

NEW KNOWLEDGE ADVENTURES

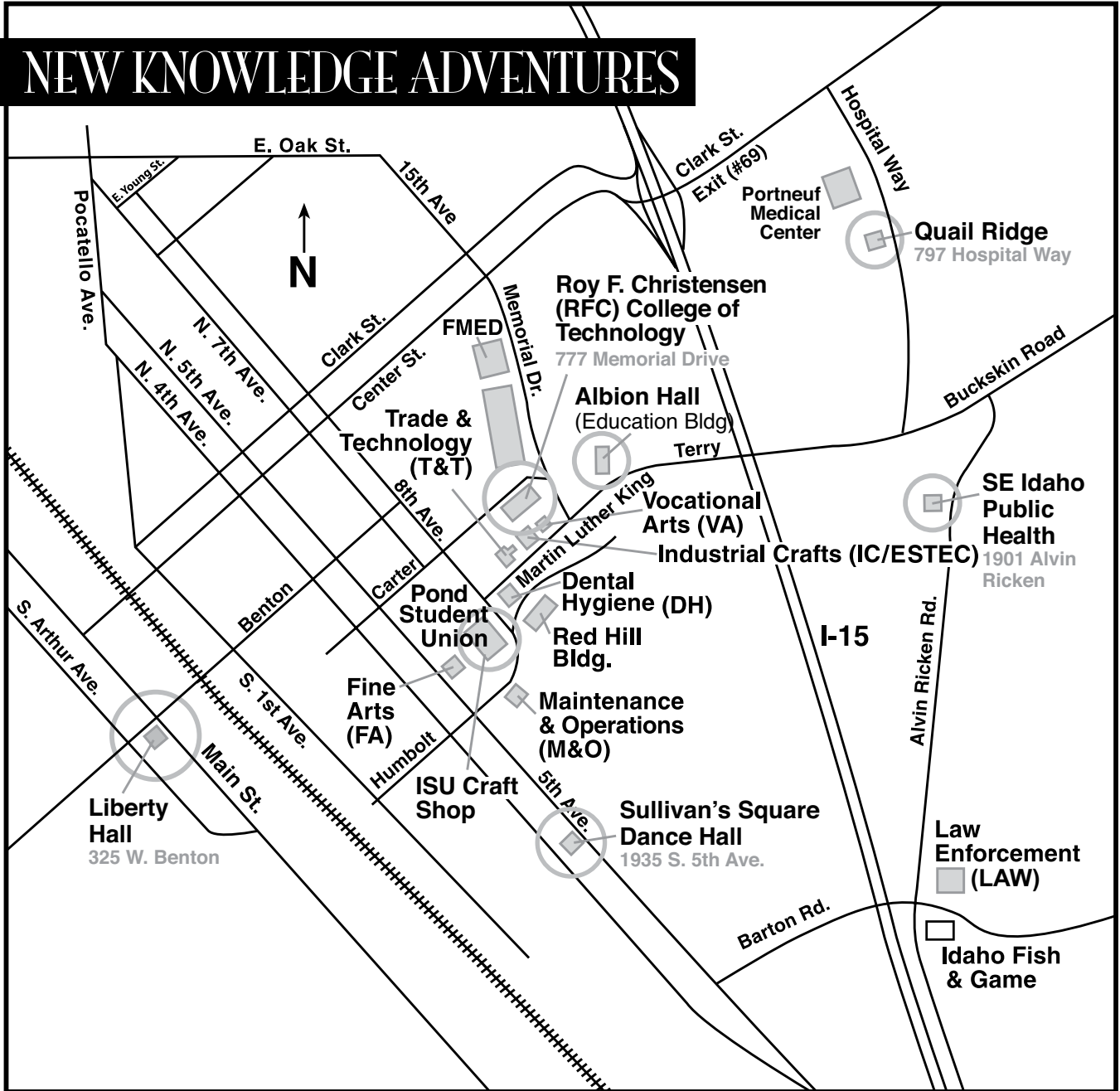
NKA

SPRING 2020



NEW KNOWLEDGE ADVENTURES
IDAHO STATE UNIVERSITY

NEW KNOWLEDGE ADVENTURES



Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Welcome to the Spring 2020 semester of New Knowledge Adventures. The Fall open house was a success (more than half of the catalogs were distributed and our membership grew to 500+) and so the board approved another open house on December 7th to introduce the Spring catalog. The drop-in seems to fit member's schedules: you can make it quick—pick-up the catalog and go; or you can enjoy a snack while visiting as time allows. Either way, we are here for you.

Geoff Hogander and the Curriculum Committee have created a catalog offering over 100 classes spanning four months of adventures in learning, activities, crafts and travel. As you peruse the classes, consider teaching one yourself. Share your knowledge and expertise! We have members ready and willing to help. Contact any board member or facilitator to plan your presentation; they offer a wealth of knowledge, experience and support.

The success of NKA is due to the combined effort of many. Sincere thanks to: ISU CEWT for their continued support and most recently for housing the December open house; the committees and the board for their guidance; the facilitators (or “foot soldiers”) of NKA who recruit, aid and assist presenters and enrollees; the presenters, both members and non-members, who volunteer so generously each semester; Liberty Hall, Quail Ridge, the Travel Lodge and others who provide venues for our events, and finally to the members who are the life-blood of NKA.

As you browse the catalog, please be informed and take a moment to read the Policies and Procedures for NKA Classes on the next page. The Board of Directors recently approved new policies regarding guidelines for classes and presenters, class cancellations, and emergency procedures.

As NKA members, we are involved, informed and ready to enjoy all that NKA has to offer.

—Jan Flandro, NKA President

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NKA FACEBOOK PAGE

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. Reach them using the Messenger link on the Facebook page: Look for “Send a message” next to the visit group link.

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 Spring catalog that describes the semester classes being offered and states dates, times, location and a brief description of the 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, locations and other information listed in the catalog. If changes are necessary, the facilitator notifies the curriculum chair person, 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 or Travel 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.

EMERGENCY CLASS CANCELLATION POLICY

In case of emergencies such as hazardous weather conditions (and if School District 25 has cancelled school) then NKA classes will be also be cancelled. The decision to cancel classes will be made by the President; the President will notify ISU CEWT. CEWT will notify the membership via e-mail and the NKA Facebook page. The presenters and class enrollees will be notified by the facilitator for each class. If a presenter must cancel a class, then the presenter will notify the facilitator who will contact CEWT to send an email to class members. The facilitator will also notify the Curriculum Chair and the President of the cancellation.

PRESENTERS

Generally, Presenters are volunteers 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 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 violation of parking regulations.*

BUS TRANSPORTATION

For bus stops: 208-234-ABUS; pocatellotransit.com

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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 January 20 for MLK Day and February 17 for Presidents' Day;

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Adventures for the Spring of Twenty Twenty

ART, MUSIC, & THEATER

Drumming and Music Festivals (#3956) *Wednesday: January 22; 3:30-5:00 p.m.*

We are organizing small music groups to share music passion at local nursing facilities. If you love music, play any kind of instruments for solo, duet, trio, etc., or drum with Native American flute for rhythm connections or for sing along/play along music making, you may want to join us for fun. We will meet once to create an action plan, then you practice your music in your leisure time and show up for the music festivals.

Location: Quail Ridge, 797 Hospital Way
Instructor/Facilitator: Rachel Damewood (208-604-0741)

Keyboard Lessons (#3715) *Tuesdays: January 21 – March 24; 3:00 – 4:00 p.m.*

Learn to play your favorite song on a modern keyboard instrument! Even if you have never played an instrument before, you will be playing songs in a few short weeks. This course has proven to be a fun and easy way to play. Join us for this enjoyable learning experience.

Location: Piano Gallery, 338 Yellowstone Avenue
Instructor: Margaret Squires (208-233-1883)
Facilitator: Rachel Damewood (208-604-0741)
Class limit: 20

Class fee: \$20 includes book, purchase at first class. Rental instruments are available.

Pageant of the Masters (#3728) *Wednesday: February 19; 10:00-11:30 a.m.*

The Pageant of the Masters, held each summer in July and August is a must see for everyone. This event is like a trip to Europe, but it is as close as Laguna, California. The pageant features famous works of art reproduced on stage with live actors, and you can't tell the actors from the rest of the art!

There are also three art festivals going on at the same site and the same time.

Location: Liberty Hall, 325 W. Benton, lecture hall
Instructor: Trent Stephens, PhD
Facilitator: Kathleen Stephens (208-244-2732)

Preview to: *Bright Star* (#3729) *Friday: February 28; 5:00-6:00 p.m.*

Banjoes, washboards, and fiddles galore! Listen to the artistic and production teams talk about their process and product for the Idaho State University bluegrass musical *Bright Star*.

Musical Dates: March 6, 7, 12, 13 & 14
Matinees: March 9 & 16. 7:30 p.m.
Location: Beverly B. Bistline Theatre, Stephens Performing Arts Center
Instructor: Joel Shura, Assistant Professor of Directing
Facilitator: Sharon Manning (208-233-9425)

Preview to: *Light in the Library* (#3730) *Thursday: April 9; 5:00-6:00 p.m.*

In this family production, Gabby suspects something is going on in the library at night so she and her best friend, Paige, do some detective work. Together they hide in the library and discover that it's haunted by a ghost who leads them to a book containing a cryptic poem. The deciphered poem enables them to bring fictional characters to life. Courage and ingenuity are needed to bring the play to a happy conclusion.

Play Dates: January 11, 12, 14, 18, 19, 25 & 26.
Location: Old Town Actors Studio (OTAS), 427 N Main St, Pocatello.
Instructor: Sherri Dienstfrey-Swanson, Play Director
Facilitator: Geoff Hogander (ghogande@yahoo.com)
Class limit: 40

Preview to the Symphony (#3322)

*Fridays: January 31, March 6 & April 17;
3:00 - 4:00 p.m.*

Dr. Geoffrey Friedley is an adjunct instructor at ISU, where he teaches voice, music appreciation, and music history. Dr. Julie Sorensen is the conductor and artistic director of the Idaho State-Civic Symphony. Either Dr. Sorensen or Dr. Friedley (or both) will describe the compositions which will be performed at the upcoming concert. They will talk about the composers, their times and styles, and what to expect at the concerts. These previews will enhance the enjoyment of going to the concerts.

Symphony Performance Dates: **February 7:** Tales from Opera and Literature; **March 13:** Tales of Sorrow and Triumph; **April 24:** Tales of the Sublime. For more information, visit: www.thesymphony.us

Location: Quail Ridge, 797 Hospital Way

Instructors: Dr. Geoffrey Friedley or Dr. Julie Sorensen

Facilitator: Bill Brydon (208-233-4278)

Preview to: *The Wolves* (#3731)

Friday: April 10; 5:00-6:00 p.m.

In this contemporary slice-of-life play, *The Wolves*, a girls' indoor soccer team, practice drills as they struggle to negotiate their individuality while being a part of a group. The girls bond over a bag of orange slices and personal traumas. Join Director Vanessa Ballam, the artistic team and cast to learn why this play is important and what details went into the creation of ISU's 2020 production.

Play Dates: April 17, 18, 23, 24 & 25 at 7:30 p.m.

Location: Black Box Theatre, Stephens Performing Arts Center, ISU

Instructor: Vanessa Ballam, Associate Professor of Theatre

Facilitator: Sharon Manning (208-233-9425)

Producing Community Theater (#3732)

Tuesday: March 31; 3:00 - 5:00 p.m.

We'll talk about the process an all-volunteer community theater employs to produce a play. Beginning with play selection, we'll discuss

what happens during casting, construction, and rehearsal to get everything ready for opening night. The class will also tour the Warehouse Theater to see first-hand the opportunities and challenges our particular environment offers.

Location: The Warehouse, 1009 S. 2nd Avenue, Pocatello

Instructor: Jackie Czerepinski, PhD., Production Committee Chair, Westside Players Board of Directors

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Singing for Fun (#3733)

Second and Fourth Wednesdays:

January 22 - May 13: 1:00 - 2:00 p.m.

Let's get together for some impromptu singing. We'll do easy popular music in unison and in rounds if desired. Talent and experience helpful but not required; music will be provided.

Location: Quail Ridge, 797 Hospital Way

Instructors: Jim Mariani and Linda Lindley

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

CRAFTS & HOBBIES**Advanced Elementary Origami** (#3734)

Fridays: March 13, 20 & 27; 10:30 a.m. - Noon

Advanced Elementary Origami will focus on projects such as octagon boxes, dragons and elephants.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Kris Hansen

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 12

Class fee: \$5, pay at first class

Advanced Letterpress (#3735)

Tuesdays and Thursdays:

February 11 - March 5; 2:00 - 4:00 p.m.

In beginning letterpress, students learned how to set type and print in one color. In this class, we will explore digital techniques to create images for broadsides/posters and ephemera using photopolymer film AND type. All students need is

a digital image that can be converted to a negative and ideas for creating printed objects. Examples will be given in the first class. The images will be 5"x5" or smaller.

Location: Pinyon Jay Press, Liberal Arts Building, Room 139 (downstairs) at ISU. Quad side entrance.

Instructor: Paula Jull, Professor Emerita, ISU (jullpaul@yahoo.com)

Facilitator: Elizabeth Dyer (dyer2158@gmail.com)

Class Limit: 10

Class fee: \$30; send check to Paula Jull, 8912 Barton Road, Pocatello, ID 83204 by **February 1**.

Barn Quilts (#3489)

Mondays: April 6, 13, 20 & 27; 1:00 – 4:00 p.m.

Select a pattern and draw outline on 2x2 foot piece of plywood, apply green tape to surround one color, paint that area, remove the tape, repeat until all colors are applied. All materials provided.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Kay Merriam

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class Limit: 20

Class fee: \$30 to be paid by **March 16**. Make the check payable to Kay Merriam and send it to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201.

Crochet/Knitting Service Group (#3196)

Tuesdays: January 14 – April 7; 1:15 – 2:15 p.m.

A service project crocheting and knitting lap blankets for the PMC cancer center. Yarn is provided for these projects. BYO hooks and needles is helpful although we do have some we can lend. A basic knowledge of crocheting or knitting is also helpful plus we have talented members to assist you. This is a fun way to practice your skills and to be creative with colors and patterns while helping others at the same time.

Location: Senior Activity Center, 427 North 6th Avenue, dining room

Facilitators: Barbara Christensen (562-544-4136)

Class limit: 20

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.

Elementary Origami (#3736)

Fridays: February 7, 14 & 21; 10:30 a.m. – Noon

This class is intended for folders with little, no, or atrophied origami skills. Three sequential sessions will develop skills from very basic swan to a wind turbine powered mini carousel.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Kris Hansen

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 12

Class fee: \$5, pay at first class

Exploration: Greeting Card

Making (#3961)

Thursdays: March 12 & 19: 1:00 - 3:00 p.m.

An introduction to a variety of card making techniques such as embossing, paper piecing, quilling. The class will take home a simple card and envelope and a flip card.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Suzanne H. Johnson

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class Limit: 20

Class fee: \$5, please bring to first class.

Fabric Origami, "Anything" Bag (#3737)

Tuesday and Thursday: January 28 & 30; 2:00 – 4:00 p.m.

You will learn to fold cotton fabric into an Origami star shape and then sew it into a zippered bag measuring approximately 7"x7" for which you may carry "Anything" that will fit into it. The kit will contain the necessary fabrics, zipper and decorative notions needed to make your bag. Bring your own sewing machine, zipper foot, surge protector/extension cord, a neutral color thread (tan, gray, etc.), as well as sewing notions such as pins, needles, scissors, thimble, etc.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: J'neane Smith (208-705-5879, jneanesmith329@gmail.com)

Facilitator: Sharon Prokschl (208-317-4429)

Class Limit: 15

Class fee: \$6; send check to J'neane Smith, 5777 Hilo Drive, Pocatello, ID 83204 by **January 10**.

Finger Painting: Re-exploration of Color and Fun! (#3738)

Saturday: February 1: 1:00 - 3:00 p.m.

Come explore the freedom and fun of working with your hands and create some fun and exploratory finger paintings! We're going to mix in some color theory, art history, and swell tunes. Bring clothes you won't mind getting paint on.

Location: RF Christensen Building, ISU, Room 108A

Instructor: Bettina Throckmorton

Facilitator: Elizabeth Dyer (dye2158@gmail.com, 573-210-7588)

Class Limit: 12

Class fee: \$15 payable to Bettina Throckmorton, bring to class, checks are fine.

Glass Etching (#3962)

Thursday: April 30; 10:00 a.m. - 1:00 p.m.

We will be etching and stenciling on glass. Come join us—we always have fun.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Karen Barron

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 20

Class fee: \$20. Make check payable to Karen Barron and send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello 83201.

Having Fun and Creating Amazing Cards (#3739)

Thursday: February 6; 1:30 - 3:30 p.m.

Join us for lots of fun while creating several beautiful cards! Please bring a small pair of scissors to class.

Location: Liberty Hall, 325 W. Benton, small room (downstairs) at ISU. Quad side entrance.

Instructor: Diane Tauscher

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 10

Class fee: \$15, due by **January 23**. Please make check payable to Diane Tauscher and mail to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201.

Needle Turn Applique: "Three Hearts" Wall Hanging (#3964)

Wednesdays and Thursdays:

February 5 & 6; 10:00 a.m. - 1:00 p.m.,

February 12, 13, 19 & 20; 10:00 a.m. - Noon

Learn how to applique using three different methods: needle turn using Avery Label on top, needle turn using freezer paper beneath, and reverse applique, to create a wall hanging quilt that measures ~ 10½" X 21½". Kits will contain all supplies needed to complete the quilt: all fabrics and quilt batting, needles, sewing pins, etc. A variety of threads will be provided as well. Bring your favorite thimble, scissors, and any other hand quilting/sewing supplies you love to use.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: J'neane Smith (208-705-5879, jneanesmith329@gmail.com)

Facilitator: Sharron Prokschl (208-317-4429, johnandsharron@cableone.net)

Class Limit: 10

Class Fee: \$35; send check to J'neane Smith, 5777 Hilo Drive, Pocatello, ID 83204 by **January 15**.

Rustic Painting (#3725)

Thursday: April 23; 10:00 a.m. - 1:00 p.m.

Come join us for some rustic painting. We will be painting on an old piece of wood, making it beautiful.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Karen Barron

Facilitator: Nancy Dafoe (208-596-0491)

Class limit: 20

Class fee: \$20 due **March 26**. Make the check payable to Karen Barron, and send to Nancy Dafoe at 2800 Birdie Thompson, Pocatello 83201.

Splash – Beginning Watercolor Painting (#3966)

Thursday: February 20: 1:00 - 3:00 p.m. OR

April 9: 1:30 - 3:30 p.m. (This is the same class taught twice.)

Introduction to beginning watercolor painting. Learn the basic techniques.

SECTION 1: *Thursday, February 20, 1:00 – 3:00 p.m.*

SECTION 2: *Thursday, April 9, 1:30 – 3:30 p.m.*

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Suzanne H. Johnson

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 15

Class fee: \$10, please bring to first class.

Woodcarving, Advanced (#3558)

Mondays, Wednesdays and Fridays as desired:

January 13 – May 22; 9:00 a.m. – Noon (clean-up starts at 11:30)

Advanced wood carver classes are for carvers who have completed at least one semester as a beginning carver or who have prior experience and do not require constant assistance and supervision. They will provide their own tools and equipment to include rotary power tools or knives/gouges (edged hand tools). Carvers will select projects. Related optional activities include participation in woodcarving competitions and displays.

Location: Home Depot lumber department, 4340 Hawthorne Road, Chubbuck

Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899/208-269-0941, cathylee@cableone.net)

Class Limit: Unlimited

Class Fee: \$10 (cash or check at first meeting) plus purchase of any other additional supplies.

Woodcarving, Beginning (#3101)

Wednesday: January 15; 9:00 a.m. – Noon (clean-up from 11:30-noon). After this first class, you may come any Monday, Wednesday or Friday from January 15 – May 22.

Beginning woodcarving classes are for individuals with little or no experience in carving. Beginners will use rotary power tools and related equipment provided by the class. Projects will begin with a stylized bird, then a shelf cat, then a final project selected by the carver and approved by the instructor. You will need to purchase each

wood piece for a nominal fee. Optional activities include participation in the Great Salt Lake Wood Carvers Show as well as other shows as announced. Due to equipment in use, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks.

Location: Home Depot lumber department, 4340 Hawthorne Road, Chubbuck

Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899/208-269-0941, cathylee@cableone.net)

Class Limit: 10 beginning carvers (Note: there may be more advanced carvers present during the class.)

Class Fee: \$10 (cash or check at first meeting) plus purchase of any other additional supplies.

FITNESS & MOTION

Fit & Fall Proof (#3106)

Wednesdays & Fridays: January 15 – May 22; Wednesdays - 9:30-10:30 am.; Fridays - 9:30-10:15 a.m.

Fit & Fall Proof is an exercise program developed in Idaho for older adults. The class is designed to gradually build balance, strength, flexibility and endurance, using chairs and resistance bands. It includes 60 minutes of Tai Chi breathing and stretching exercises on Wednesdays and 45 minutes of exercise on Fridays. With exercise, anyone can counteract the lower body weakness, loss of muscle mass, and poor posture that contribute to falls. Wear comfortable clothes. Bottled water will be provided by the facility.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors/Facilitators: Marlene Hendrick (208-220-0615, mkhendy@yahoo.com), Rachel Damewood (208-604-0741, damerw@cableone.net), and Jim Mariani (jsm22553@yahoo.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.

Hiking the Mink Creek Trails (#3742)*Thursdays: May 14, 21 & 28: 12:45 - 3:30 p.m.*

Enjoy springtime hikes in the hills of the Mink Creek area. Trails will be selected with an eye to maximize the area's wildflowers as well as weather and trail conditions. Both guides have hiked these hills for many years and are knowledgeable about the flora and fauna of area. The hiking trails are quite hilly and rigorous. Bring water and snacks. Sturdy hiking boots or shoes are recommended.

Location: Meet at Cherry Springs Nature Area on Mink Creek Road at 12:45. We will drive to hiking trails as a group.

Instructors/Facilitators: Charles Lines (208-251-0689) and Mel Nicholls (208-233-0714)

Lady Niners Golf (#3116)*Wednesdays: April 8 – summer; 11:00 a.m. for experienced golfers, Noon for beginning and less experienced golfers*

Every Wednesday ladies can meet at Riverside Golf Course for group clinics conducted by golf pro, Greg Albright. A block of tee times will be reserved beginning about 12:00 noon for those wanting to play following the clinic. A reduction in greens fees and cart rentals is also offered for those who participate with Lady Niners. The organizational meeting on Wednesday, April 8 will give more information about the 2020-21 golf season.

Location: Riverside Golf Course, 3500 Bannock Highway, Pocatello

Instructor: Greg Albright, Golf Pro (208-232-9515)

Facilitator: \$5 per person per clinic, payable at the pro-shop when you sign in.

Latin Line Dance I (#3107)*Wednesdays: February 5 – April 22 (no class on March 25); 2:00 – 3:00 p.m.*

Dance to Latin rhythms—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! Please do not bring any liquids into the dance area. Water provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructor: Lucy Bonman

Facilitator: Martha Collins (208-776-5526, marti.collins5@gmail.com)

Latin Line Dance II: Performance (#3108)*Mondays & Wednesdays: February 3 – April 29; Mondays: 10:30 a.m. – Noon; Wednesdays: 3:00 – 4:30 p.m.*

Learning and refining dances to perform at assisted/rehab centers, retirement homes and other venues. Please *seriously consider* the instructor's requirements before registering: Must have taken Latin Line Dance I or have similar dance experience; must have dexterity, musicality, and ability to dance incorporating tags, syncopation, multiple turns, styling and phrasing; must have the skill and commitment to learn and retain multiple routines at a fairly fast pace; and must be willing to purchase the outfits to be used in performances. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructor: Lucy Bonman

Facilitator: Jane Gibson (gibsonjm@cableone.net)

Line Dancing: Beginning 1 (Starter) (#3013)*Mondays: February 3 – April 20 (no class on March 23); 1:00 – 1:45 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; you get both physical and mental exercise. This class is for guys and gals; you don't need a partner. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructor/Facilitator: Marti Collins (208-776-5526, marti.collins5@gmail.com)

Line Dancing: Beginning 2 (#3111)

Mondays: February 3 – April 20 (no class on March 23); 2:00 – 3:00 p.m.

This class will build on what was taught in the starter class. The line dances in this class are more complex than the dances in the starter class, but they are still fun and relatively easy. Line dancing helps to build memory and coordination; you get physical and mental exercise. This class is for guys and gals; you don't need a partner. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors/Facilitators: Kay Elsethagen (208-233-2945, robandkays@msn.com) and Carlyn Rice (ricecarlyn@gmail.com)

Line Dancing: Intermediate (#3113)

Tuesdays: February 4 – April 21 (no class on March 24); 9:30 – 10:25 a.m.

Intermediate line dancing is for those who have completed the beginning 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. You'll have lots of fun learning these dances. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors: Susan Cramer and Joyce DeGarlais
Facilitator: Susan Cramer (208-237-8709)

Line Dancing: Oldies but Goodies (#3110)

Tuesdays: February 4 – April 21 (no class on March 24); 10:30 – 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. If you know the basic steps in line dancing, you will love this class. Join us for lots of fun, exercise and dancing. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors: Judy Liday and Tom Baxter

Facilitator: Judy Liday, (208-237-8014, lidayjam@gmail.com)

Line Dancing: Step It Up (#3819)

Thursdays: February 6 – April 23 (no class on March 26); 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. Please do not bring any liquids into the dance area. Water will be provided.

Location: Travel Lodge, 133 W. Burnside Rd., Chubbuck

Instructors/Facilitators: Jan Green (208-251-1244) and Joyce DeGarlais (208-238-1247)

Square Dance Lessons & Practice (#3105)

Thursdays: January 16 – May 14: 4:00 - 6:30 p.m. (See sections for specific time)

Learn the joy of square dance! No partner needed—we have several experienced dancers who dance male/female positions. You commit your time and we'll all have fun! 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!

SECTION 1– Basic & Mainstream: 4:00 – 5:15 p.m.

SECTION 2– Introduction to Plus Level (For those who have completed Basic and Mainstream): 5:15 – 6:30 p.m.

Location: Sullivan's Square Dance Hall, 1935 S. 5th Avenue

Instructor: Steve Sullivan, licensed square dance caller

Facilitator: Barbara Hyde (208-760-7260, bhyde1048@gmail.com)

Class Fee: Non-NKA members: \$5/person/evening

T'ai Chi Chih (Advanced) (#3104)

Tuesdays and Thursdays: January 14 – May 21; 9:00 – 10:00 a.m.

Meditation in motion for those who have previous experience or who have completed the beginner's class. We will practice the 19 T'ai Chi Chih disciplines taught in the beginner's class and also offer instruction in several classical Qigong forms.

Location: Liberty Hall, 325 W. Benton, upstairs

Instructor/Facilitator: Stephanie Gill (208-234-4184, sgillforterra@gmail.com)

Walking the Greenway (#3115)

Fridays: April 3, 10, 17 & 24; 9:00 a.m.

Portneuf Greenway Trails are paved on mostly flat terrain. Walk at your own pace. We will meet at the Trailheads, which will be announced by e-mail two days before the walk. Those who do not have e-mail or need guidance must phone the facilitator.

Location: Portneuf Greenway Trails

Facilitator: Sandra Babb (208-238-2034, sacbabb@gmail.com)

Zumba Gold® (#3952)

Mondays: February 3 – March 30 (no class on March 23): 10:30 – 11:30 a.m.

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines combine all elements of aerobic fitness, cardio, muscle conditioning, balance and flexibility leaving you with a boost of energy and a serious dose of awesome each time you leave class. Zumba Gold is specially designed for seniors or anyone who wants a low-impact Zumba class. All the great music and choreography at a little slower pace.

Location: Liberty Hall, 325 W. Benton, upstairs

Instructor: Elizabeth McKenna, Zumba and Zumba Gold Fitness Instructor

Facilitator: Rod Johnson (208-251-4230)

FOOD & BEVERAGE**Brewing Better Coffee** (#3056)

Thursday: April 23; 10:30am – Noon

Join us at Leapknot Coffee to learn the science and craft of brewing coffee. We will explore the other four essential components to great coffee in our coffee lab (brew time, water temperature, grind size and coffee to water ratio) and the effect they have on what you taste in your coffee. It turns out that this whole coffee business is more science than art; we have the keys to unlocking taste. Cost includes a fresh roasted bag of coffee.

Location: Leapknot Coffee Roasters, 6071 W. Buckskin Road, Pocatello

Instructors: Travis and Megan Voskamp and Matthew Slavik

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Class Limit: 15

Class Fee: \$25; make checks payable to Leapknot Coffee and send checks to Geoff Hogander, 255 Fairmont Ave. Pocatello, ID 83201 by **April 5th**.

Don't Be Scared of Instant Pot Cooking! (#3744)

Thursday: February 13; 4:00 – 5:30 p.m.

The Instant Pot can be a useful tool for quick meals. You will learn the basic fundamentals of how to use the Instant Pot and you will learn how to make a simple teriyaki rice bowl, with a homemade teriyaki sauce, chicken, and rice... all in one pot!

Location: ISU Tech Café, inside Roy F. Christensen building, 777 Memorial Drive, ISU

Instructor/Facilitator: Suzanne H. Johnson (208-589-5122)

Class Limit: 35

Class Fee: \$1 for supplies and handouts. Bring to class.

(Class listings continue after calendars)

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.

JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>SPRING and SUMMER FIELD TRIPS</p> <p>Pompeii at the Leonardo – Wednesday, February 26; 7:30 a.m. – 6:00 p.m. Hogle Zoo – Wednesday, April 8; 7:30 a.m. – 6:00 p.m. Southern Utah – Wednesday, June 3; 6:00 a.m. – Friday, June 5; 8:30 p.m. Olympic Park and Aerial Show – Saturday, August 29; 6:30 a.m. – 6:00 p.m</p>	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	<p>Wd Carv, Adv 9-Noon 3D Printing 10:30-Noon Creative Wrtg 2-4pm</p>	<p>Tai Chi 9-10am Massage 10-11:30am Croch/Knit 1:15-2:15pm</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Growth&Form 10-11:30am</p>	<p>Tai Chi 9-10am Math Success 10-11:30am Pinochle 1-3pm Sqr Dance 1•4-5:15pm Sqr Dance 2•5:15-6:30pm</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Lunch&Games Noon-3pm Team Trivia 1-2:30pm Poker 2-4pm</p>	
19	20	21	22	23	24	25
	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Creative Wrtg 2-4pm</p>	<p>Tai Chi 9-10am Scrabble 9:30-11:30am Therigami 1 10am-Noon Oprah's Belief 1-2pm Croch/Knit 1:15-2:15pm Keyboard 3-4pm</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Free Clinic 11am-Noon Singing 1-2pm Music Fstvl 3:30-5pm</p>	<p>Tai Chi 9-10am WWII Idaho 11am-Noon Pinochle 1-3pm Sqr Dance 1•4-5:15pm Sqr Dance 2•5:15-6:30pm</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Poker 2-4pm</p>	
26	27	28	29	30	31	
	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Hot Topics 1-2:30pm Creative Wrtg 2-4pm</p>	<p>Tai Chi 9-10am Scrabble 9:30-11:30am Therigami 1 10am-Noon Oprah's Belief 1-2pm Croch/Knit 1:15-2:15pm Origami, Fabric 2-4pm Keyboard 3-4pm</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Cave Art 10-11:30am Wine, Yellowstone 5-7pm</p>	<p>Tai Chi 9-10am Origami, Fabric 10-Noon Pinochle 1-3pm Sqr Dance 1•4-5:15pm Sqr Dance 2•5:15-6:30pm</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Team Trivia 1-2:30pm Poker 2-4pm Symphony 3-4pm</p>	

FEBRUARY 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>2</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Zumba 10:30-11:30am Latin Line II • 10:30-Noon Line Dnc, Beg 1 • 1-1:45pm Smiles 1-2:30pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm CBD 4:30-6:30pm</p>	<p>3</p>	<p>Tai Chi 9-10am Scrabble 9:30-11:30am Ireland, Prehist 10-11:30am Therigami 1 • 10am-Noon Oprah's Belief 1-2pm Croch/Knit 1:15-2:15pm Keyboard 3-4pm Line Dnc, Int 9:30-10:25am Line Dnc, Old 10:30-11:30am</p>	<p>4</p>	<p>5</p>	<p>1</p> <p>Fingerpainting 1-3pm</p>
<p>9</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Zumba 10:30-11:30am Latin Line II 10:30-Noon Line Dnc, Beg 1 • 1-1:45pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Zumba 10:30-11:30am Latin Line II • 10:30-Noon Line Dnc, Beg 1 • 1-1:45pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>21</p>	<p>22</p>
<p>23</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Zumba 10:30-11:30am Latin Line II • 10:30-Noon Line Dnc, Beg 1 • 1-1:45pm Hot Topics 1-2:30pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>28</p>	<p>29</p>
<p>28</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Poker 2-4pm Bright Star 5-6pm</p>	<p>27</p>	<p>20</p>	<p>27</p>	<p>7</p>	<p>8</p>
<p>29</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Poker 2-4pm Bright Star 5-6pm</p>	<p>26</p>	<p>19</p>	<p>12</p>	<p>7</p>	<p>8</p>
<p>30</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Poker 2-4pm Bright Star 5-6pm</p>	<p>25</p>	<p>18</p>	<p>12</p>	<p>7</p>	<p>8</p>
<p>31</p>	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Poker 2-4pm Bright Star 5-6pm</p>	<p>25</p>	<p>18</p>	<p>12</p>	<p>7</p>	<p>8</p>

NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2020

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-mail

Preferred method of registration receipt: Mailed E-mailed

REGISTRATION

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8062
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg., 777 Memorial Dr., Ste 101

3—Online at:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3155

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

Membership **\$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 ISU 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 ISU 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 ISU 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 ISU 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 ISU 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 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.

NOTE: Classes filled first-registered, first-served. Please cancel ASAP if you are signed up for a program and cannot attend.

ART, MUSIC & THEATRE

- Keyboard Lessons (#3715)
- NKA TLC Drumming and Music Festivals (#3956)
- Pageant of the Masters (#3728)
- Preview to: Bright Star (#3729)
- Preview to: Light in the Library (#3730)
- Preview to the Symphony (#3322)
- Preview to: The Wolves (#3731)
- Producing Community Theater (#3732)
- Singing for Fun (#3733)

CRAFTS & HOBBIES

- Advanced Elementary Origami (#3734)
- Advanced Letterpress (#3735)
- Barn Quilts (#3489)
- Crochet/Knitting Service Group (#3196)
- Elementary Origami (#3736)
- Exploration: Greeting Card Making (#3961)
- Fabric Origami, "Anything" Bag (#3737)
- Finger Painting: Re-exploration of Color and Fun! (#3738)
- Glass Etching (#3962)
- Having Fun Creating Amazing Cards (#3739)
- Needle Turn Applique: "Three Hearts" Wall Hanging (#3964)
- Rustic Painting (#3725)
- ▼ Splash: Beginning Watercolor Painting (#3966)
 - Section 1
 - Section 2
- Woodcarving, Advanced (#3558)
- Woodcarving, Beginning (#3101)

FITNESS & MOTION

- Fit & Fall Proof (#3106)
- Hiking the Mink Creek Trails (#3742)
- Lady Niners Golf (#3116)
- Latin Line Dance I (#3107)
- Latin Line Dance II: Performance (#3108)
- Line Dancing: Beginning 1 (Starter) (#3013)
- Line Dancing: Beginning 2 (#3111)
- Line Dancing: Intermediate (#3113)
- Line Dancing: Oldies but Goodies (#3110)
- Line Dancing: Step It Up (#3819)
- ▼ Square Dance Lessons & Practice (#3105)
 - Section 1
 - Section 2
- T'ai Chi Chih, Advanced (#3104)
- Walking the Greenway (#3115)
- Zumba Gold (#3952)

FOOD & BEVERAGE

- Brewing Better Coffee (#3056)
- Don't Be Scared of Instant Pot Cooking! (#3744)
- My, Oh My..., Stir Fry (#3891)
- Taste & Share (#3197)

- Wine Pairing at PV's Uncorked on Main (#3943)
- Wine Pairing at the Yellowstone (#3642)
- ▼ Wine Tasting at Café Tuscano (#3120)
 - Section 1
 - Section 2

GAMES

- Intermediate Bridge: Problem Solving (#3228)
- Introduction to Pinochle (#3496)
- ▼ Lunch and Games (#3126)
 - Section 1
 - Section 2
 - Section 3
 - Section 4
 - Section 5
- Mahjong (#3125)
- Scrabble (#3745)
- Team Trivia (#3014)
- Texas Hold'em Poker (#3127)

GENERAL INTEREST

- 2020 Economic Update (#3746)
- Adventures in Peru (#3747)
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- Medicare Overview – New to Medicare? (#3905)
- Oprah Winfrey's Belief Series (#3977)
- Pilgrimages to Sacred Sites: Garden of One Thousand Buddhas (#3893)
- Senior Activity Center Tour (#3756)
- What's Up with the Sagebrush Steppe Land Trust in your Community? (#3757)

HEALTH & WELLNESS

- ▼ Demystifying Cannabidiol (CBD) (#3758)
 - Section 1
 - Section 2
- Fall FREE is the Way to BE (#3759)
- Healthy Diabetes Plate 4-Session Class Series (#3760)
- Mediator's Toolbox: Mindful Tools for a Troubled Mind (#3761)
- Nutrition in Older Adults (#3762)
- Opioid Use, Misuse, Addiction, and Pain Management (#3763)

▼ Origami and Theragami #3461

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- Peace of Mind Seminar (#3764)
- Pocatello Free Clinic, Providing No-cost Care for 48 Years (#3765)
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- What's in the Foods You Are Eating? Part 2 (#3767)

HISTORY

- The Bonus Army of 1932 (#3768)
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- Hogle Zoo (#3787)
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WRITING & LITERATURE

- Book Group and a Glass... (#3372)
- Low-Impact Creative Writing (#3136)

NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2020

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-mail

Preferred method of registration receipt: Mailed E-mailed

REGISTRATION

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8062
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg., 777 Memorial Dr., Ste 101

3—Online at:

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- Low-Impact Creative Writing (#3136)

MARCH 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Zumba 10:30-11:30am Latin Line II • 10:30-Noon Line Dnc, Beg I • 1-1:45pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm Smartphones 3:30-5pm CBD 4:30-6:30pm</p>	2	<p>Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Scrabble 9:30-11:30am Therigami 3 10am-Noon Line Dnc, Old 10:30-11:30am Oprah's Belief 1-2pm Croch/Knit 1:15-2:15pm Letterpress 2-4pm Keyboard 3-4pm</p>	3	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Gardening 10-11:30am Equine Guided Ed 1-3pm Latin Line I • 2-3pm Latin Line II • 3-4:30pm Stir Fry 4-5:30pm</p>	4	<p>Tai Chi 9-10am Line Dnc, Step 9:30-11am Meditate 10-11:30am Pinochle 1-3pm Letterpress 2-4pm Book Group 3-4:30pm Sqr Dance 1 • 4-5:15pm Sqr Dance 2 • 5:15-6:30pm</p>	5	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Team Trivia 1-2:30pm Poker 2-4pm Symphony 3-4pm</p>	6	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Team Trivia 1-2:30pm Poker 2-4pm Symphony 3-4pm</p>	7	
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8	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Zumba 10:30-11:30am Latin Line II • 10:30-Noon Line Dnc, Beg I • 1-1:45pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm Smartphones 3:30-5pm</p>	9	<p>Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Scrabble 9:30-11:30am Hiking Geology 10-11:30am Therigami 3 10am-Noon Line Dnc, Old 10:30-11:30am Oprah's Belief 1-2pm Sr Activity Cntr 1-2:30pm Croch/Knit 1:15-2:15pm Keyboard 3-4pm</p>	10	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Taste & Share 11:30am-12:30pm Singing 1-2pm Equine Guided Ed 1-3pm Latin Line I • 2-3pm Latin Line II • 3-4:30pm</p>	11	<p>Tai Chi 9-10am Line Dnc, Step 9:30-11am Meditate 10-11:30am Greeting Cards 1-3pm Pinochle 1-3pm Sqr Dance 1 • 4-5:15pm Sqr Dance 2 • 5:15-6:30pm</p>	12	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Orgam, Adv Elem 10:30-noon Poker 2-4pm</p>	13	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Orgam, Adv Elem 10:30-noon Poker 2-4pm</p>	14	
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15	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Zumba 10:30-11:30am Latin Line II • 10:30-Noon Line Dnc, Beg I • 1-1:45pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm</p>	16	<p>Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Scrabble 9:30-11:30am Therigami 3 10am-Noon Line Dnc, Old 10:30-11:30am Poky History 1-2:30pm Croch/Knit 1:15-2:15pm Wine, Tuscano 2-4pm Keyboard 3-4pm Wine, Tuscano 5-7pm</p>	17	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Latin Line I • 2-3pm Latin Line II • 3-4:30pm</p>	18	<p>Tai Chi 9-10am Line Dnc, Step 9:30-11am Meditate 10-11:30am Greeting Cards 1-3pm Pinochle 1-3pm Sqr Dance 1 • 4-5:15pm Sqr Dance 2 • 5:15-6:30pm</p>	19	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Orgam, Adv Elem 10:30-noon Lunch&Games Noon-3pm Team Trivia 1-2:30pm Poker 2-4pm</p>	20	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Orgam, Adv Elem 10:30-noon Lunch&Games Noon-3pm Team Trivia 1-2:30pm Poker 2-4pm</p>	21	
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22	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Latin Line II • 10:30-Noon Creative Wrtg 2-4pm</p>	23	<p>Tai Chi 9-10am Scrabble 9:30-11:30am Astronomy 8 • 10-11:30am Therigami 4 • 10am-Noon Croch/Knit 1:15-2:15pm Keyboard 3-4pm</p>	24	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Brain 10-11:30am Singing 1-2pm Santiago 1-2:30pm Latin Line II 3-4:30pm</p>	25	<p>Tai Chi 9-10am Meditate 10-11:30am Pinochle 1-3pm Sqr Dance 1 • 4-5:15pm Sqr Dance 2 • 5:15-6:30pm</p>	26	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Orgam, Adv Elem 10:30-noon Poker 2-4pm</p>	27	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Mahjong 10am-Noon Orgam, Adv Elem 10:30-noon Poker 2-4pm</p>	28	
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29	<p>Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Marshall Library 10-11:30am Zumba 10:30-11:30am Latin Line II • 10:30-Noon Line Dnc, Beg I • 1-1:45pm Hot Topics 1-2:30pm Line Dnc, Beg 2 • 2-3pm Creative Wrtg 2-4pm</p>	30	<p>Tai Chi 9-10am Line Dnc, Int 9:30-10:25am Scrabble 9:30-11:30am Therigami 4 • 10am-Noon Line Dnc, Old 10:30-11:30am Croch/Knit 1:15-2:15pm Comm Theater 3-5pm</p>	31	
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APRIL 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4
Landscape 10am-12:30pm

3
Wkng Grmway 9am
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:15am
Mahjong 10am-Noon
Team Trivia 1-2:30pm
Medicare 1:30-3pm
Poker 2-4pm

2
Tai Chi 9-10am
Line Dnc, Step 9:30-11am
Pinochle 1-3pm
Book Group 3-4:30pm
Diabetes 3:30-5:30pm
Sqr Dance 1 • 4-5:15pm
Sqr Dance 2 • 5:15-6:30pm

1
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:30am
Edson Fichter 10-11:30am
Fall FREE 10-11:30
Latin Line I 2-3pm
Latin Line II 3-4:30pm

11

10
Wkng Grmway 9am
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:15am
Mahjong 10am-Noon
Food & Nutrition 1-2:30pm
Poker 2-4pm
Wolves 5-6pm

9
Tai Chi 9-10am
Line Dnc, Step 9:30-11am
Painting, Wtrchr 1-3pm
Pinochle 1-3pm
Diabetes 3:30-5:30pm
Sqr Dance 1 • 4-5:15pm
Light in Library 5-6pm
Sqr Dance 2 • 5:15-6:30pm

8
Hogle Check In 7:30am
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:30am
Golf, Ladies 11am
Singing 1-2pm
Latin Line I • 2-3pm
Latin Line II • 3-4:30pm

18

17
Wkng Grmway 9am
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:15am
Mahjong 10am-Noon
Lunch & Games Noon-3pm
Team Trivia 1-2:30pm
Poker 2-4pm
Symphony 3-4pm

16
Tai Chi 9-10am
Line Dnc, Step 9:30-11am
Camp Bird Mine 1-2:30pm
Pinochle 1-3pm
Diabetes 3:30-5:30pm
Sqr Dance 1 • 4-5:15pm
Sqr Dance 2 • 5:15-6:30pm

15
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:30am
Visual Poky 10-11:30am
Golf, Ladies 11am
Taste & Share 12-1pm
Latin Line I • 2-3pm
Latin Line II • 3-4:30pm

25

24
Wkng Grmway 9am
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:15am
Mahjong 10am-Noon
Poker 2-4pm

23
Tai Chi 9-10am
Line Dnc, Step 9:30-11am
Coffee 10:30-Noon
Pinochle 1-3pm
Climate 1:30-3pm
Ptng, Rustic 10am-1pm
Diabetes 3:30-5:30pm
Sqr Dance 1 • 4-5:15pm
Sqr Dance 2 • 5:15-6:30pm

22
Wd Carv, Adv 9-Noon
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Fall Proof 9:30-10:30am
Golf, Ladies 11am
Singing 1-2pm
Latin Line I • 2-3pm
Latin Line II • 3-4:30pm
Wine Uncorked 6-8pm

26

27
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Hot Topics 10-11:30am
Latin Line II • 10:30-Noon
Barn Qlts 1-4pm
Creative Wrtg 2-4pm

30
Tai Chi 9-10am
Glass Etching 10am-1pm
Pinochle 1-3pm
Sqr Dance 1 • 4-5:15pm
Sqr Dance 2 • 5:15-6:30pm

29
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Fall Proof 9:30-10:30am
Golf, Ladies 11am
Latin Line I • 3-4:30pm

7
Tai Chi 9-10am
Line Dnc, Int 9:30-10:25am
Scrabble 9:30-11:30am
Jews & Christians 10-11:30am
Therigami 4 • 10am-Noon
Line Dnc, Old 10:30-11:30am
Croch/Knit 1:15-2:15pm

6
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Bonus Army 10-11:30am
Latin Line II • 10:30-Noon
Line Dnc, Beg I • 1-1:45pm
Barn Qlts 1-4pm
Line Dnc, Beg 2 • 2-3pm
Creative Wrtg 2-4pm
LEAD 2-4pm

14
Tai Chi 9-10am
Line Dnc, Int 9:30-10:25am
Scrabble 9:30-11:30am
Therigami 5 • 10am-Noon
Line Dnc, Old 10:30-11:30am

13
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Latin Line II • 10:30-Noon
Line Dnc, Beg I • 1-1:45pm
Barn Qlts 1-4pm
Line Dnc, Beg 2 • 2-3pm
Creative Wrtg 2-4pm
LEAD 2-4pm

21
Tai Chi 9-10am
Line Dnc, Int 9:30-10:25am
Scrabble 9:30-11:30am
Grizzlies 10-11:30am
Therigami 5 • 10am-Noon
Line Dnc, Old 10:30-11:30am
Writing, Hist 1-2:30pm

20
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Europe 10am-Noon
Latin Line II • 10:30-Noon
Line Dnc, Beg I • 1-1:45pm
Barn Qlts 1-4pm
Line Dnc, Beg 2 • 2-3pm
Creative Wrtg 2-4pm

28
Tai Chi 9-10am
Scrabble 9:30-11:30am
Peace of Mind 10-11:30am
Stargazing 3:30-5pm
Therigami 5 • 10am-Noon

19
Wd Carv, Adv 9-Noon
Wd Carv, Beg 9-Noon
Europe 10am-Noon
Latin Line II • 10:30-Noon
Line Dnc, Beg I • 1-1:45pm
Barn Qlts 1-4pm
Line Dnc, Beg 2 • 2-3pm
Creative Wrtg 2-4pm

21

12

MAY 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUMMER FIELD TRIPS

Southern Utah — Wednesday, June 3; 6:00 a.m. — Friday, June 5; 8:30 p.m.
 Olympic Park and Aerial Show — Saturday, August 29; 6:30 a.m. — 6:00 p.m

3	4	5	6	7	8	9
	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Creative Wrtg 2-4pm	Tai Chi 9-10am Scrabble 9:30-11:30am Butterfly Haven 1-4:30pm	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Golf, Ladies 11am	Tai Chi 9-10am Pinochle 1-3pm Book Group 3-4:30pm Sqr Dance 1 • 4-5:15pm Sqr Dance 2 • 5:15-6:30pm	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Poker 2-4pm	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Poker 2-4pm
10	11	12	13	14	15	16
	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Creative Wrtg 2-4pm	Tai Chi 9-10am Scrabble 9:30-11:30am	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Golf, Ladies 11am Singing 1-2pm	Tai Chi 9-10am Mink Creek 12:45-3:30pm Pinochle 1-3pm Sqr Dance 1 • 4-5:15pm Sqr Dance 2 • 5:15-6:30pm	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Team Trivia 1-2:30pm Poker 2-4pm	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am Team Trivia 1-2:30pm Poker 2-4pm
17	18	19	20	21	22	23
	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Creative Wrtg 2-4pm	Tai Chi 9-10am Scrabble 9:30-11:30am	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:30am Golf, Ladies 11am	Tai Chi 9-10am Mink Creek 12:45-3:30pm Pinochle 1-3pm	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am	Wd Carv, Adv 9-Noon Wd Carv, Beg 9-Noon Fall Proof 9:30-10:15am
24	25	26	27	28	29	30
			Golf, Ladies 11am	Mink Creek 12:45-3:30pm		
31						

My, Oh My..., Stir Fry (#3891)*Wednesday: March 4; 4:00 – 5:30 p.m.*

A course on basic stir-frying. Principles, cutting techniques, cooking, and tasting. We will learn about a variety of stir fry sauces.

Location: ISU Tech Café, inside Roy F. Christensen building, 777 Memorial Drive, ISU

Instructor: Suzanne H. Johnson

Facilitator: Mamoy Hong (hongma1186@gmail.com)

Class Limit: 40

Class Fee: \$5 for supplies and handouts. Bring to class.

Taste & Share (#3197)*Wednesdays: February 12, March 11:**11:30 - 12:30 p.m., April 15; 12:00 - 1:00 p.m.*

Come share your favorite recipes and discover new treats that someone else has made. You only bring a dish once during the semester, but you get to taste everything others bring. Plus, you take all the recipes home! Men and women are welcome!

Location: Liberty Hall, 325 W. Benton, small room

Instructors/Facilitators: Marilyn Edwards (208-237-0751) and Liz Meske (208-234-1544)

Wine Pairing at PV's Uncorked on Main*(#3943) Wednesday: April 22; 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 Street, Pocatello

Instructors: Donny and Jen Flores

Facilitator: Robert Farmer (robfar52@hotmail.com)

Class Limit: 50

Class Fee: \$45, includes gratuity. Make checks payable to PV's Uncorked. Send to Robert Farmer, 235 Sorenson Ave., Pocatello, Idaho 83201, by **April 1**.

Wine Pairing at the Yellowstone (#3642)*Wednesday: January 29; 5:00 – 7:00 pm*

The Yellowstone Restaurant is reprising their successful pairing from last fall, matching menu items selected to complement the attributes of each wine.

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

Instructor: Jennifer Erchul, owner

Facilitator: Geoff Hogander (208-232-3437)

Class Limit: 50

Class Fee: \$50 includes gratuity. Make check payable to Geoff Hogander, 255 Fairmont Ave., Pocatello, ID 83201 by **January 20**.

Wine Tasting at Café Tuscano (#3120)*Tuesday: March 17; Section 1 - 2:00 – 4:00 p.m.**OR Section 2 - 5:00 – 7:00 p.m.*

Let the staff of Café Tuscano help you celebrate the Ides of March while you taste some great wines. The wines will be paired with light appetizers to highlight the qualities of each wine. Please sign up for the section you would prefer to attend.

SECTION 1 – March 17; 2:00 – 4:00 p.m.

SECTION 2 – March 17; 5:00 – 7:00 p.m.

Location: Café Tuscano, 2231 E. Center Street. Please park across the street in the Café Tuscano lot.

Instructor: Allyson Burnham

Facilitator: Sharon Manning (208-233-9425)

Class Limit: 40

Class Fee: \$20, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204, by **March 1**.

GAMES**Introduction to Pinochle** (#3496)*Thursdays: January 16 – May 21: 1:00 – 3:00 p.m.*

Members will split into groups of four at each table. Partnership pinochle will be instructed and played.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Instructor/Facilitator: Virginia Kelly (ginnykelly@gmail.com)

Class Limit: 20

Lunch and Games (#3126)*Fridays: January 17, February 21, March 20, April 17 & May 1; 12:00 – 3:00 p.m.*

Lunch is served at noon. Hand and Foot game OR the Dominoes Mexican Train game go from 1 to 3 p.m. There is no cost for the games. You must sign up to participate each month. The facilitator will verify attendance by calling everyone who

signs up. On the registration form, please select the months you plan to attend. *Call the facilitator, Pat Ringe (208-233-5494) if you must cancel.*

SECTION 1 – Friday: January 17; 12 - 3 p.m.

SECTION 2 – Friday: February 21; 12 - 3 p.m.

SECTION 3 – Friday: March 20; 12 - 3 p.m.

SECTION 4 – Friday: April 17; 12 - 3 p.m.

SECTION 5 – Friday: May 1; 12 - 3 p.m.

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

Facilitator: Pat Ringe (208-233-5494)

Class Limit: 90

Class Fee: \$13 per lunch to be paid at the door

Mahjong (#3125)

Fridays: February 7 – April 24: 10:00 a.m. – Noon

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: Travel Lodge, 133 West Burnside, Chubbuck, Aspen Room

Instructor: Lucy Bonman (208-243-0856)

Facilitator: Eileen Huestis (208-681-1196)

Scrabble (#3745)

Tuesdays: January 21 – May 19: 9:30 – 11:30 a.m.

This is an opportunity to get together with people who love to play the game of Scrabble. If you have a Scrabble set and/or dictionary please bring it, although we will have some extras.

Location: Quail Ridge, 797 Hospital Way, Arcade Rm.

Instructor/Facilitator: John Crowder (925-628-4033, jcrowder27@hotmail.com)

Team Trivia (#3014)

First, Third, and Fifth Fridays: January 17 – May 15: 1:00 – 2:30 p.m.

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

Location: Quail Ridge, 797 Hospital Way, big room downstairs

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

Class Limit: 30

Texas Hold 'em Poker (#3127)

Fridays: January 17 – May 15: 2:00 – 4:00 p.m.

This class is for anyone who wants to play Texas Hold 'em Poker. Groups will be set up by ability levels. We will teach anyone to play.

Locations: Quail Ridge, 797 Hospital Way

Facilitators/Instructors: Annette Tolman (208-226-4597, altolbert@cableone.net); Betty Adams (208-589-2880, bettebadams@msn.com); Barbara Hyde (208-760-7260, bhyde1048@gmail.com)

Class Limit: 24

GENERAL INTEREST

2020 Economic Update (#3746)

Thursday: February 20: 1:00 - 2:30 p.m.

The intent of this class is to identify and discuss the principle economic trends and developments currently shaping and influencing the economy of the United States and the prospects for the future.

Location: Liberty Hall, 325 W. Benton, lecture room

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

Facilitator: Jim Manning (djamesmanning@aol.com)

Adventures in Peru (#3747)

Tuesday: February 25; 10:00 – 11:30 a.m.

Geoff Hogander joins a friend in Peru and they travel from the Nazca Lines to the Amazon and then hike to Macchu Picchu.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Geoff Hogander

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

Please be courteous to other members and cancel ASAP if you signed up for a program and cannot attend so that Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.

Aleutian Islands Anthropology (#3748)*Wednesday: February 5; 1:00 – 2:30 p.m.*

Dr. Katherine Reedy is an anthropologist who has done research in the Aleutian Islands with the indigenous Aleut/Unangan people for over 20 years. She will share her experiences with these remarkable people and some results of her long-term research on community sustainability.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Dr. Katherine Reedy, Professor/Chair of Anthropology, Idaho State University**Facilitator:** Mary Spinner (208-241-7258)**Butterfly Haven Tour** (#3749)*Tuesday: May 5: 1:00 – 4:30 p.m.*

Travel by bus to the Butterfly Haven. Enjoy hundreds of butterflies in the indoor botanical garden. Educators will teach you about the butterflies featured in the garden, where the host and nectar plants for 24 species are growing, with 12 – 15 different species on the wing. They will discuss the butterfly life cycle with each stage possibly being seen, including butterflies emerging from the chrysalis. Butterflies are important pollinators and in need of our help. Several species of birds are also found in the haven.

Location: Butterfly Haven, 1462 W 200 S, Pingree, Idaho**Departure:** Meet at the PRT Transit Center at 5815 S. 5th Ave. The bus will leave at 1 p.m.**Instructor:** Karen and Randy Reed**Facilitator:** Mary Spinner (208-241-7258)**Class Limit:** 30

Class Fee: \$8 to pay for the bus, \$8 for admittance to the Butterfly Haven. Mail a check for \$8, made out to PRT, to Mary Spinner, 2641 E Two Mile Road, McCammon, ID 83250 by **April 28**. The \$8 fee to Butterfly Haven is payable at the door.

China's Belt and Road Strategy (#3750)*Thursday: February 13: 3:00 – 4:30 p.m.*

The class examines China's foreign policy and economic "Belt and Road Strategy" and its implications in the current international political economy. The initiative, with its intellectual origins dating back to 2013, guides China's emergence and

active engagement in the international arena. It gained prominence due to its reemphasis on taking a proactive approach in shaping international political economy with China at its center. This is relevant today as it contradicts US President Trump's isolationist foreign policy approach.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Dr. Shin Kue Ryu, Dept. of Political Science, ISU**Facilitator:** Carol Harsch, (208-251-2761)**Europe on Our Own in 40 Days** (#3019)*Monday: April 20: 10:00 a.m. - Noon*

We traveled around Europe for 40 days last fall and will explain how we booked it, what apps, websites, and other resources we used to plan it and to book accommodations. We did it all ourselves—no travel agents, not on a big tour—just the two of us. We have a lot of great pictures!

Location: Liberty Hall, 325 W. Benton, lecture room**Instructors:** Darlene Gerry and Doug Davlin**Facilitator:** Elizabeth Dyer (573-210-7588, dyer2158@gmail.com)**Following the Arrows on the El Camino de Santiago** (#3751)*Wednesday: March 25; 1:00 – 2:30 p.m.*

Eileen and two of her sisters walked the Portuguese route of the *Camino de Santiago*, following the yellow arrows through Portugal and Spain. Eileen will share the sights and adventures along the route and the bonding that occurred between the sisters.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Eileen Huestis**Facilitator:** Mary Spinner (208) 241-7258**Help Your Grandkids Succeed in Math** (#3752)*Thursday: January 16; 10:00 – 11:30 a.m.*

Math is easy if taught properly. This class will present an overview of what steps you can take to help your grandchild succeed in, and maybe learn to love, math.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: John Crowder, Owner, Crowder Education
Facilitator: Geoff Hogander (ghogande@yahoo.com)

Hot Topics (#3827)

Mondays: January 27, February 24 & March 30; 1:00– 2:30 p.m., April 27; 10:00– 11:30 a.m.

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 unfold.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Various
Facilitator: Trent Stephens (208-240-4994)

Introduction to Equine Guided Education (#3753)

Wednesdays: March 4 and 11; 1:00 - 3:00 p.m.

Come experience working with horses for personal coaching and leadership development. Horses mirror our energies and emotions and serve as an unequalled guide to provide clear, nonjudgmental feedback. Humans work with horses in a whole new way to expand intuition and awareness, help with trauma and PTSD, aid in youth development and confidence building and in team development in businesses across the country. All exercises are completed from the ground. This is a non-riding activity.

Location: Rock N Horse Arena, 10555 N Hiline Rd, Pocatello.

Instructor: Amanda Kumiko Kent, Certified Equine Guided Educator, Leadership Coach, Speaker

Facilitator: Joanne Kent (208-241-2124)

Class Limit: 30

Class Fee: \$10, cash or check at the first meeting.

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.

LEAD: Life Experience, Awareness, and Discovery Leadership Development Program (#3754)

Mondays: April 6 and 13; 2:00 - 4:00 p.m.

Working alongside horses through Equine Guided Education, reflect on desires, refine your goals and develop the confidence and clarity to lead yourself forward into a new phase of life. All exercises are completed from the ground. This is a non-riding activity.

Location: 323 Cutshalts Road, Pocatello

Instructor: Amanda Kumiko Kent, Certified Equine Guided Educator, Leadership Coach, Speaker

Facilitator: Joanne Kent (208-241-2124)

Class Limit: 10

Class Fee: \$10, cash or check at the first meeting.

The Light Triad (#3755)

Thursday: February 6: 10:00 - 11:30 a.m.

This presentation contrasts the Light Triad (Kantianism—treating people as ends unto themselves, not mere means; Humanism—valuing the dignity and worth of each individual; and Faith in Humanity—believing in the fundamental goodness of humans) versus the Dark Triad of Personality (Narcissism—entitled self-importance; Machiavellianism—strategic exploitation and deceit; and Psychopathy—callousness and impulsivity). It includes research on two different profiles of human nature.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Victor Joe, Professor Emeritus, ISU

Facilitator: Virginia Kelly (ginnyckelly@gmail.com, 208-232-7417)

Medicare Overview – New to Medicare?

(#3905) Friday: April 3: 1:30 – 3:00 p.m.

Are you turning 65 soon? Come join us to learn about Medicare A & B, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance. The time frame of the application process will be discussed. Bring your questions.

(continues...)

(continued: Medicare Overview)

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Helen Mayberry, SHIBA – Medicare Counselor, ID Department of Insurance

Facilitator: Rachel Damewood (208-604-0741, damerw@cablone.net)

Oprah Winfrey's Belief Series (#3977)

Tuesdays: January 21 & 28, February 4, 11, 18 & 25, March 3 & 10; 1:00 – 2:00 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, 325 W. Benton, lecture room

Instructor/Facilitator: Virginia Kelly (208-232-7417)

Pilgrimages to Sacred Sites: Garden of One Thousand Buddhas (#3893)

Wednesday: February 26; 2:00-3:30 p.m.

A presentation of the 2019 Pilgrimage to Arlee, MT to visit the Ewan Garden of a Thousand Buddhas with two groups of 30 pilgrims from Pocatello. It will feature an inspiring slideshow of 50 photographs of this sacred site, experiences of traveling pilgrims and the meanings along with a Buddhist Teachings on the Four-Fold Path. The presentation includes why this site was built on an Indian reservation and how a pilgrimage to a sacred site can change your life.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Midge Woods, Spirit at Work Events: Presentations on Traveling to Sacred Sites in America and around the World

Facilitator: Donna Hillard (208-241-9855, hilldonn73@gmail.com)

Senior Activity Center Tour (#3756)

Tuesday: March 10; 1:00 – 2:30 p.m.

This presentation introduces the public to the Center. There will be a brief description of the inception of the Center and its history.

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

Instructor/Facilitator: Anita Valladolid, Director of the Senior Activity Center. 208-233-1212; senioractivities@ida.net

What's Up with the Sagebrush Steppe Land Trust in your Community? (#3757)

Thursday: February 18; 10:00 – 11:30 a.m.

Since its beginning 15 years ago, the Sagebrush Steppe Land Trust has worked with private landowners and a variety of partners to conserve 5,000 acres of land in seven southeastern Idaho counties. We will discuss recent and ongoing projects, including the most recent donation of 166 acres within the Pocatello city limits. We'll describe how easements assist mule deer migration, landscape scale planning, and our communities' quality of life in southeastern Idaho.

Location: Liberty Hall, 325 W Benton, lecture room

Instructor: Matt Lucia, Executive Director, Sagebrush Steppe Land Trust

Facilitator: Geoff Hogander (ghogande@yahoo.com)

HEALTH & WELLNESS

Demystifying Cannabidiol (CBD) (#3758)

Monday: February 3 OR March 2; 4:30 - 6:30 p.m. (This is the same class presented at two times)

Cannabidiol (CBD), a constituent that naturally occurs in industrial hemp, is just one of over 85 cannabinoids that is identified in the cannabis plant. The endocannabinoid system (ECS), an extension of our central nervous system, is comprised of receptors, neurotransmitters and enzymes. The ECS interacts with cannabinoids found in the cannabis plant and endocannabinoids that are produced by our own bodies.

SECTION 1: Monday, February 3, 4:30 – 6:30 p.m.

SECTION 2: Monday, March 2, 4:30 – 6:30 p.m.

Location: Station Square (upstairs), 200 S Main, Pocatello

Instructors/Facilitators: Alison Gorny and Tiffani Wilson (406-249-2438)

Class Limit: 50

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 282-3155.

Fall FREE is the Way to BE (#3759)*Wednesday: April 1: 10:00 a.m. - 11:30 a.m.*

One in four Americans age 65+ falls each year. Falls are the leading cause of fatal and non-fatal injuries for older adults. Falls threaten seniors' safety and independence and are costly. Falls can be prevented by staying active, fall-proofing your home and making lifestyle changes. Learn how to assess fall risk and practice tips to stay fall free.

Location: Southeastern Idaho Public Health, 1901 Alvin Ricken Drive, Pocatello

Instructors: Michelle Butterfield, MHE, Southeastern Idaho Public Health

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Healthy Diabetes Plate**4-Session Class Series** (#3987)*Thursdays: April 2, 9, 16 & 23; 3:30 – 5:30 p.m.*

In this class, you will discuss signs & symptoms of diabetes and learn how to use the Healthy Diabetes Plate to: visualize portion & serving sizes, plan balanced & nutritious meals, and eat out at a restaurant. You will take an instructional supermarket tour highlighting friendly food choices and sample healthy recipes.

Location: Southeastern Idaho Public Health, 1901 Alvin Ricken Drive, Pocatello

Instructor: Traci Lambson, Health Education Specialist, Southeastern Idaho Public Health & Idaho State University Dietetic Students (tlambson@siph.idaho.gov, 208-478-6316)

Facilitator: Aleen Shearer (208-251-9589, ajshearer@cableone.net)

Class Limit: 20

Class Fee: \$25 for class supplies. Please bring to the first class session.

Massage: The Power of Touch to Improve Lives Physically, Emotionally, and Spiritually (#3947)*Tuesday: January 14; 10:00 – 11:30 a.m.*

Just about everybody likes a good massage and clinical research demonstrates how touch actually works to improve life. This presentation shares new information about touch's effect on body processes

and about touch in elder- and dementia-care. It draws on the presenter's five-year experience providing monthly massages to 20-40 hospice patients, which inspired her book, *In the Mystery's Shadow: Reflections on Caring for the Elderly and Dying*. Participants will learn simple hand massage techniques to share with loved ones and/or themselves.

Location: Liberty Hall, 325 W. Benton, lecture hall

Instructor: Susan H. Swetnam, Ph.D., LMT (Idaho State University Professor Emerita; Balsamroot Massage; Heritage Health Services)

Facilitator: Glenn Alford (208-220-6318)

Meditator's Toolbox: Mindful Tools for a Troubled Mind (#3761)*Thursdays: March 5, 12, 19 & 26;**10:00 – 11:30 a.m.*

Mindfulness meditation is an ancient practice now being used for its physical and emotional benefits, especially for those of us who are older. This course focuses on developing skills in meditation practice. Participants will learn practices to develop qualities shown to increase our happiness, our awareness, and the welfare of others. Each session will include meditation practices and discussion. No previous meditation experience is necessary and all are welcome.

Location: Portneuf Sangha and Meditation Center, 424 W. Lewis Street

Instructors: Drs. Paula and Tony Seikel

Facilitator: Barbara Bain (208-232-3415)

Class Limit: 25

Nutrition in Older Adults (#3762)*Tuesday: February 11: 10:00 - 11:00 a.m.*

A discussion of general nutrition guidelines for adults with emphasis on nutrients of concern for older adults.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Cynthia Blanton, PhD, RDN, Professor of Nutrition, ISU

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

Opioid Use, Misuse, Addiction, and Pain Management (#3763)

Thursday: February 20: 3:00 - 4:00 p.m.

Test your opioid knowledge and learn: the dangers and risks associated with use and misuse of opioids; overdose warning signs; alternative pain treatments and ways to become proactive in your healthcare choices; safety tips for storing medications and proper methods for disposal; and opioid reversal medications and treatment services.

Location: Southeastern Idaho Public Health, 1901 Alvin Ricken Drive, Pocatello

Instructors: Traci Lambson, Southeastern Idaho Public Health (208 478-6316)

Facilitator: Rachel Damewood (208-604-0741, damerw@cablone.net)

Origami & Theragami (Science & Art of Celebration and Healing) (#3461)

Origami and Theragami are used to educate, inspire, self-heal, and instill greater confidence. Theragami has therapeutic benefits connecting the mind and body. See information about each class below.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Hugh Suenaga

Facilitator: Nancy Dafoe (nancyd@uidaho.edu, 208-596-0491)

Class Limit: 15

Class Fee for ALL Sections: \$20 to be paid at the first day of the class.

SECTION 1 – *Dragons Immortal:* *Tuesdays: January 21 & 28, February 4; 10:00 a.m. – Noon*

Cultures around the world believe in the lore of dragons; some cute, some are ferocious and fire-breathing. Others, such as the Asian dragons, are maleficent or bring good luck and bountiful fortunes. Come have fun and create your personal dragon to protect and inspire your honor!

SECTION 2 – *The Beauty of Butterflies:* *Tuesdays: February 11, 18 & 25; 10:00 a.m. – Noon*

Let's create some beautiful and magical butterflies.

SECTION 3 – *The Elegance of Flowers:* *Tuesdays: March 3, 10 & 17; 10:00 a.m. – Noon*

Open all your senses to the power and beauty of flowers.

SECTION 4 – *Precious Memories in a Box:* *Tuesdays: March 24 & 31, April 7; 10:00 a.m. – Noon*

The magic is not just what's in the box but also the beautiful, unique, and elegant box that shelters your precious memories.

SECTION 5 – *Kusudama I:* *Tuesdays: April 14, 21 & 28; 10:00 - Noon*

Kusudama in Japanese is derived from two words which mean "prayer and medicine" and are multiple folded modular projects which are traditionally presented at memorable and monumental events such as baptisms and weddings. Creating *Kusudama* requires focus, perfect practice and determination that will engage you in peaceful meditation; and, practiced daily, will provide enlightenment by personal expression and inspirational, beautiful results.

Peace of Mind Seminar (#3764)

Tuesday: April 28; 10:00 - 11:30 a.m.

The Peace of Mind Seminar discusses how pre-planning your funeral helps ease the emotional and financial burden for you and your family.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Steve Pearce, Advanced Funeral Planner, Downard Funeral Home

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Pocatello Free Clinic, Providing No-cost Care for 48 Years (#3765)

Wednesday: January 22; 11:00 a.m. – Noon

The Pocatello Free Clinic has been providing no cost health and dental care for 48 years. Learn about our history, our mission, our volunteer model, and take a visual tour of our new clinic space.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Kathy Olsen, R.N. and Grace Jacobson, R.N., Board Members, Pocatello Free Clinic

Facilitator: Cathy McPherson (cathylee@cablone.net)

Smiles for a Lifetime (#3766)*Monday: February 3; 1:00 – 2:30 p.m.*

An essential part of aging successfully includes maintaining oral health and smiling throughout our lifetime. Scientific evidence supports oral health is integral and interrelated to overall health. This class will offer strategies to minimize oral and systemic diseases to age gracefully and maintain quality of life. Bachelor of Science hygiene students and faculty will provide information into quality low cost services provided at the ISU Dental Hygiene Clinic. Clinical experiences are vital to prepare students for the workforce following graduation.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructors:** Jacque Freudenthal, RDH, MHE, and student presenters (See <https://isu.edu/dentalhygiene/> for more information on the clinic.)**Facilitator:** Carol Harsch (208-251-2761)**What's in the Foods You Are Eating? Part 2** (#3767)*Friday: April 10: 1:00 - 2:30 p.m.*

What is in the foods you are eating and how does that affect your health? We will examine nuts, processed foods, sugar substitutes, breakfast cereals and legumes. Are there foods that increase satiety and help you sleep?

Location: Quail Ridge, 797 Hospital Way**Instructor:** Mary Dundas, PhD, FADA, Professor Emerita**Facilitator:** Aleen Shearer (ajshearer@cableone.net)**HISTORY****The Bonus Army of 1932** (#3768)*Monday: April 6: 10:00 – 11:30 a.m.*

The Bonus Army was a group of veterans and their families who came to Washington, DC in 1932 demanding cash-payment redemption of their service certificates from World War I. About 43,000 veterans and their families camped near the mall in our nation's capital beginning early March. On July 28, 1932, they were routed by the US Army using

infantry and tanks. Chief of Staff General Douglas McArthur led the military operation under direct orders from President Herbert Hoover.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** F. C. "Chuck" Humphrey, PhD; Professor Emeritus, ISU, Lt Colonel, US Army (retired)**Facilitator:** Geoff Hogander (ghogande@yahoo.com)**The Camp Bird Mine** (#3769)*Thursday: April 16: 1:00 – 2:30 p.m.*

High above Ouray, Colorado, gold was in plain sight to Irishman Thomas Walsh, who saw what other miners overlooked for two decades. Cloud gold. How did he develop it, provide first-class bunkhouses for his workers to stave off strikes, and earn a fortune to become a philanthropist? Participants will get to examine stock certificates, mineral specimens, and maps.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Dr. S. Eric Krasa**Facilitator:** Geoff Hogander (ghogande@yahoo.com)**Cave Art: Chauvet and Altamira Caves** (#3770)*Wednesday: January 29: 10:00 – 11:30 a.m.*

30,000 years ago, our ancestors created some of the most remarkable art ever produced—on the walls and ceilings of caves. These were not the primitive stick figures we commonly associate with petroglyphs, but masterpieces that could be displayed as contemporary art in the best museums in the world.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Trent Stephens, PhD**Facilitator:** Kathleen Stephens (208-244-2732)**Growth and Form: D'Arcy Thompson***(#3771) Wednesday: January 15; 10:00 – 11:30 a.m.*

In 1917, the mathematician and biologist, D'Arcy Thompson wrote his masterpiece, *On Growth and Form*. The concepts of biological form, from sea shells to giraffes, were not only well ahead of his time, but in many ways are still ahead of our time. Come prepared to have your minds blown, (continues...)

(continued: Growth and Form: D'Arcy Thompson)

not by incomprehensible mathematics but by the beauty of everyday plants and animals.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Trent Stephens, PhD

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

History of the Marshall Public Library

(#3772) *Monday: March 30; 10:00 – 11:30 a.m.*

Public libraries have had an important place in US history and culture since the colonial era. Yet the true Golden Age of libraries was the late 19th and early 20th centuries when Carnegie libraries were built across the nation. Pocatello was no exception, yet the story of its building took an unexpected turn. We will look at our library's place in city, state, national, and global history, both in its development and its architecture.

Location: Marshall Public Library, 113 S. Garfield

Instructor: Kristine Hunt, adjunct instructor,
History Department, ISU

Facilitator: Barbara Christensen
(christensen.barb@gmail.com)

Class Limit: 50

History of Pocatello (#3773)

Tuesday: March 17; 1:00 – 2:30 p.m.

The Blalock family has been an integral part of the history of Pocatello. Bill will discuss some of the historical factors and has several artifacts regarding Pocatello, World War I & World War II.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Bill and Teresa Lee Blalock

Facilitator: Cathy McPherson (208-233-5899,
cathylee@cableone.net)

The Idarado Mine (#3774)

Thursday: February 6; 1:00 – 2:30 p.m.

Imagine commuting 7 miles in 45 minutes on a four-wheeled bicycle through a mine tunnel. In Telluride, Colorado, Idarado miners did just that as they mined rich veins of zinc, lead and copper to help win WWII. How did the volcanic calderas develop to produce these rich veins? What ingenious methods were used to develop this mine?

Learn why it's a five-star Trip Advisor stop on the Million Dollar Highway. Examine stock certificates, mineral specimens, and maps.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. S. Eric Krasa

Facilitator: Geoff Hogander, ghogande@yahoo.com

Jews and Christians in Europe from the Early Middle Ages through the 18th Century (#3775)

Tuesday: April 7; 10:00 – 11:30 a.m.

This course discusses the alternating experiences of Medieval European Jewry: cooperation, coexistence, persecution, and coercion, and the ways these challenges affected Jews and their history.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Stephanie Mooers Christelow,
Professor Emerita, Department of History, ISU

Facilitator: Jim Mariani (jsm22553@yahoo.com)

Ritual and Religion in Prehistoric Ireland (#3776)

Tuesday: February 4; 10:00 – 11:30 a.m.

Ireland's landscape is covered with remnants of its distant past: stone circles, walled enclosures, temples, avenues, burials, and holy wells. What did these signify to the people who lived in or gathered at such places? We'll explore the meanings of Newgrange, Loughcrew, and the Hill of Tara, with other sacred sites.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Stephanie Mooers Christelow,
Professor Emerita, Department of History, ISU

Facilitator: Jim Mariani (jsm22553@yahoo.com)

A Visual Walk through Pocatello History (#3777)

Wednesday: April 15; 10:00 – 11:30 a.m.

Enjoy an illustrated tour of local history. Pictures and anecdotes about the growth and expansion of the town bring history to life. The presentation includes little known facts and rarely seen images of places and buildings still around and many that are no longer with us.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Arlen Walker
Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

World War II in Idaho: The ISU College of Business Book Project (#3778)

Thursday: January 23; 11:00 a.m. – Noon.

World War II in Idaho as researched by Dr. Alex Bollinger and his students.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Alex Bolinger, PhD, Associate Professor of Management, College of Business, ISU
Facilitator: Cathy McPherson (cathylee@cableone.net)

Writing: It Changed Everything (#3779)

Tuesday: April 21; 1:00 – 2:30 p.m.

How the ability to record, save and retrieve information changed civilization—prehistoric times until today.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Mike Doellman
Facilitator: Geoff Hogander, (208-232-3437, ghogande@yahoo.com)

NATURE, SCIENCE & TECHNOLOGY

Astronomy 8: The Solar System – Up to Date (#3780)

Tuesday: March 24: 10:00 – 11:30 a.m.

Get the inside story of the Voyager Missions from someone in the know!! Find out the latest by NASA, the ESA, the Japanese and more. You'll never think of the solar system the same way again.

Location: Quail Ridge, 797 Hospital Way, large room
Instructors: Jim Mariani and Randy Norton, NASA (retired)
Facilitator: Trent Stephens (208-240-4994, trentstephens1@cableone.net)

Beginning 3D Printing (#3781)

Monday: January 13; 10:30 a.m. – Noon

Learn what 3D printing is all about. You will learn about the 3D printing process, how to design your own 3D print, and how to find files for useful

objects. Participants will also get to tour the Idaho Virtualization Lab and see how we use 3D printers in the museum. All class members will have a chance to print an object of their choosing.

Location: Idaho Museum of Natural History, 698 E. Dillon, Pocatello
Instructor: Virginia Jones-Education Specialist at the Idaho Museum of Natural History
Facilitator: Geoff Hogander, (208) 232-3437
Class Limit: 15

Climate Solutions (#3040)

Thursday: April 23: 1:30 – 3:00 p.m.

This upbeat presentation will be about the science behind climate change. Are we sure it's human caused? How will warming affect Idaho's agricultural industry and the health of our citizens? We will discuss different solutions, one enacted by Canada in 2008, and various proposals that have been introduced in the US House and Senate. Will these proposals crash or build our economy? What do economists say? What about job creation? Bring your questions and ideas and prepare to learn more.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Linda Engle and Chris Stevens, Citizens' Climate Lobby
Facilitator: Geoff Hogander (ghogande@yahoo.com)

Easy Stargazing (#3782)

Tuesday: April 28: 3:30 – 5:00 p.m.

This presentation shows attendees how to enjoy the nighttime sky with just their eyes or binoculars.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: L. Paul Verhage, Boise School District
Facilitator: Sue Miller (millerpag@yahoo.com)

Edson Fichter Nature Area and Garden: History and Vision for the Future (#3740)

Wednesday: April 1; 10:00 – 11:30 a.m.

An introduction into the history of the Edson Fichter Nature Area and Garden since 1993 and an explanation of its development and visions of its future. Truly a natural gem within the city limits. (continues...)

(continued: Edson Fichter Nature Area)

Location: Idaho Fish and Game Office,
1345 Barton Road, Pocatello, Conference Room

Instructors: Maria Pacioretty, Fish and Game; Dr. Paul Allen, Master Naturalist; Sallee Gasser & Helen Beitia members of original Garden Development group

Facilitator: Helen Beitia (208-241-3933,
beithele@isu.edu)

Gardening: Itching for Spring?

Start Early (#3702)

Wednesday: March 4; 10:00 – 11:30 a.m.

Buying seedlings can be expensive; learn from someone with years of experience and education how to select seeds and planting medium. Learn about needs of seedlings for water, light, and temperature. Tawna will discuss unusual varieties and sources of seeds. Bring questions and get answers. Get sprouting—plant a seed.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Tawna Skinner, 40-year organic grower, greenhouse owner/operator, and gardening consultant

Facilitator: Helen Beitia (208-241-3933,
beithele@isu.edu)

Geological Knowledge Enhances Mountain Hiking

(#3783)

Tuesday: March 10: 10:00 - 11:30 a.m.

The focus will be on hiking in SE and central Idaho and observing the rocks and formations that make up the mountains. How did they develop and what are the time periods involved? Why are some mountain ranges so much more impressive than others, and what causes them to have a certain linear pattern that almost all ranges follow? Three local mountain ranges will be compared in terms of their genesis and appearance.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Gary M. Huestis / Retired INL Chemist; ISU geology graduate student

Facilitator: Trent Stephens (208-240-4994,
trentstephens1@cableone.net)

In the Presence of Grizzlies

(#3784)

Tuesday: April 21: 10:00 - 11:30 a.m.

In Katmai National Park, Alaska, the Brooks

River and Brooks Falls are famous for observing grizzlies. In Brooks Camp, near the falls, strict rules exist for humans, so bears have learned to tolerate their presence. Don and Jane Streubel will show photos and videos of bears feeding on salmon. Come join us as we view these magnificent animals feeding on their favorite food, salmon.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Donald Streubel, DA, Professor Emeritus, ISU

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Make Your Landscape a Haven for People and Pollinators II

(#3785)

Saturday: April 4: 10:00 a.m - 12:30 p.m.

This is a continuation of last semester's class, but you did not have to attend that class to participate. You'll learn how to apply basic concepts from the fields of ecology and design to improve your home or commercial landscapes. We'll help you define goals for your landscape! Bring a bird's eye diagram or map of your yard or garden (8"x11" or larger) and be prepared to work on your design during class. Some drawing materials will be furnished.

Location: RF Christensen Building, Room 108A or 108B, ISU

Instructor: Alissa Salmore, RLA, MS, Landscape Architect

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Tech Savvy Seniors: Smartphones

(#3505)

Monday: March 2 & 9; 3:30 – 5:00 p.m.

Participants will team up with Pocatello's best and brightest high school/middle school students to get you up and running on your smartphone. After a brief presentation our small herd of high schoolers will assist participants individually to troubleshoot problems.

Location: Holy Spirit Catholic School, 540 N. 7th Ave, Pocatello, Computer Lab

Instructors: Eric Anderson, John Kaiser, Century High School National Honor Society, Peggy Kaiser, HSCS Math/Robotics teacher

Facilitator: Peggy Kaiser, (208-241-4384,
kaiserpe@hscsidaho.org)

Class Limit: 30

Your Brain Has a Mind of its Own (#3528)

Wednesday: March 25; 10:00 – 11:30 a.m.

Seeing may not be believing because what we see is not necessarily the real world. The light that reaches our eye is processed many times, in the eye and in the brain, before we actually are aware of what we are seeing. Likewise, other senses, such as hearing, undergo similar processing. Why can't we hear the music from radio stations whose sound waves are constantly passing through our brain? Are there people who can hear that music?

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Trent Stephens, PhD

Facilitator: Kathleen Stephens (208-244-2732)

TRAVEL & FIELD TRIPS

NOTE: 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, and 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. All costs for overnight trips are based on double occupancy. For a single, add \$50 per night to the fee.

Hogle Zoo (#3787)

Wednesday: April 8

Travel to Utah's Hogle Zoo where you can view over 800 animals. In 2014 African Savanna opened, featuring the giraffe, zebra, nyala and ostrich mingling on the grasslands, while African lions look on from Lions' Hill. Don't miss Asian Highlands, recreating a Himalayan village and housing five endangered species of Asian cat, including the largest big cat, the Amur tiger. Also, on your must-see list is the Elephant Encounter

exhibit which features African elephants and white rhinos. We will arrive at the Zoo at 11:00 am and depart at 3:00 pm. Our estimated return to Pocatello is 6:00 pm.

Meet: Meet at the Travelodge, 133 Burnside Ave, Chubbuck.

Check in: Check in at the lobby at 7:30 a.m. Please do not park in the spaces in front of and next to the building; leave them for lodge guests.

Depart: 8:00 a.m.

Facilitators: Connie Hampel (208-760-9150) and Katheryn Snyder (208-589-7853)

Class Limit: 53

Class Fee: \$45. Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to **March 8**. There is no meal provided on this trip. Food is available for sale inside the Zoo. Motorized wheel chairs are available for \$25.00 or wheel chairs \$10.00.

Olympic Park and Aerial Show (#3788)

Saturday: August 29

Travel to Olympic Park, Park City Utah, arriving about 10:30 am. We will have a guided tour of the facilities by bus, to the top of the Bobsled Run. Enjoy some free time to see the museum and lunch on your own. At 1:00 pm we will catch the high-flying action of the Flying Ace All Stars Freestyle Show. See Olympians and National Team skiers and snowboarders perform acrobatic feats as they soar up to 60 feet in the air in this choreographed production. We will depart Olympic Park at 3:00 pm and return to Pocatello approximately 6:00 pm.

Meet: Meet at the Travelodge, 133 Burnside Ave, Chubbuck.

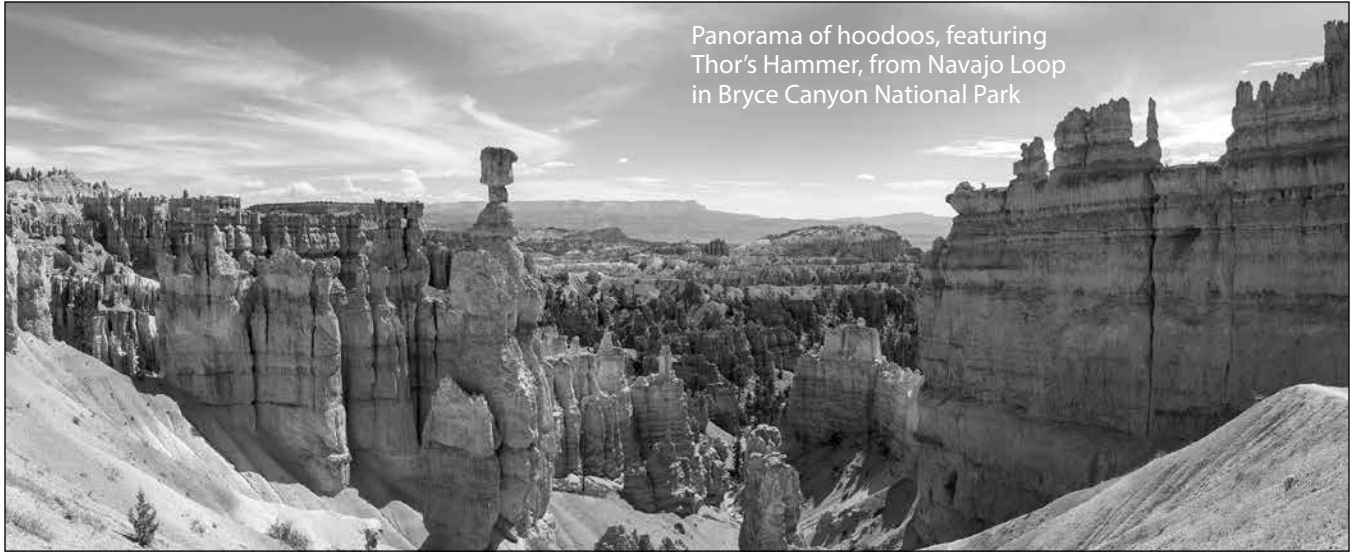
Check in: Check in at the lobby at 6:30 a.m. Please do not park in the spaces in front of and next to the building; leave them for lodge guests.

Depart: 7:00 a.m.

Facilitators: Jennie McCormick (208-521-2780, Jenniemc1250@yahoo.com) and Linda Ellis (208-237-3530, lmjdellis@cableone.net)

Class Limit: 54

Class Fee: \$57. Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to **July 29**. No lunch is included on this tour. Lunch is available at the Olympic Park Café at your own expense.



Panorama of hoodoos, featuring Thor's Hammer, from Navajo Loop in Bryce Canyon National Park

Pompeii at the Leonardo (#3789)

Wednesday: February 26

Travel to Salt Lake City to the Leonardo Museum and see the archeological treasures of Pompeii. View over 150 authentic nearly 2,000-year-old artifacts preserved in ash on loan from the Naples National Archaeology Museum in Italy. Observe multi-media recreations of a market, a temple, a theater and baths, revealing how the people of Pompeii lived and worked before time essentially stopped. Experience Mount Vesuvius in the 4D Eruption Theater. At approximately 11:00 am, we will lunch at the Chuck-A-Rama, arriving at the Museum at noon. We will leave for Pocatello at 3:00 and arrive home about 6:00 pm.

Meet: Meet at the Travelodge, 133 Burnside Ave, Chubbuck.

Check in: Check in at the lobby at 7:30 a.m. Please do not park in the spaces in front of and next to the building; leave them for lodge guests.

Depart: 8:00 a.m.

Facilitators: Jennie McCormick (208-521-2780, jenniemc1250@yahoo.com) and Katie Sierra (208-244-1418, ksierra838@hotmail.com)

Class Limit: 55

Class Fee: \$65. Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to **January 24**.

Southern Utah (#3786)

Wednesday-Friday: June 3, 4 & 5

Wednesday, travel by coach to Bryce Canyon National Park, viewing its forested plateaus, red rock pillars and brilliant colors. Spend the night in the pioneer town of Panquitch. Thursday, after a hearty breakfast, we'll visit Utah's first National Park, Zion. Gaze up at massive sandstone cliffs of cream, pink and red that soar into a brilliant blue sky. Zion's unique array of plants and animals will enchant you as you absorb the rich history of the past and enjoy the excitement of present-day adventures. Spend the night in St. George where you will be treated to a live performance at the Tuachan Amphitheater nestled in the cliffs of Padre Canyon. On Friday, we will stop at Cedar Breaks National Monument and travel the Brian's Head-Panquitch Lake Scenic Byway. Lunch is in Beaver; dinner is in Brigham City. We will arrive back in Pocatello at approximately 8:30 p.m.

Meet: Meet at the Travelodge, 133 Burnside Ave, Chubbuck by 6:00 a.m.

Check in: Check in at the lobby at 6:00 a.m. Please do not park in the spaces in front of and next to the building; leave them for lodge guests.

Depart: 6:30 a.m.

Facilitators: Linda Ellis (208-237-3530) and Char Young (208-220-4144)

Class Limit: 55

Class Fee: \$420. Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to **May 3**.

WRITING & LITERATURE

Book Group and a Glass... (#3372)

Thursdays: February 6, March 5, April 2 & May 7; 3:00 – 4:30 p.m.

Enjoy a glass of wine or other beverage while we discuss the book of the month in small groups. The selections are:

February – *Grandmother Asked Me to Tell You She's Sorry*, by Fredrick Backman;

March – *Becoming*, by Michelle Obama;

April – *Red at the Bone*, by Jacqueline Woodson;

May – *The Horses I've Loved*, by Susan Acree.

Location: Café Tuscano, 2231 E. Center Street
Please park in the Café Tuscano lot across the street.

Facilitators: Ann Smith (208-251-5812) & Sharon Manning (208-233-9425)

Class Limit: 60

Class Fee: \$10 per session, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204, by **January 17** for our first meeting.

Low-Impact Creative Writing (#3136)

Mondays: January 13 – May 18; 2:00 to 4:00 p.m.

Writing for your own pleasure. Like low-impact aerobics, the object is to enjoy the activity without stress. We write for an hour on any topic we want, or on ideas sparked by story starters that class members bring in. During the second hour we take turns reading our creations, if we want. Negative criticism is not allowed. Our encouraging environment and the support of other writers helps everyone become a better writer.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Instructor/Facilitator: Stephanie Gill (208-234-4184, sgillforterra@gmail.com)

Class Limit: 12

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.



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