22 Ln Dnc Step Up • 9:30-11 am Mindful Path • 10-11:30 am Photography • 10:30-Noon Mahjong • 1-3:30 pm Publish w/Amazon • 1-2:30 pm Readers Theater • 2:30-4 pm Yellowstone Wine • 5-7:00 pm	23 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	24
				29 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet I • 10-11:30 am Let's Talk Turkey • 10:30-Noon Macrame • 11:30-1:30 pm Inflation • 1-2:30 pm Mahjong • 1-3:30 pm Readers Theater • 2:30-4 pm	30 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	30
				7 Woodcarving, Adv • 9-Noon Fit&Fall Proof • 9:30-10:30 am Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm	14 Woodcarving, Adv • 9-Noon Fit&Fall Proof • 9:30-10:30 am Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm	15
				13 Ln. Dnc. Inter. • 9:30-10:25 am Ln Dnc Oldies • 10:35-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knit Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Fruit Trees ZOOM • 5-6:30 pm	20 Ln. Dnc. Inter. • 9:30-10:25 am ISU Athletics • 10:30-Noon Ln. Dnc. Oldies • 10:35-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knit Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Oprah • 2:30-3:30 pm	21
				27 Adv Tai Chi • 9-10:00 am Ln. Dnc. Inter. • 9:30-10:25 am Beg Crochet I • 10-11:30 am Ln. Dnc. Oldies • 10:35-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knit Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Oprah • 2:30-3:30 pm	28 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Colosseum • 10:30-Noon Beg Origami • 1-3:00 pm Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm Environmental Chg • 7-8:30 pm	29
				26 Tai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Tai Chi (pt 3) Zoom • 10-11 am Zumba • 10-11:00 am Hot Topics • 10:30-Noon Ln. Dnc. Beg. 1 • 1:00-1:55 pm Creative Writing • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	29 Tai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Tai Chi (pt 3) Zoom • 10-11 am Zumba • 10-11:00 am Hot Topics • 10:30-Noon Ln. Dnc. Beg. 1 • 1:00-1:55 pm Creative Writing • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	26
				5 LABOR DAY	6	7
				12 Woodcarving, Adv • 9-Noon Fit & Fall Proof • 9:30-10:30 am Cable • 10:30-Noon Potatoes • 1-2:30 pm Ln. Dnc. Beg. 1 • 1-1:55 pm Ln. Dnc. Beg. 2 • 2:05-3:00 pm	19 Woodcarving, Adv • 9-Noon Fit&Fall Proof • 9:30-10:30 am Stargazing • 10:30-Noon Astronomy 10 • 1-2:30 pm Ln. Dnc. Beg. 1 • 1:00-1:55 pm Ln. Dnc. Beg. 2 • 2:05-3:00 pm	18
				11 Woodcarving, Adv • 9-Noon Fit & Fall Proof • 9:30-10:30 am Cable • 10:30-Noon Potatoes • 1-2:30 pm Ln. Dnc. Beg. 1 • 1-1:55 pm Ln. Dnc. Beg. 2 • 2:05-3:00 pm	12 Woodcarving, Adv • 9-Noon Fit&Fall Proof • 9:30-10:30 am Stargazing • 10:30-Noon Astronomy 10 • 1-2:30 pm Ln. Dnc. Beg. 1 • 1:00-1:55 pm Ln. Dnc. Beg. 2 • 2:05-3:00 pm	11

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am T'ai Chi (pt 3) Zoom • 10-11 am Zumba • 10-11:00 am Ancient Medicine • 10:30-Noon Ln Dnc Beg 1 • 1:00-1:55 pm Creative Writing • 2-4:00 pm Letterpress • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	4 Adv Tai Chi • 9-10:00 am Let's Play Bridge • 9:30 am-Noon Ln Dnc Inter • 9:30-10:25 am Beg Crochet I • 10-11:30 am Ln Dnc Oldies • 10:35-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knitting Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Oprah • 2:30-3:30 pm	5 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Peace Corps • 10:30-Noon Beg Origami • 1-3:00 pm Guided Meditation • 1-2:30 pm Halloween Frame • 1-3:00 pm Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm Environmental Chg • 7-8:30 pm	6 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet I • 10-11:30 am NKA Board Meeting • 10:00 am Macrame • 11:30-1:30 pm Therapeutic Exerc • 10:30-Noon Mahjong • 1-3:30 pm Readers Theater • 2:30-4 pm Book Group • 3-4:30 pm	7 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Emergency • 1-2:30 pm Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	1
9	10 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am T'ai Chi (pt 3) Zoom • 10-11 am Zumba • 10-11:00 am Swords or Pistols • 10:30-Noon Medicare • 12:30-2 pm Ln Dnc Beg 1 • 1:00-1:55 pm Creative Writing • 2-4:00 pm Letterpress • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	11 Adv Tai Chi • 9-10:00 am Ln Dnc Inter • 9:30-10:25 am Let's Play Bridge • 9:30 am-Noon Beg Crochet I • 10-11:30 am Ln Dnc Oldies • 10:35-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knitting Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Oprah • 2:30-3:30 pm	12 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Critical Writing I • 10:30-Noon Beg Origami • 1-3:00 pm Guided Meditation • 1-2:30 pm Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm	13 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet I • 10-11:30 am Italian Campaign • 10:30-Noon Macrame • 11:30-1:30 pm Mahjong • 1-3:30 pm Quilling • 1-3:00 pm Readers Theater • 2:30-4 pm	14 Harvest Festival (TRAVEL)— Check in: 7:30 am Depart: 8:00 am Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Critical Writing II • 10:30-Noon SICOG • 1-2:30 pm Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	15
16	17 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am T'ai Chi (pt 3) Zoom • 10-11 am Zumba • 10-11:00 am Bannock Civilian • 10:30-Noon Ln Dnc Beg 1 • 1:00-1:55 pm Creative Writing • 2-4:00 pm Letterpress • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	18 Adv Tai Chi • 9-10:00 am Let's Play Bridge • 9:30-Noon Ln Dnc Inter • 9:30-10:25 am Beg Crochet I • 10-11:30 am Pres. Candidates • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knitting Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Oprah • 2:30-3:30 pm	19 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Aromatherapy • 10:30-Noon Kusudamas • 1-3:00 pm Guided Meditation • 1-2:30 pm Latin Line I • 2-3:00 pm Dental Implants • 3-4:30 pm Latin Line II • 3-4:00 pm	20 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet I • 10-11:30 am Italian Mtns • 10:30-Noon Macrame • 11:30-1:30 pm Dem VS Auth • 1-2:30 pm Mahjong • 1-3:30 pm Readers Theater • 2:30-4 pm	21 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Lunch&Games Sec 2 • Noon-3 Symphony • 3-4:00 pm Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	22
23	24 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am T'ai Chi (pt 3) Zoom • 10-11 am Zumba • 10-11:00 am Siena & Florence • 10:30-Noon Ln Dnc Beg 1 • 1:00-1:55 pm Creative Writing • 2-4:00 pm Letterpress • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	25 Adv Tai Chi • 9-10:00 am Let's Play Bridge • 9:30 am-Noon Ln Dnc Inter • 9:30-10:25 am Beg Crochet I • 10-11:30 am Ln Dnc Oldies • 10:35-11:30 am Beg Knitting • 1-3:00 pm Crochet/Knitting Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Oprah • 2:30-3:30 pm	26 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Local Trails • 10:30-Noon Guided Meditation • 1-2:30 pm Kusudamas • 1-3:00 pm Latin Line I • 2-3:00 pm Essential Oils • 3-4:30 pm Latin Line II • 3-4:00 pm PV's Uncorked • 6-8:00 pm	27 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet I • 10-11:30 am Mahjong • 1-3:30 pm Readers Theater • 2:30-4 pm	28 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Pocatello Triangle • 1-2:30 pm Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	29
30	31 T'ai Chi Beg • 8:30-9:30 am Fit&Fall Proof • 9:30-10:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Zumba • 10-11:00 am Hot Topics • 10:30-Noon Ln Dnc Beg 1 • 1:00-1:55 pm Ln Dnc Beg 2 • 2:05-3:00 pm Creative Writing • 2-4:00 pm					

NKA 2022 MEMBERSHIP AND REGISTRATION FORM☐ New Member ☐ Previous Member**PLEASE:** • PRINT NEATLY

• SIGN BELOW

• COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mailPreferred 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 or you can check: cetrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.

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)

CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- ☐ 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)
☐ Ragnor the Woodland Gnome (#3170)
 SECTION: ☐ 1 ☐ 2
☐ 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)
 SECTION: ☐ 1 ☐ 2
☐ 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)
 SECTION: ☐ 1 ☐ 2

GAMES

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- ☐ Let's Play Bridge! (#3194)
☐ Lunch and Games (#3126)
 SECTION: ☐ 1 ☐ 2 ☐ 3 ☐ 4
☐ Mahjong (#3125)
☐ | ☐ Team Trivia (#3014)

GENERAL INTEREST

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Bannock Civitan – Builders of Good Citizenship (#3383)
☐ | ☐ Basics of Photography (#3384)
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☐ | ☐ 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 (#3488)
☐ | ☐ The Mexican-American War (#3450)
☐ | ☐ Neighborhoods Siena and Florence (#3452)
☐ | ☐ A Peace Corps Volunteer in India (#3456)
☐ | ☐ The Pilgrims at 400 (#3458)
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☐ | ☐ 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 (#3394)

TRAVEL & FIELD TRIPS

- ☐ Dinner and Theater – *The Little Mermaid* (#3474)
☐ Fall Harvest Festival – Logan, Utah (#3475)
☐ Historic Tour of Lava Hot Springs (#3477)
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☐ Museum of Clean (#3481)

WRITING & LITERATURE

- ☐ Book Group and a Glass (#3372)
☐ | ☐ Critical Writing I (#3408)
☐ | ☐ Critical Writing II: Readout (#3409)
☐ | ☐ Low Impact Creative Writing (#3136)

NKA 2022 MEMBERSHIP AND REGISTRATION FORM☐ New Member ☐ Previous Member**PLEASE:** • PRINT NEATLY

• SIGN BELOW

• COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mailPreferred 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:** cettrain.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 or you can check: cetrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.

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)

CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- ☐ 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)
☐ Ragnor the Woodland Gnome (#3170)
 SECTION: ☐ 1 ☐ 2
☐ 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)
 SECTION: ☐ 1 ☐ 2
☐ 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)
 SECTION: ☐ 1 ☐ 2

GAMES

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- ☐ Let's Play Bridge! (#3194)
☐ Lunch and Games (#3126)
 SECTION: ☐ 1 ☐ 2 ☐ 3 ☐ 4
☐ Mahjong (#3125)
☐ | ☐ Team Trivia (#3014)

GENERAL INTEREST

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Bannock Civitan – Builders of Good Citizenship (#3383)
☐ | ☐ Basics of Photography (#3384)
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☐ | ☐ Low Impact Creative Writing (#3136)

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Adv Tai Chi • 9-10:00 am Let's Play Bridge • 9:30-Noon Ln Dnc Inter • 9:30-10:25 am Beg Crochet I • 10-11:30 am Beg Knitting • 1-3:00 pm Ln Dnc Oldies • 10:35-11:30 am Crochet/Knitting Svc • 1-2:00 pm Team Trivia • 1-2:00 pm	2 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Origami Animals • 1-3:00 pm Humanitarian Svc • 2-3:30 pm Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm	3 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet I • 10-11:30 am NKA Board Meeting • 10:00 am CASA • 10:30-Noon Mahjong • 1-3:30 pm UN Bonn Accords • 1-2:30 pm Readers Theater • 2:30-4 pm Book Group • 3-4:30 pm	4 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Future ZOOM • 10:30 am Square Dance: Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	5
6	7 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Zumba • 10-11:00 am Mex-Amer. War • 10:30-Noon Ln Dnc Beg 1 • 1-1:55 pm Creative Writing • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	8 Adv Tai Chi • 9-10:00 am Let's Play Bridge • 9:30 am-Noon Ln Dnc Inter • 9:30-10:25 am Beg Crochet II • 10-11:30 am Beg Knitting • 1-3:00 pm Ln Dnc Oldies • 10:35-11:30 am Crochet/Knitting Svc • 1-2:00 pm Team Trivia • 1-2:00 pm	9 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Christmas Cards • 1-3:00 pm Origami Animals • 1-3:00 pm Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm Social Security • 2:30-4:00 pm	10 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet II • 10-11:30 am Mahjong • 1-3:30 pm Readers Theater • 2:30-4 pm	11 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Veterans • 10:30-Noon Lunch&Games Sec 3 • Noon-3 Spitfire Grill • 5-6:00 pm Square Dance Sec 1 • 6-7:30 pm Sec 2 • 7:30-9:00 pm	12
13	14 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Gnome Sec 1 • 10-11:30 am Zumba • 10-11:00 am Ln Dnc Beg 1 • 1-1:55 pm Creative Writing • 2-4:00 pm Ln Dnc Beg 2 • 2:05-3:00 pm	15 Adv Tai Chi • 9-10:00 am Let's Play Bridge • 9:30 am-Noon Ln Dnc Inter • 9:30-10:25 am Beg Crochet II • 10-11:30 am Beg Knitting • 1-3:00 pm Pocatello Streets • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 am Crochet/Knit Svc • 1-2:00 pm Team Trivia • 1-2:00 pm Tuscano section 1 • 2:00-4:00 pm section 2 • 5:00-7:00 pm	16 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Fit&Fall Proof • 9:30-10:30 am Origami Animals • 1-3:00 pm Latin Line I • 2-3:00 pm Latin Line II • 3-4:00 pm	17 Tai Chi Adv • 9-10:00 am Ln Dnc Step Up • 9:30-11 am Beg Crochet II • 10-11:30 am Ultimate Africa • 10:30-Noon Genealogy • 1-2:30 pm Mahjong • 1-3:30 pm Readers Theater • 2:30-4 pm	18 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Gnome Sec 2 • 10-11:30 am Symphony • 3-4:00 pm	19
20	21 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Pilgrims • 10:30-Noon Creative Writing • 2-4:00 pm	22 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	23 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Origami Animals • 1-3:00 pm	24 THANKSGIVING	25 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon	26
27	28 T'ai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Hot Topics • 10:30-Noon Creative Writing • 2-4 pm	29 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	30 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Vietnam • 10:30-Noon			

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Tai Chi Adv • 9-10:00 am Beg Crochet II • 10-11:30 am NKA Board Meeting • 10:00 am ICOA • 1-2:30 pm Readers Theater • 2:30-4 pm Book Group • 3-4:30 pm	2 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon	3
4	5 Tai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Creative Writing • 2-4 pm	6 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	7 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Origami Bethlehem • 1-3pm	8 Tai Chi Adv • 9-10:00 am Beg Crochet II • 10-11:30 am Readers Theater • 2:30-4 pm	9 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon	10
11	12 Tai Chi Beg • 8:30-9:30 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Creative Writing • 2-4 pm	13 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	14 Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Origami Bethlehem • 1-3 pm	15 Tai Chi Adv • 9-10:00 am Beg Crochet II • 10-11:30 am	16 Qigong • 9-10:00 am Woodcarving, Adv • 9-Noon Woodcarving, Beg • 9-Noon Lunch & Games Sec • 4-12-3 pm	17 <i>Little Mermaid (TRAVEL)</i> — Check in: Noon Depart: 12:30 pm
18	19	20	21	22	23	24
25 CHRISTMAS	26	27	28	29	30	31 NEW YEAR'S EVE

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, stephentrent7@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.

FOOD & BEVERAGE**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.**

GAMES**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

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

Instructor: Jim Mariani and Carol Nelson

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

Class Limit: 40

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.

Location: Liberty Hall lecture room and Zoom

Instructors: Nicole Bush and Teresa Wakeman

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

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)

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)

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, ginnykelly@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 Sheldie 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, clausslu@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, kathy1269@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...)

(continued: *Italian Mountains, Marble, Roads*)

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)

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)

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

Oprah's Belief Series (#3977)

Tuesdays: September 20, 27, October 4, 11, 18, 25; 2:30 – 3:30 p.m.

Oprah Winfrey and her staff have put together a series of the most compelling and thoughtful stories of belief and faith from around the world. On each date three of the stories will be examined.

Location: Liberty Hall lecture room and Zoom.

Instructor/Facilitator: Virginia Kelly (208-232-7417, ginnyckelly@gmail.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 208-282-3155.

Pompeii (#3426)

Thursday: September 15; 1:00 – 2:30 p.m.

I have been entranced with and frightened of Pompeii since I first read about it in the November 1961 issue of *National Geographic*, "Last Moments of the Pompeians," when I was thirteen. It has been on my bucket list since. At last, in March 2022, thanks to our two daughters, Kathleen and I finally visited Pompeii. We were stunned.

Location: Liberty Hall lecture room and Zoom

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732, kathleenrstephens@gmail.com)

Publishing with Amazon (#3432)

Thursday: September 22; 1:00 – 2:30 p.m.

Writing your book and getting it out there to the world is possible for all of us. Let me talk you through the steps that come after you type 'The End'. Learning the steps to take to becoming a self-published author is easier than you think, and is possible for all who are looking.

Location: Liberty Hall lecture room and Zoom

Instructor: Maggie Decker

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

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, con-nor@3peaksfinancial.com)

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

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)

HEALTH & WELLNESS

Ancient Medicine for Modern Lives – Explaining Acupuncture (#3443)

Monday: October 3; 10:30 a.m. – Noon

Learn about the practice and philosophy of Chinese medicine from a local acupuncturist with a live demonstration and Q&A.

Location: Liberty Hall lecture room and Zoom

Instructor: Paige Scheffeld

Facilitator: Linda Fairchild (208-251-2586, linda1fairchild@hotmail.com)

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 *gyotishmati*, 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 Tigunait, 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**HISTORY****America's First Veterans (#3444)***Friday: November 11; 10:30 a.m. – Noon*

Dr. Craig Nickisch, retired Idaho State University professor and Hometown Hero award recipient (2021), will discuss the America's First Veterans on Veteran's Day. Having served in the Army for 27 years and teaching at West Point, Dr. Nickisch is well prepared to talk about veterans. He has received many military awards including the Legion of Merit, three Bronze Stars, seven Air Medals, the Federal German Cross of Merit, and the Vietnamese Cross of Gallantry.

Location: Liberty Hall lecture room and Zoom**Instructor:** Dr. Craig Nickisch**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)**Genealogy (#3446)***Thursday: November 17; 1:00 – 2:30 p.m.*

Tips, useful forms, websites, resources.

Location: Liberty Hall lecture room and Zoom**Instructor:** Lee Hendricks**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**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)**The Italian Campaign of WWII (#3488)***Thursday: October 13; 10:30 a.m. - Noon*

When our family visited Italy last March, my oldest daughter asked what I could tell her about the WWII Italian Campaign. My reply, "The Allies seemed always to be attacking up impossibly steep mountains." The Allied invasion of Sicily caused the fall of Mussolini, the collapse of Fascist Regime, and an armistice with the Allies on the 8th of September, 1943. However, German forces immediately moved in and took control, not giving up until the final defeat of Germany in May 1945.

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

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 Roman 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, stephenstrent7@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)

NATURE, SCIENCE, & TECHNOLOGY

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)**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 County 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: Lee Hendricks

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

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



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EMAIL: cetrain@isu.edu

WEB: cetrain.isu.edu/nka

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