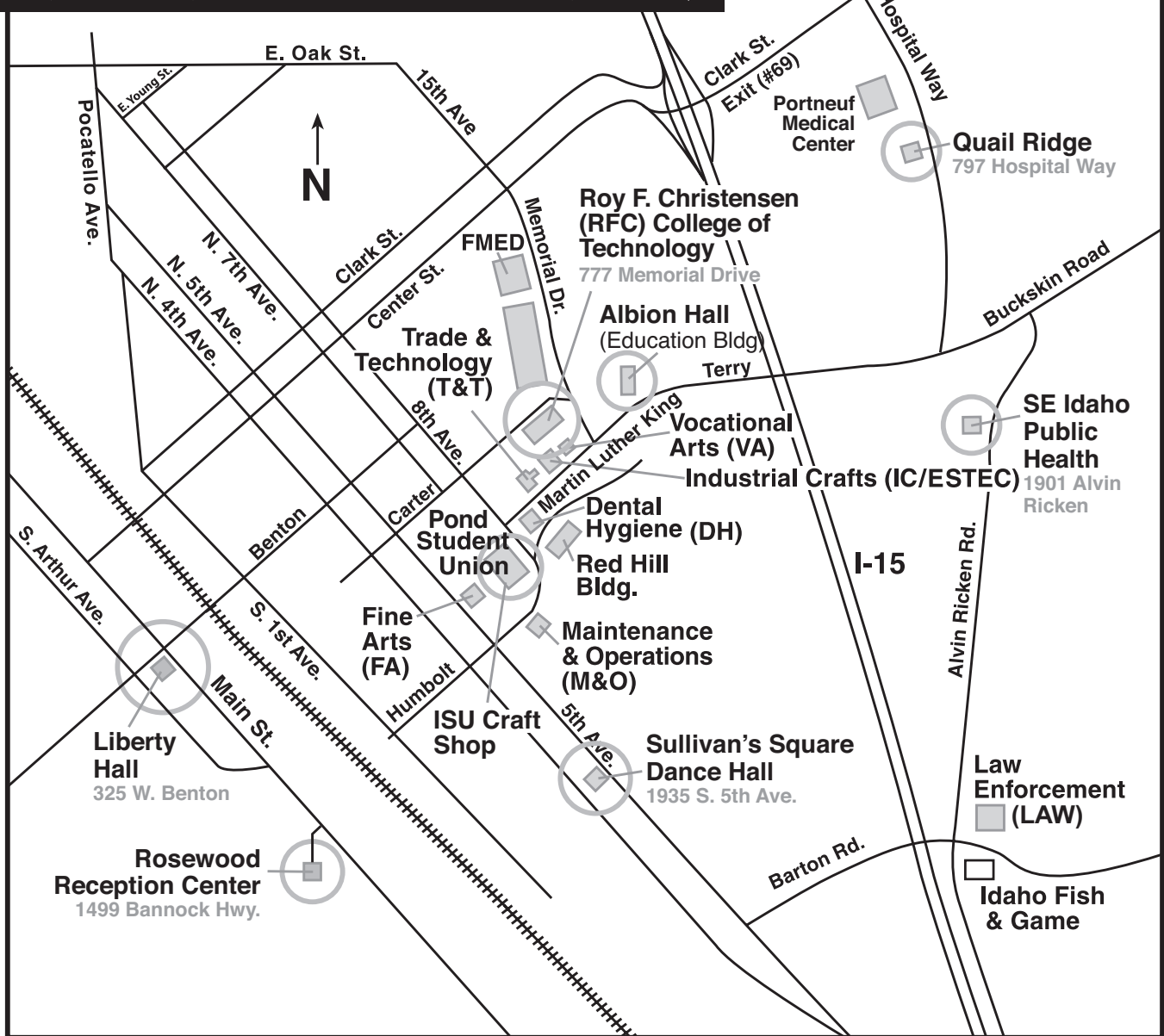


# NKA

SPRING 2022



# NEW KNOWLEDGE ADVENTURES



# Welcome to New Knowledge Adventures

## A MESSAGE FROM THE PRESIDENT

Welcome to the New Year and Spring semester. We are excited about all of the new class offerings and look forward to learning and socializing with each of you once again. We are so grateful to our volunteers, members, and the outstanding staff of Idaho State University. They have continued to provide administrative support to make our available classes run smoothly. Paula Jull guided our community project for NKA to make and distribute cards to all the assisted living facilities in Pocatello. For this to be a success, we continue to count on our volunteers.

We want to thank all of our members for their patience and understanding during the COVID-19 uptick and cancellation of our face-to-face classes. We resumed our Zoom and NKA classes and appreciated your cooperation.

The travel committee has some exciting trips coming up. The curriculum committee has worked with the professors and the community members to present new and informative classes for our lifelong learning experiences. To keep providing these classes, we ask all of you to volunteer on our committees and encourage your friends and neighbors to join NKA, and share their knowledge and experiences.

We will still be holding our meetings at Liberty Hall, Elks Club, and Rosewood Center.

The Board always welcomes your suggestions and ideas.

Please stay safe and healthy as we all look toward our new adventures, future experiences, and new beginnings.

—Sue Miller, NKA President

## NKA 2021–2022 OFFICERS AND BOARD

### OFFICERS:

**Sue Miller**, *President*  
208-993-1133

**Geoff Hogander**, *President-Elect*  
208-232-3437

**Trent Stephens**, *Past President*  
208-240-4994

**Suzanne Johnson**, *Secretary*  
208-589-5122

**Phil Joslin**, *Treasurer*  
208-251-1951

### DIRECTORS-AT-LARGE:

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

**Bob Farmer** (3-year term ending 6/30/2022)  
208-221-9627

**Kathy Reynolds** (1-year term ending 6/30/2022)  
208-237-3670

### COMMITTEE CHAIRS:

**Paula Jull**, *Community Service*  
208-406-9248

**Trent Stephens**, *Curriculum*  
208-240-4994

**Trish Mooney**, *History*  
208-220-1283

**Kathleen Stephens**, *Publicity*  
208-244-2732

**Kathy Priddy**, *Social*  
208-234-2849

**Katie Sierra**, *Travel*  
208-244-1418

### CONTINUING ED Management Assistant

**Shirley Hockett**, 208-282-2789; mcelshir@isu.edu

## NKA FACEBOOK PAGE

Submit pictures and information about NKA activities to the NKA Facebook Page at [www.facebook.com/nkapocatello/](https://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.

### COVID-19 VACCINATION POLICY

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

### EMERGENCY CLASS CANCELLATION POLICY

In case of emergencies such as hazardous weather conditions (and if School District 25 has cancelled school) then NKA classes will be also be cancelled. Membership will be notified via e-mail and the NKA Facebook page. 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.

### PRESENTERS

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

### HOW DO YOU BECOME A MEMBER?

Fill out the Membership and Registration Form (both sides) in the middle of this catalog, sign the "Agreement and Release of Liability" form, choose classes and method of attendance, 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, M-F, 8 a.m. to 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 (General Lots), which is good for the year. *Permit through NKA is \$5*; permit will be mailed with the registration receipt, or buy one in person at the CEWT office. NKA permits are not transferable to others and are to be used for NKA classes only. Misuse 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](http://pocatellotransit.com)

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# Adventures for the Spring of 2022

## ART, MUSIC, & THEATER

### **My World in Black and White** (#3313)

*Monday: January 24; 10:00 – 11:30 a.m.*

Dr. Roger Boe will share his experiences with his development of Black and White photography. Part of his experience was photographing the people of countries where he served medical missions.

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

**Instructor:** Dr. Roger Boe

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

### **Preview to: *Dead Man's Cellphone*** (#3465)

*Friday: February 4; 5:00 – 6:00 p.m.*

Director Joel Shura and his creative team will share the process and production of elements from the ISU Theatre and Dance production of *Dead Man's Cellphone*.

**Performance Dates:** February 11, 12, 24, 25, 26; 7:30 p.m.

**Location:** Black Box Theatre, Stephens Performing Arts Center, & Zoom.

**Zoom Link:** <https://isu.zoom.us/j/4879570790>

**Instructor:** Joel Shura, Assistant Professor of Theatre

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

### **Preview to: *I Love You, You're Perfect, Now Change*** (#3591)

*Friday: January 28; 5:00 – 5:45 p.m.*

Old Town Actors Studio and The Palace Theatre are teaming up to present: *I Love You, You're Perfect, Now Change*, in February to celebrate Valentine's Day. The musical is a series of vignettes connected by the central theme of love and relationships. The play's tagline is "Everything you have ever secretly thought about dating, romance, marriage, lovers, husbands, wives and in-laws, but were afraid to admit." These independent scenes progress in a fashion designed to suggest an overall arc to relationships throughout the course of one's life. The show is done with a small cast playing multiple roles. This is a perfect "date night" and is meant for adults.

**Location:** The Palace Theatre, 158 E. Chubbuck Rd.

**Instructor:** Sherri Dienstfrey-Swanson

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

**Class Limit:** 50

### **Preview to: *The Cherry Orchard*** (#3318)

*Friday: April 8, 5:00 – 6:00 p.m.*

Join director Vanessa Ballam, the creative team and cast of *The Cherry Orchard*, for a preview of the show and a discussion of the creative process.

**Location:** Stephens Performing Arts Center, Bistline Theatre

**Instructors:** Vanessa Ballam, Associate Professor/Acting

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

### **Stephens Performing Arts Center Tour**

(#3387) *Tuesday: March 15; 12:00 p.m.*

See "behind the scenes" of the beautiful Stephens Performing Arts Center on a guided tour.

**Location:** Stephens Performing Arts Center (meet in the main lobby area)

**Instructors:** Meg Stover, Promotions Director/Business Manager of ISU School of Performing Arts

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

**Class Limit:** 30

## CRAFTS & HOBBIES

### **Beginning Crochet** (#3563)

*Tuesdays: January 18, 25, February 1, 8, 15, & 22; 10:00 a.m. – Noon*

Participants will learn basic crochet stitches and reading pattern instructions. We will crochet an easy dish cloth and hat. Supplies needed are two balls of coordination medium worsted cotton yarn, size G/6/4mm crochet hook, one skein worsted yarn, size H/8/5mm crochet hook, stitch markers, and a yarn needle.

**Location:** Liberty Hall, small room

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

**Class limit:** 10



**Beginning Knitting (#3135)***Tuesdays: January 18 – May 3; 1:00 – 3:00 p.m.*

Learn the basics of knitting, and reading patterns. We will be starting with basic dish cloth and checker board slippers; these make excellent gifts. Each student will need to bring size 8 knitting needles, 2 different colors of 4 ply knitting worsted yarn (material for slippers), and 1 skein of 100% cotton yarn (for dish cloth).

**Location:** Liberty Hall, small room**Instructor:** Shanna Erickson**Facilitator:** Sue Miller (208-993-1133)**Class limit:** 10**Creative Cards (#3739)***Monday: February 7; 1:00 – 3:30 p.m.*

Join us for lots of fun while creating several beautiful cards, including valentines.

**Location:** Liberty Hall, small room**Instructor:** Diane Tauscher**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class limit:** 10**Class fee:** \$10 for all supplies**Letterpress Skills Projects (#3287)***Wednesdays: February 2, 9, 16, & 23, March 2 & 9; 2:00 – 4:00 p.m.*

Students who have previously taken NKA letterpress classes from Paula Jull are eligible to join this class to work on their own projects using skills acquired in classes. You will be able to design and execute your projects, including linocut, type setting, and printing. Paula will be available to assist.

**Location:** Pinyon Jay Press, Liberal Arts Building, Room 139 (downstairs) at ISU. Quad side entrance.**Instructor/Facilitator:** Paula Jull, Professor Emerita, ISU (208-406-9248)**Class Limit:** 6**Class fee:** \$10**Origami Boxes (#3283)***Wednesdays: March 16, 23, 30 & April 6; 10:00 a.m. - Noon*

Colorful open boxes for paper clips or candies. Square and octagon boxes with lids to make your small gifts extra special. Most boxes consist of several

units fitted together like a puzzle; a fun and practical introduction to Modular Origami.

**Location:** Liberty Hall, small room**Instructor:** Kris Hansen**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 10**Class fee:** \$10 for origami paper**Origami Dragons (#3141)***Wednesday: April 20; 10:00 a.m. – Noon*

There may be people that don't love dragons, but I haven't met any yet. These charming little guys are only slightly more difficult to fold than cranes, can be individualized with varying back and tail styles, and infused by you with special powers, like the "patience dragon" and the "courage dragon". Fun to fold and even more fun to give away!

**Location:** Liberty Hall, small room**Instructor:** Kris Hansen**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 10**Class fee:** \$2 for origami paper**Origami Spring (#3269)***Wednesdays: February 9, 16, 23 & March 2; 10:00 a.m. - Noon*

Let's welcome Spring with spring peepers, lily flowers, puppies, butterflies, and bunnies. Most of these are intermediate level models, but worth the extra effort. Small-class instruction and printed step-by-step guides should help you succeed.

**Location:** Liberty Hall, small room**Instructor:** Kris Hansen**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 10**Class fee:** \$5 for origami paper**Seasonal Frame (#3063)***Monday: March 7; 1:00 – 3:00 p.m.*

Let's make an 8x12 wooden frame with summer themed paper inserts that will compliment your home décor.

**Location:** Liberty Hall, small room**Instructor:** Diane Tauscher



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

**Class Limit:** 10

**Class fee:** \$15 for frame and all materials

### **Splash: Introduction to Watercolor**

(#3966) *Thursday: March 10; 1:00 – 3:00 p.m.*

This class gives you a chance to dabble and learn basics! An inexpensive form of creativity.

**Location:** Liberty Hall, small room

**Instructor:** Suzanne Hong Johnson

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

**Class Limit:** 15

**Class fee:** \$10 (which pays for paint and paper), please bring to first class.

### **Woodcarving, Advanced** (#3558)

*Mondays, Wednesdays, and Fridays as desired: January 17 – May 18; 9:00 – Noon (clean-up from 11:30 – Noon)*

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

**Location:** Home Depot lumber department, 4340 Hawthorne Rd., Chubbuck

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

**Facilitator:** Cathy McPherson (208-269-0941, cathylee3770@gmail.com)

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

### **Woodcarving, Beginning** (#3101)

*Wednesday: January 26; 9:00 a.m. – Noon (clean-up from 11:30 – Noon). After this first class, you may come any Monday, Wednesday and Friday as desired: January 26 – May 18.*

For those with little or no experience. Students will use rotary power tools and related equipment

provided. Projects may begin with stylized bird, then shelf cat, with a final project selected by the carver. Optional activities include participation in woodcarving competitions and displays.

**Location:** Home Depot lumber department, 4340 Hawthorne Rd., Chubbuck

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

**Facilitator:** Cathy McPherson (208-269-0941, cathylee3770@gmail.com)

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

### **You Can Make Almost Anything with Paper** (#3292)

*Tuesdays: January 18, February 15, March 29, April 26; 1:00 – 4:00 p.m.*

Do you want to make a castle or a model car, or a motorcycle as a cake topper? How about a sword and shield for children to play knights? How about a Princess Palace? How about a Mad Hatter hat and party? How about a Pirate sword and hat? Would you like the derringer that killed Lincoln or the knife John Wilkes Booth was holding when he jumped off onto the stage? You can make nearly anything with paper, scissors, and a little bit of glue.

**Location:** Liberty Hall, lecture room

**Instructor/Facilitator:** Trent Stephens (208-240-4994, stephentrent7@gmail.com)

## **FITNESS & MOTION**

### **Fit and Fall Proof** (#3106)

*Mondays & Wednesdays: January 19 – May 18; 9:30 – 10:30 a.m.*

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

**Location:** Rosewood Reception Center and Gathering Place, 1499 Bannock Hwy, Pocatello

**Instructor/Facilitator:** Marlene Hendrick, (208-220-0615, mkhendy@yahoo.com)

**Class Limit:** 30

**Lady Niners Golf** (#3116)*Wednesdays: April 6 – Summer***SECTION 1 – Experienced Golfers – 11:00 a.m.****SECTION 2 – Beginners – Noon**

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 6** will give more information about the 2022 golf season.

**Location:** Riverside Golf Course, 3500 Bannock Highway, Pocatello

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

**Class Fee:** \$5 per person per clinic, payable at the pro shop when you sign in.

**Latin Line Dance I** (#3107)*Wednesdays: February 2 – April 6; 2:00 – 3:00 p.m.*

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

**Location:** Rosewood Reception Center and Gathering Place, 1499 Bannock Hwy., Pocatello

**Instructor:** Lucy Bonman

**Facilitators:** Dee Smith (208-251-2045) & Martha Collins (208-776-5526)

**Class limit:** 30

**Latin Line Dance II** (#3108)*Wednesdays: February 2 – April 6; 3:00 – 4:00 p.m.*

More fancy Latin dancing! Combine 3 or more dance steps of different tempos in a dance routine. More attention to the music is called for since time tags, syncopation, multiple turns, styling, and phrasing are incorporated. Plus, the brain is challenged to remember more steps. Previous dance experience is highly recommended or participants

must have taken Latin Dance I. Water may be brought to the facility.

**Location:** Rosewood Reception Center and Gathering Place, 1499 Bannock Hwy., Pocatello

**Instructor:** Lucy Bonman

**Facilitator:** Jane Gibson (208-524-0654, jmg\_nka@use.startmail.com)

**Class limit:** 20

**Line Dancing: Beginning 1 (Starter)** (#3013)*Mondays: January 31 – April 11; 1:00 – 1:55 p.m.**(No class on March 21 – Spring Break)*

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

**Location:** Elks Lodge, 410 S. Main Street, Pocatello

**Instructors:** Judy Liday; Marjean Waford; Penny Cooper; Bob Schaffner

**Facilitator:** Judy Liday (208-317-6664, lidayjam@gmail.com)

**Class limit:** 30

**Line Dancing: Beginning 2** (#3111)*Mondays: January 31 – April 11; 2:00 – 3:00 p.m.**(No class on March 21 – Spring Break)*

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

**Location:** Elks Lodge, 410 S. Main Street, Pocatello

**Instructors:** Kay Elsethagen and Carlyn Rice

**Facilitator:** Kay Elsethagen (208-233-2945, robandkays@msn.com)

**Class limit:** 30

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.*

**Line Dancing: Intermediate** (#3113)

*Tuesdays: February 1 – April 12; 9:30 – 10:25 a.m.*  
*(No class on March 22 – Spring Break)*

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

**Location:** Elks Lodge, 410 S. Main Street, Pocatello

**Instructors:** Susan Cramer and Joyce DeGarlais

**Facilitator:** Joyce DeGarlais (208-238-1247, joydgd@yahoo.com) & Susan Cramer (208-237-8709, s.kramer1@gmail.com)

**Class limit:** 30

**Line Dancing: "Oldies but Goodies"** (#3110)

*Tuesdays: February 1 – April 12; 10:30 – 11:30 a.m.*  
*(No class on March 22 – Spring Break)*

This class is a combination of dances previously learned in the Beginner and Intermediate dance classes with a few advanced dances at the end. All dances will be reviewed (not taught) with a variety of music and rhythms beginning with very easy dances to the intermediate and advanced level. If you know the basic steps in line dancing, you will love this class. Please join us for lots of fun, exercise, and dancing. Social distancing and masks may be required, depending on the NKA or CDC guidelines in January.

**Location:** Elks Lodge, 410 S. Main Street, Pocatello

**Instructors:** Judy Liday and Marjean Waford

**Facilitator:** Judy Liday, (208-317-6664, lidayjam@gmail.com)

**Class limit:** 30

**Line Dancing: "Step It Up"** (#3819)

*Thursdays: February 3 – April 14; 9:30 – 11:00 a.m.*  
*(No class on March 24 – Spring Break)*

If you 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 dances; rather they

are geared toward introducing additional steps/turns to slightly more complicated dances. Social distancing and masks may be required, depending on the NKA or CDC guidelines in January.

**Location:** Elks Lodge, 410 S. Main Street, Pocatello

**Instructors:** Joyce DeGarlais and Marjean Waford

**Facilitator:** Joyce DeGarlais (208-238-1247, joydgd@yahoo.com)

**Class limit:** 30

**Square Dance** (#3105)

*Fridays: January 21 – April 29*

**SECTION 1 – Basic & Mainstream:**

*6:00 – 7:30 p.m.*

**SECTION 2 – Introduction to Plus Level** (For those who have completed Basic) *7:30 – 9:00 p.m.*

Learn the joy of square dance! No partner needed—we have several experienced dancers who dance male/female positions. 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!

**Location:** Basement of the building at the NW corner of W. Lewis and North Arthur (same building as Henry's Hair Salon). Park on west side of building in lot and use the west entrance. If the door is locked call (208) 237-3609 and they will let you in.

**Instructors:** Steve Sullivan, licensed square dance caller

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

**Class limit:** 25

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

**T'ai Chi Breathing, Stretching, More** (Part 2)

(#3178) *Mondays: March 28 – April 25;*  
*10:00 – 11:00 a.m.*

This is an online Zoom-only class. The class will practice Tai Chi breathing and stretching exercises with focus on the Thirteen Grand Preservers and Tai Chi 64 movements, which help in achieving a straight and flexible spinal column, rejuvenate muscles and tendons, increase circulation, and keep the lower back and legs supple and limber. If there is any doubt about whether you are healthy enough to undertake these exercises, consult your doctor before attempting (continues...)

(continued: *T'ai Chi Breathing, Stretching, More*)

to practice them. Have a chair nearby, a bottle of water, and wear comfortable clothes.

**Location:** Zoom only, collaborating with AARP Idaho NKA-TV classes. (Will use AARP Idaho Zoom setup and provide the links to all attendees.)

**Instructor/Facilitator:** Rachel Damewood, MBA MS, INL retiree, Volunteer NKA Instructor (208-604-0741, racheldamewood91@gmail.com)

### **T'ai Chi Chih (Beginner) (#3103)**

**Mondays: January 24 – May 2; 8:30 – 9:30 a.m.**

T'ai Chi Chih (TCC) is often described as “joy through movement.” Emphasis is on moving meditation, associated disciplines, breathing, physical balance, and emotional and spiritual balance through balancing Yin/Yang forces. First day of class will be an academic classroom session for introduction. All other classes will be learning and practicing the 19 disciplines. Dress in comfortable clothes, such as sweats or other attire you might wear to a gym.

**Location:** Liberty Hall upstairs

**Instructor/Facilitator:** Linda Fairchild (208-251-2586)

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

**Tuesdays & Thursdays: January 18 – May 5; 9:00 – 10:00 a.m.**

Meditation in motion. We practice the 19 Tai Chi Chih disciplines taught in the beginner's class and several classical Qigong forms. Class limited to those who have previous experience or are willing to come early for tutoring.

**Location:** Liberty Hall upstairs and Zoom

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

**Class limit:** 25

### **Walking the Greenway (#3115)**

**Fridays: April 8 – 29; 10:00 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 email two days before the walk. Those who do not have email or need guidance must phone the instructor/facilitator for the meeting place.

**Location:** Portneuf Greenway Trails

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

## **FOOD & BEVERAGE**

### **Old Fashioned Egg Rolls with Apricot Sauce (#3250)**

**Friday: February 11; 11:00 a.m. – 1:00 p.m. and 1:30 – 3:30 p.m. (Same class, choose only one)**

Egg rolls like we used to eat here in Pocatello at the Shanghai Cafe and the Hong King Cuisine.

**Location:** Liberty Hall, lecture room

**Instructor/Facilitator:** Suzanne Hong Johnson (208-589-5122)

**Class Limit:** 35

**Class Fee:** \$2 to pay for ingredients. Bring to the class.

### **Wine Pairing at PV's Uncorked on Main (#3943) Thursday: March 10; 6:00 – 8:00 p.m.**

Join us! Great food, great wine, and good company.

**Location:** PV's Uncorked, 138 N. Main Street, Pocatello

**Instructors:** Donny and Jen Flores

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

**Class Limit:** 30

**Class Fee:** \$45 includes wine, food, and gratuity. Make check payable to **PV's Uncorked**. Send to Geoff Hogander, 255 Fairmont Ave. Pocatello, ID 83201 by **March 4, 2022**

### **Wine Pairing at the Yellowstone (#3642)**

**Wednesday: April 20; 5:00 – 7:00 pm**

The Yellowstone will match the selected menu items 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, ghogande@yahoo.com)

**Class Limit:** 50

**Class Fee:** \$50 includes a gratuity. Make check payable to **Geoff Hogander**, 255 Fairmont Ave., Pocatello, ID 83201; send by **April 15, 2022**

(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 208-282-3372.



# JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1
						8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
						29
23	24	25	26	27	28	
30	31	<b>SPRING and SUMMER FIELD TRIPS</b> <b>Wildlife National Elk Refuge, Jackson Hole Wyoming</b> – Wednesday, February 9; 7:30 a.m. – 6:00 p.m. <b>Idaho Potato Museum &amp; Lunch</b> – Wednesday, March 16; 11:00 – 2:00 p.m. <b>Las Vegas and the West Rim of the Grand Canyon</b> – Monday, April 18; 7:00 a.m. – Thursday, April 21; 7:00 p.m. <b>Plant Walk at Cherry Springs Nature Area</b> – Saturday, April 30; 10:30 a.m. – 12:30 p.m. <b>A Two-Hour Geo-and Archaeology Tour on Chinese Peak</b> – Friday, May 6; 2:00-4:00 p.m. <b>Malad Gorge, Y Knot Vineyard &amp; Winery</b> – Thursday, May 12; 8:00 a.m. – 5:00 p.m.				

# FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Tai Chi-Adv 9:00-10:00 am Ln Dnc Inter. 9:30-10:25 am Beg Crochet 10:00-Noon Ln Dnc Oldies 10:30-11:30 am Beg Knitting 1:00-3:00 pm	2 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Yogic Med 1:00-2:30 pm Latin Line Dance 1 2:00-3:00 pm Letterpress 2:00-4:00 pm Latin Line Dance 2 3:00-4:00 pm	3 Tai Chi-Adv 9:00-10:00 am Inter. Bridge 9:30-Noon Ln Dnc Step Up 9:30-11:00 am Mahjong 1:30-4:00 pm Book Group 3:00-4:30 pm	4 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Deadman 5:00-6:00 pm Square Dance 6:00-7:30 pm 7:30-9:00 pm	5
6	7 Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Line Dance Beg 1 1:00-1:55 pm Creative Cards 1:00-3:30 pm Idaho in WWII 1:00-2:30 pm Line Dance Beg 2 2:00-3:00 pm Creative Writing 2:30-4:00 pm	8 Tai Chi-Adv 9:00-10:00 am Ln Dnc Inter. 9:30-10:25 am Beg Crochet 10:00-Noon Ln Dnc Oldies 10:30-11:30 am Beg Knitting 1:00-3:00 pm Team Trivia 1:00-2:30 pm	9 Wildlife Refuge 7:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Spring 10:00-Noon Astronomy 1: 1:00-2:30 pm Latin Line Dance 1 2:00-3:00 pm Letterpress 2:00-4:00 pm Latin Line Dance 2 3:00-4:00 pm	10 Tai Chi-Adv 9:00-10:00 am Inter. Bridge 9:30-Noon Ln Dnc Step Up 9:30-11:00 am Mahjong 1:30-4:00 pm	11 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Egg Rolls 11:00 am-1:00 pm 1:30-3:30pm Square Dance 6:00-7:30 pm 7:30-9:00 pm	12
13	14 Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Rock n Roll 10:00-11:30 am Line Dance Beg 1 1:00-1:55 pm Line Dance Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm	15 Tai Chi-Adv 9:00-10:00 am Ln Dnc Inter. 9:30-10:25 am Beg Crochet 10:00-Noon Ln Dnc Oldies 10:30-11:30 am Beg Knitting 1:00-3:00 pm Paper Crafts 1:00-4:00 pm	16 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am CVA 10:00-11:30 am Origami Spring 10:00-Noon Yogic Med 1:00-2:30 pm Latin Line Dance 1 2:00-3:00 pm Letterpress 2:00-4:00 pm Latin Line Dance 2 3:00-4:00 pm	17 Tai Chi-Adv 9:00-10:00 am Inter. Bridge 9:30-Noon Ln Dnc Step Up 9:30-11:00 am Econ. Update 1:00-2:30 pm Mahjong 1:30-4:00 pm	18 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon No Lunch/Games 12:30-4 pm Square Dance 6:00-7:30 pm 7:30-9:00 pm	19
20	21 Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Line Dance Beg 1 1:00-1:55 pm Line Dance Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm	22 Tai Chi-Adv 9:00-10:00 am Ln Dnc Inter. 9:30-10:25 am Beg Crochet 10:00-Noon Ln Dnc Oldies 10:30-11:30 am Beg Knitting 1:00-3:00 pm Team Trivia 1:00-2:30 pm	23 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Spring 10:00-Noon Latin Line Dance 1 2:00-3:00 pm Letterpress 2:00-4:00 pm Latin Line Dance 2 3:00-4:00 pm	24 Tai Chi-Adv 9:00-10:00 am Inter. Bridge 9:30-Noon Ln Dnc Step Up 9:30-11:00 am Rim to Rim 10:30-Noon Mahjong 1:30-4:00 pm	25 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Frank Paradise 10:30-Noon Square Dance 6:00-7:30 pm 7:30-9:00 pm	26
27	28 Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Hot Topics 10:00-11:30 am Nat Amer Coll 10:00-11:30 am Line Dance Beg 1 1:00-1:55 pm Line Dance Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm					

## NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2022

☐ 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 8380  
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 208-282-3372

**Fax:** 208-282-5894; ATTN. Shirley

### 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.*

### Membership Dues MUST Accompany

### 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 208-282-3372 if I cannot attend.**

Date: \_\_\_\_\_ NKA Member or Participant Signature: \_\_\_\_\_

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

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

## ART, MUSIC, & THEATRE

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

- ☐ | ☐ My World in Black and White (#3313)
- ☐ | ☐ Preview to *Deadman's Cellphone* (#3465)
- ☐ Preview to *I Love You, You're Perfect, Now Change* (#3591)
- ☐ Preview to *The Cherry Orchard* (#3318)
- ☐ Stephens Performing Arts Center Tour (#3387)

## CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- ☐ Beginning Crochet (#3563)
- ☐ Beginning Knitting (#3135)
- ☐ Creative Cards (#3739)
- ☐ Letterpress Skills Projects (#3287)
- ☐ Origami Boxes (#3283)
- ☐ Origami Dragons (#3141)
- ☐ Origami Spring (#3269)
- ☐ Seasonal Frame (#3063)
- ☐ Splash: Introduction to Watercolor (#3966)
- ☐ Woodcarving, Advanced (#3558)
- ☐ Woodcarving, Beginning (#3101)
- ☐ You Can Make Almost Anything with Paper (#3292)

## FITNESS & MOTION

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

- ☐ Fit & Fall Proof™ (#3106)
  - ☐ Lady Niners Golf (#3116) ☐ 1 ☐ 2
- ☐ Latin Line Dance I (#3107)
- ☐ Latin Line Dance II (#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 (#3105) ☐ 1 ☐ 2
  - ☐ T'ai Chi Breathing, Stretching, and More: ZOOM ONLY (#3178)
- ☐ T'ai Chi Chih (Beginner) (#3103)
- ☐ T'ai Chi Chih (Advanced) (#3104)
- ☐ Walking the Greenway (#3115)

## FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Old Fashioned Egg Rolls with Apricot Sauce (#3250) ☐ 1 ☐ 2
- ☐ Wine Pairing at PV's Uncorked on Main (#3943)
- ☐ Wine Pairing at the Yellowstone (#3642)
- ☐ Wine Tasting at Café Tuscano (#3120) ☐ 1 ☐ 2

## GAMES

IN-PERSON (ALL CLASSES)

- ☐ Intermediate Bridge: Conventions You Should Know (#3377)
- ☐ Mahjong (#3125)
- ☐ No Lunch, But Games (#3139)
- ☐ Team Trivia (#3014)

## GENERAL INTEREST

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

- ☐ | ☐ 2022 Economic Update: Where Are We Now? (#3746)
- ☐ | ☐ Be a Driving Force for NKA! (#3294)
- ☐ | ☐ Dark Triad (#3285)
- ☐ | ☐ Helping Investors Demystify Their Retirement Options (#3273)
- ☐ | ☐ Hot Topics (#3827)
- ☐ | ☐ Rim to Rim, Solo in a Day (#3263)

## HEALTH & WELLNESS

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

- ☐ | ☐ Aging Gracefully with Wigs & Hair Pieces (#3290)
- ☐ | ☐ CVA: Cerebrovascular Accidents and Brain Dysfunctions (#3268)
- ☐ | ☐ Medicare Overview and Update (#3905)
- ☐ | ☐ Mostly Meditation: Tools for a Mindful Life (#3300)
- ☐ | ☐ Mütter Museum of Anatomical Oddities (#3302)
- ☐ | ☐ Yogic Meditation, Find Inner Radiance (#3307)

## HISTORY

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

- ☐ | ☐ Afghan History: Up to 9/11 (#3311)
- ☐ | ☐ Afghanistan: From 9/11 On (#3312)
- ☐ | ☐ Crime on the Old Frontier (#3317)
- ☐ | ☐ Eighteen Ships: The Templar's Missing Treasure (#3320)
- ☐ | ☐ Four Hours of Fury: Operation Varsity in WWII (#3321)
- ☐ | ☐ Frank Paradise Buildings in Pocatello (#3327)
- ☐ | ☐ Idaho in WWII (#3328)
- ☐ | ☐ Irish Revolution (#3332)
- ☐ | ☐ Native American Collection Tour (#3190)
- ☐ | ☐ Pocatello's Triangle District (#3336)
- ☐ | ☐ Reflections on 40 Years of Idaho State Athletics (#3252)
- ☐ | ☐ Rock and Roll on Vinyl (#3306)

## NATURE, SCIENCE, & TECHNOLOGY

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

- ☐ | ☐ Astronomy 1: Part 3 (#3337)
- ☐ | ☐ A Brief History of the Space Race (#3340)
- ☐ | ☐ Climate Change Update: New Research, Recent & Proposed Legislation (#3345)
- ☐ | ☐ Dire Wolf Classification (#3349)
- ☐ Idaho Sharks IN-PERSON ONLY (#3137)
- ☐ | ☐ The Plants of Cherry Springs Nature Area (#3872)

## TRAVEL & FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ A Two-Hour Geo-and Archaeology Tour on Chinese Peak (#3344)
- ☐ Idaho Potato Museum Tour and Lunch (#3260)
- ☐ Las Vegas & the West Rim of the Grand Canyon (#3352)
- ☐ Malad Gorge, Y Knot Vineyard & Winery (#3357)
- ☐ Mount Rushmore & the Black Hills of South Dakota (#3358)
- ☐ Plant Walk at Cherry Springs Nature Area (#3873)
- ☐ Wildlife National Elk Refuge, Jackson Hole Wyoming (#3140)

## WRITING & LITERATURE

- ☐ Book Group and a Glass (#3372)
- ☐ | ☐ Low Impact Creative Writing (#3136)
- ☐ | ☐ Remembering Our Favorite Children's Books (#3184)
- ☐ | ☐ Write! You Have Stories to Tell! (#3296)



## NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2022

☐ 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 8380  
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 208-282-3372

**Fax:** 208-282-5894; ATTN. Shirley

### 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.*

### Membership Dues MUST Accompany

### 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 208-282-3372 if I cannot attend.**

Date: \_\_\_\_\_ NKA Member or Participant Signature: \_\_\_\_\_

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

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

## ART, MUSIC, & THEATRE

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

- ☐ | ☐ My World in Black and White (#3313)
- ☐ | ☐ Preview to *Deadman's Cellphone* (#3465)
- ☐ Preview to *I Love You, You're Perfect, Now Change* (#3591)
- ☐ Preview to *The Cherry Orchard* (#3318)
- ☐ Stephens Performing Arts Center Tour (#3387)

## CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- ☐ Beginning Crochet (#3563)
- ☐ Beginning Knitting (#3135)
- ☐ Creative Cards (#3739)
- ☐ Letterpress Skills Projects (#3287)
- ☐ Origami Boxes (#3283)
- ☐ Origami Dragons (#3141)
- ☐ Origami Spring (#3269)
- ☐ Seasonal Frame (#3063)
- ☐ Splash: Introduction to Watercolor (#3966)
- ☐ Woodcarving, Advanced (#3558)
- ☐ Woodcarving, Beginning (#3101)
- ☐ You Can Make Almost Anything with Paper (#3292)

## FITNESS & MOTION

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

- ☐ Fit & Fall Proof™ (#3106)
  - ☐ Lady Niners Golf (#3116) ☐ 1 ☐ 2
- ☐ Latin Line Dance I (#3107)
- ☐ Latin Line Dance II (#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 (#3105) ☐ 1 ☐ 2
  - ☐ T'ai Chi Breathing, Stretching, and More: ZOOM ONLY (#3178)
- ☐ T'ai Chi Chih (Beginner) (#3103)
- ☐ T'ai Chi Chih (Advanced) (#3104)
- ☐ Walking the Greenway (#3115)

## FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Old Fashioned Egg Rolls with Apricot Sauce (#3250) ☐ 1 ☐ 2
- ☐ Wine Pairing at PV's Uncorked on Main (#3943)
- ☐ Wine Pairing at the Yellowstone (#3642)
- ☐ Wine Tasting at Café Tuscano (#3120) ☐ 1 ☐ 2

## GAMES

IN-PERSON (ALL CLASSES)

- ☐ Intermediate Bridge: Conventions You Should Know (#3377)
- ☐ Mahjong (#3125)
- ☐ No Lunch, But Games (#3139)
- ☐ Team Trivia (#3014)

## GENERAL INTEREST

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

- ☐ | ☐ 2022 Economic Update: Where Are We Now? (#3746)
- ☐ | ☐ Be a Driving Force for NKA! (#3294)
- ☐ | ☐ Dark Triad (#3285)
- ☐ | ☐ Helping Investors Demystify Their Retirement Options (#3273)
- ☐ | ☐ Hot Topics (#3827)
- ☐ | ☐ Rim to Rim, Solo in a Day (#3263)

## HEALTH & WELLNESS

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

- ☐ | ☐ Aging Gracefully with Wigs & Hair Pieces (#3290)
- ☐ | ☐ CVA: Cerebrovascular Accidents and Brain Dysfunctions (#3268)
- ☐ | ☐ Medicare Overview and Update (#3905)
- ☐ | ☐ Mostly Meditation: Tools for a Mindful Life (#3300)
- ☐ | ☐ Mütter Museum of Anatomical Oddities (#3302)
- ☐ | ☐ Yogic Meditation, Find Inner Radiance (#3307)

## HISTORY

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

- ☐ | ☐ Afghan History: Up to 9/11 (#3311)
- ☐ | ☐ Afghanistan: From 9/11 On (#3312)
- ☐ | ☐ Crime on the Old Frontier (#3317)
- ☐ | ☐ Eighteen Ships: The Templar's Missing Treasure (#3320)
- ☐ | ☐ Four Hours of Fury: Operation Varsity in WWII (#3321)
- ☐ | ☐ Frank Paradise Buildings in Pocatello (#3327)
- ☐ | ☐ Idaho in WWII (#3328)
- ☐ | ☐ Irish Revolution (#3332)
- ☐ | ☐ Native American Collection Tour (#3190)
- ☐ | ☐ Pocatello's Triangle District (#3336)
- ☐ | ☐ Reflections on 40 Years of Idaho State Athletics (#3252)
- ☐ | ☐ Rock and Roll on Vinyl (#3306)

## NATURE, SCIENCE, & TECHNOLOGY

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

- ☐ | ☐ Astronomy 1: Part 3 (#3337)
- ☐ | ☐ A Brief History of the Space Race (#3340)
- ☐ | ☐ Climate Change Update: New Research, Recent & Proposed Legislation (#3345)
- ☐ | ☐ Dire Wolf Classification (#3349)
- ☐ Idaho Sharks IN-PERSON ONLY (#3137)
- ☐ | ☐ The Plants of Cherry Springs Nature Area (#3872)

## TRAVEL & FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ A Two-Hour Geo-and Archaeology Tour on Chinese Peak (#3344)
- ☐ Idaho Potato Museum Tour and Lunch (#3260)
- ☐ Las Vegas & the West Rim of the Grand Canyon (#3352)
- ☐ Malad Gorge, Y Knot Vineyard & Winery (#3357)
- ☐ Mount Rushmore & the Black Hills of South Dakota (#3358)
- ☐ Plant Walk at Cherry Springs Nature Area (#3873)
- ☐ Wildlife National Elk Refuge, Jackson Hole Wyoming (#3140)

## WRITING & LITERATURE

- ☐ Book Group and a Glass (#3372)
- ☐ | ☐ Low Impact Creative Writing (#3136)
- ☐ | ☐ Remembering Our Favorite Children's Books (#3184)
- ☐ | ☐ Write! You Have Stories to Tell! (#3296)

# MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Tai Chi-Adv 9:00-10:00 am Line Dnc Inter. 9:30-10:25 am Ln Dnc Oldies 10:30-11:30 am Beg Knitting 1:00-3:00 pm	<b>2</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Spring 10:00-Noon Latin Line Dance 1 2:00-3:00 pm Letterpress 2:00-4:00 pm Latin Line Dance 2 3:00-4:00 pm	<b>3</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Step Up 9:30-11:00 am Mahjong 1:30-4:00 pm Book Group 3:00-4:30 pm	<b>4</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>5</b>
<b>6</b>	<b>7</b> Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Eighteen Ships 10:00-11:30 am Line Dance, Beg 1 1:00-1:55 pm Seasonal Frame 1:00-3:00 pm Line Dance, Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm	<b>8</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Inter. 9:30-10:25 am Ln Dnc Oldies 10:30-11:30 am Idaho Sharks 1:00-2:30 pm Beg Knitting 1:00-3:00 pm Team Trivia 1:00-2:30	<b>9</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Aging Gracefully 1:00-2:30 pm Afghan History 3:00-4:30 pm Latin Line Dance 1 2:00-3:00 pm Letterpress 2:00-4:00 pm Latin Line Dance 2 3:00-4:00 pm	<b>10</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Step Up 9:30-11:00 am Watercolor 1:00-3:00 pm Mahjong 1:30-4:00 pm Wine Pairing PV 6:00-8:00 pm	<b>11</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>12</b>
<b>13</b>	<b>14</b> Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Four Hours of Fury 10-11:30am Line Dance, Beg 1 1:00-1:55 pm Line Dance, Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm	<b>15</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Inter. 9:30-10:25 am Ln Dnc Oldies 10:30-11:30 am Write! 10:30 am-Noon Stephens Arts Tour 12:00 pm Beg Knitting 1:00-3:00 pm	<b>16</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Boxes 10:00-Noon Idaho Potato 11:00-2:00 pm Latin Line Dance 1 2:00-3:00 pm Latin Line Dance 2 3:00-4:00 pm	<b>17</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Step Up 9:30-11:00 am Irish Rev 10:00-11:30 am Mahjong 1:30-4:00 pm Wine Tasting Tuscano 2-4 pm 5-7 pm	<b>18</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon No Lunch/Games 12:30-4 pm Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>19</b>
<b>20</b>	<b>21</b> Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Creative Writing 2:00-4:00 pm	<b>22</b> Tai Chi-Adv 9:00-10:00 am Write! 10:30 am-Noon Beg Knitting 1:00-3:00 pm Team Trivia 1:00-2:30	<b>23</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Boxes 10:00-Noon Latin Line Dance 1 2:00-3:00 pm Latin Line Dance 2 3:00-4:00 pm	<b>24</b> Tai Chi-Adv 9:00-10:00 am Poc Triangle Dist 10:30-Noon Mahjong 1:30-4:00 pm	<b>25</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>26</b>
<b>27</b>	<b>28</b> Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Hot Topics 10:00-11:30 am Tai Chi Breathe 10:00-11:00 am Line Dance Beg 1 1:00-1:55 pm Line Dance Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm	<b>29</b> Tai Chi-Adv 9:00-10:00 am Line Dnc. Inter. 9:30-10:25 am Ln Dnc Oldies 10:30-11:30 am Paper Crafts 1:00-4:00 pm Beg Knitting 1:00-3:00 pm	<b>30</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Boxes 10:00-Noon Latin Line Dance 1 2:00-3:00 pm Latin Line Dance 2 3:00-4:00 pm	<b>31</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Step Up 9:30-11:00 am Mahjong 1:30-4:00 pm Dark Triad 10-11:30 am		

# APRIL 2022

	<b>1</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Square Dance 6:00-7:30 pm 7:30-9:00 pm				<b>2</b>
<b>9</b>	<b>8</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Walking Greenway 10:00 am Cherry Orchard 5:00-6:00 pm Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>7</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Step Up 9:30-11:00 am Mostly Medit 10:00-11:30 am Book Group 3:00-4:30 pm	<b>6</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Boxes 10:00-Noon Lady Niners-Adv 11:00 am Lady Niners- Beg Noon Afghanistan 2:00-3:30 pm Latin Line Dance 1 2:00-3:00 pm Latin Line Dance 2 3:00-4:00 pm	<b>5</b> Tai Chi-Adv 9:00-10:00 am Line Dnc Inter. 9:30-10:25 am Ln Dnc Oldies 10:30-11:30 am Beg Knitting 1:00-3:00 pm Team Trivia 1:00-2:30 pm	<b>4</b> Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Tai Chi Breathe 10:00-11:00 am Line Dance, Beg 1 1:00-1:55 pm Medicare 1:00-2:30 pm Line Dance, Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm
<b>16</b>	<b>15</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Walking Greenway 10:00 am No Lunch/Games 12:30 -4 pm Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>14</b> Tai Chi-Adv 9:00-10:00 am Ln Dnc Step Up 9:30-11:00 am Mostly Medit 10:00-11:30 am	<b>13</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Crime Frontier 10:00-11:30 am Lady Niners-Adv 11:00 am Lady Niners- Beg Noon	<b>12</b> Tai Chi-Adv 9:00-10:00 am Line Dnc Inter. 9:30-10:25 am Childrens Books 10-11:30 am Ln Dnc Oldies 10:30-11:30 am Beg Knitting 1:00-3:00 pm	<b>11</b> Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Mütter Museum 10:00-11:30 Tai Chi Breathe 10:00-11:00 am Line Dance, Beg 1 1:00-1:55 pm Line Dance, Beg 2 2:00-3:00 pm Creative Writing 2:00-4:00 pm
<b>23</b>	<b>22</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Walking Greenway 10:00 am Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>21</b> Tai Chi-Adv 9:00-10:00 am Mostly Medit 10:00-11:30 am	<b>20</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Origami Dragons 10:00-Noon Lady Niners-Adv 11:00 am Lady Niners- Beg Noon Space Race 1:00-2:30 pm Wine Yellowstone 5:00-7:00 pm	<b>19</b> Tai Chi-Adv 9:00-10:00 am Beg Knitting 1:00-3:00 pm Team Trivia 1:00-2:30 pm	<b>18</b> Las Vegas 7:00 am Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Tai Chi Breathe 10:00-11:00 am Creative Writing 2:00-4:00 pm
<b>30</b> Plant Walk 10:30 -12:30 pm	<b>29</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Walking Greenway 10:00 am Square Dance 6:00-7:30 pm 7:30-9:00 pm	<b>28</b> Tai Chi-Adv 9:00-10:00 am Mostly Medit 10:00-11:30 am Plant Lecture 10:30-Noon	<b>27</b> Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Lady Niners-Adv 11:00 am Lady Niners- Beg Noon	<b>26</b> Tai Chi-Adv 9:00-10:00 am Paper Crafts 1:00-4:00 pm Beg Knitting 1:00-3:00 pm	<b>25</b> Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Hot Topics 10:00-11:30 am Tai Chi Breathe 10:00-11:00 am Creative Writing 2:00-4:00 pm
		<b>10</b>	<b>17</b>	<b>24</b>	



# MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Tai Chi-Beg 8:30-9:30 am Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Helping Investors 11:00-Noon Creative Writing 2:00-4:00 pm	3 Tai Chi-Adv 9:00-10:00 am Beg Knitting 1:00-3:00 pm Team Trivia 1:00-2:30 pm	4 Wd Crving Adv 9:00-Noon Wd Crving Beg 9:00-Noon Fall Proof 9:30-10:30 am Lady Niners Adv 11:00 am Lady Niners Beg Noon	5 Tai Chi Adv 9:00-10:00 am Book Group 3:00-4:30 pm	6 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon No Lunch/Games 12:30-4 pm Chinese Peak 2:00-4:00 pm	7
8	9 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am	10	11 Wd Crving Adv 9:00-Noon Wd Crving Beg 9:00-Noon Fall Proof 9:30-10:30 am Lady Niners Adv 11:00 am Lady Niners Beg Noon	12 Malad Gorge 8:30 am-5:00 pm	13 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon	14
15	16 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am	17 Team Trivia 1:00-2:30 pm	18 Wd Crving, Adv 9:00-Noon Wd Crving, Beg 9:00-Noon Fall Proof 9:30-10:30 am Lady Niners-Adv 11:00 am Lady Niners- Beg Noon	19	20	21
22	23	24	25 Lady Niners-Adv 11:00 am Lady Niners- Beg Noon	26	27	28
29	30	31	<b>SUMMER/FALL FIELD TRIP</b> <b>Mount Rushmore &amp; the Black Hills of South Dakota</b> – Sunday, September 18; 7:30 a.m. – Saturday, September 24; 4:00 p.m.			

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

Allow Café Tuscano to pamper you and your friends while you taste some great wines. The wines will be paired with light appetizers to highlight the qualities of each wine. Please note—we are asking those who attend to be fully vaccinated since we will not be able to wear masks while enjoying the wine and food served. Thank you for understanding.

**Location:** Café Tuscano, 2231 E. Center St., Pocatello**Instructor:** Allyson Burnham**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)**Class Limit:** 32

**Class Fee:** \$25, includes wine, appetizers, and gratuity. Make check payable to **Café Tuscano**. Send to Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 93204 by **March 1, 2022**.

**GAMES****Intermediate Bridge: Conventions You Should Know (#3377)****Thursdays: January 20, 27, February 3, 10, 17, & 24; 9:30 a.m. – Noon**

Bridge conventions discussed are: Reverses, Jacoby 2NT, Cue bid raises and Control showing cue bids, Michaels and Unusual NT, Reverse Drury, Roman Keycard Blackwood, fourth suit forcing, and New Minor Forcing. Card hands will be played each session that use the conventions. Participants should understand the basics of bridge. Required Text: Barbara Seagram & Marc Smith (1999). 25 Bridge Conventions You Should Know, Master Point Press, Toronto. Please contact the facilitators if you want a book ordered for you 2 weeks prior to the first class. Cost will be dependent on how many books are ordered.

**Location:** Rosewood Reception Center, 1499 Bannock Hwy., Pocatello**Instructor:** Jeanne Moore**Facilitators:** Barbara Bain (208-232-3415) and Janice Matteson-Howell (208-221-4276)**Mahjong (#3125)****Thursdays: January 27 – March 31;****1:30 – 4:00 p.m.**

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

**Location:** Rosewood Reception Center, 1499 Bannock Hwy., Pocatello**Instructor:** Lucy Bonman**Facilitators:** Barbara Hyde (208-760-7260) and Eileen Huestis (208-681-1196)**Class Limit:** 24**No Lunch, But Games (#3139)****Fridays: January 21, February 18, March 18, April 15, May 6; 12:30 – 4:00 p.m.**

Hand and Foot and Dominoes Mexican Train will be played. You must sign up to participate for each month you plan to attend. If you need to cancel, please call class facilitator Sharon Manning. We ask that only fully vaccinated people attend since this is an extended time indoor class. Class participants may bring a beverage and snack for themselves.

**Location:** Liberty Hall, upstairs and downstairs lecture rooms**Facilitator:** Sharon Manning (208-233-9425) & Committee**Class Limit:** 50**Team Trivia (#3014)****Every other Tuesday: January 25 – May 3; 1:00 – 2:30 pm**

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

**Location:** Liberty Hall, lecture room**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)**Class Limit:** 40

*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 208-282-3372.*

## GENERAL INTEREST

### **2022 Economic Update: Where are We Now? (#3746)**

*Thursday: February 17; 1:00 – 2:30 p.m.*

Much has transpired in the global economy. This class will provide up-to-date data on where we are, where we have been, and a couple different outlooks for the near future.

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

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

**Facilitator:** Jim Manning (208-233-9425)

### **Be a Driving Force for NKA! (#3294)**

*Thursday: January 27; 10:30 a.m. – Noon*

Rev up your creative juices & become a driving force for NKA! The heart of NKA is offering lifelong education to retired-age people. Join the Curriculum Committee and get energized with this Orientation and Training class. Make new friends, & meet other dynamic people! (reliable plodders also welcome). Together we make it happen!

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

**Instructors:** Sondra Dunkle (208-904-4925) and Trent Stephens (stephenstrent7@gmail.com)

### **The Dark Triad: Anti-Democratic Tendencies as a Function of Authoritarian Leadership, Conviction, and Delusional Thinking (#3285)**

*Thursday: March 31; 10:00 – 11:30 am*

A psychological explanation of the emergence of anti-democratic beliefs and behaviors due to the intensity of beliefs, his/her perception of the “infallibility of a leader”, and delusional thinking. Together we make it happen!

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

**Instructor:** Victor C. Joe Professor Emeritus of Psychology, ISU

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

*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 208-282-3372.*

### **Helping Investors Demystify Their Retirement Options (#3273)**

*Monday: May 2; 11:00 a.m. – Noon*

Investing for retirement is one of the largest decisions in life. Many investors rely on others to make those decisions for them. That might not always be the best option. Come and learn some investing basics so you can be more informed to help avoid common pitfalls as you prepare for retirement. Our tips can help investors understand the ins and outs of their retirement accounts.

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

**Instructors:** Kristi Sheriff, MAcc Student and Dawn Konicek, Associate Clinical Professor, ISU College of Business

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

### **Hot Topics (#3827)**

*Last Monday of each month: January 31, February 28, March 28, April 25; 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 and Zoom

**Instructors:** Various

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

### **Rim to Rim, Solo in a Day (#3263)**

*Thursday: February 24; 10:30 a.m. - Noon*

Running from the North rim of the Grand Canyon to the South rim is a bucket list item for me. Join me as I take the Corridor Trail in a day, solo, through this beautiful, remote area. By myself but never alone, challenging everything I had to complete this trek. Going down is optional, coming back out is mandatory.

**Location:** Liberty Hall and Zoom

**Instructor:** Linda DeNure

**Facilitator:** Mary Spinner (208-241-7258)

## HEALTH & WELLNESS

### **Aging Gracefully with Wigs & Hairpieces**

(#3290) *Wednesday: March 9; 1:00 – 2:30 p.m.*

Fight thinning hair, bald spots or baldness, and look your best. What to look for in wigs, toupees, and hairpieces; how to measure, where to buy, get it fitted & trimmed to your face, secured to your head, and how to clean, style and care for it. Q&A. Some hands-on time if CDC & NKA guidelines permit.

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

**Instructor:** Phoebe Greene, ISU Cosmetology Instructor

**Facilitator:** Sondra Dunkle (208-904-4925)

### **CVA: Cerebrovascular Accidents & Brain Dysfunctions** (#3268)

*Wednesday: February 16; 10:00 – 11:30 a.m.*

When CVA's (Cerebrovascular Accidents) occur, either as the result of infarcts where the blood is blocked from reaching the brain, or from cerebral hemorrhage where the brain is bathed in blood from a ruptured vessel, the brain tissue is often damaged. The behavioral changes that often result depend on where the damage to the brain occurs. The behavioral changes may range from profound motor dysfunction involving one whole side of the body to lack of speech or memory processing. Combinations of behavioral changes may be very bizarre and unexpected without a knowledge of specific brain region functions.

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

**Instructor:** Trent Stephens

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

### **Medicare Overview & Update – New to Medicare** (#3905) *Monday: April 4; 1:00 p.m.*

Are you turning 65 soon or just want to know more about Medicare? Come join us to learn about Medicare A & B, Part D Prescription Drug Plans, Part C Advantage Plans, and Medicare Supplemental Insurance, as well as Enrollment Periods.

**Location:** ONLINE. This is an online Medicare Workshop via Cisco WebEx. The invitation/invites will be emailed to registered members.

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

**Facilitator:** Rachel Damewood (208-604-0741, racheldamewood91@gmail.com)

### **Mostly Meditation: Tools for a Mindful Life**

(#3300) *Thursdays: April 7, 14, 21, and 28;*

*10:00 – 11:30 a.m.*

Mindfulness practices provide powerful tools for learning to live in the present moment, to be resilient in the face of crises, and to develop compassion and joy. This course provides an introduction to mindfulness as well as experience using numerous meditation tools.

**Location:** Portneuf Sangha, 424 W. Lewis, Pocatello, and Zoom

**Instructor:** Dr's Paula and Tony Seikel

**Facilitator:** Barbara Bain (208-232-3415)

**Class Limit:** 25

### **Mütter Museum of Anatomical Oddities**

(#3302) *Monday: April 11; 10:00 – 11:30 a.m.*

The Mutter Museum of Anatomical Oddities in Philadelphia houses some of the strangest human oddities in the world, from the world's tallest skeleton, to conjoined twins, and a woman with a horn growing from her head. There are hundreds of human pathologies in this one-of-a-kind museum. It's too bad Halloween only happens in October.

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

**Instructor:** Trent Stephens

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

### **Yogic Meditation, Find Inner Radiance**

(#3307) *Wednesdays: January 19 – February 16;*

*1:00 – 2:30 p.m. (No Class on February 9)*

Discover Meditation from the yoga perspective. This is an ancient meditation that has the power to change your life. Learn how to experience jyotishmati, Sanskrit for intrinsic luminosity of our core being. This meditation practice is based on simple breathing techniques and it is easy to learn, accessible to anyone, and timely in our challenging life conditions. This powerful meditation can be practiced sitting in a chair. It is especially available to those who would like to meditate, but worry about their ability to quiet their mind.

**Location:** Liberty Hall, upstairs

**Instructor/Facilitator:** Brenda Ehrler, Certified 500-hour Yoga instructor (bl\_ehrler@att.net)

**Class Limit:** 30



**Class Fee:** \$12.50 for Vishoka Meditation book by Pandit Rajmani Tifunait, PhD. Pay and receive a book on first day of class.

## HISTORY

### **Afghan History Up to 9/11 (#3311)**

*Wednesday: March 9; 3:00 – 4:30 p.m.*

From Herodotus and the exiled tribes to King Zahir Shah's democratic reforms, his relative Mohammad Daud's white coup in 1973, followed by the 1978 Communist coup and the following dark age of warlords.

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

**Instructor:** Nancy Lee Hendricks

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

### **Afghanistan: From 9/11 On (#3312)**

*Wednesday: April 6; 2:00 – 3:30 p.m.*

Beginning with the US-led international response to 9/11, the Taliban, the United Nations Bonn Accords, and layers of elections up to 2020 U.S.—Taliban agreement of withdrawal.

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

**Instructor:** Nancy Lee Hendricks

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

### **Crime on The Old Frontier (#3317)**

*Wednesday: April 13; 10:00 – 11:30 a.m.*

Using the murder of George Davenport as a framework, an exploration of crime in the Old Northwest from 1784 to about 1860.

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

**Instructor:** Mike Doellman

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

### **Eighteen Ships: The Templar's Missing Treasure (#3320)**

*Monday: March 7; 10:00 – 11:30 a.m.*

On Thursday, October 12, 1307 there were eighteen ships in the Bay of Bisque, full of Templar

treasure, and the Templars were, apparently, blissfully in charge of all their lands and castles across Europe and throughout the Holy Land. Then on the morning of Friday the 13th, King Philip IV of France, who was after the Templar land and money, without warning, rounded up the Templars and confiscated all their lands and possessions, especially in France. However, the Bay of Bisque was empty. The eighteen ships were gone, never to be seen again.

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

**Instructor:** Trent Stephens

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

### **Four Hours of Fury: Operation Varsity in World War II (#3312)**

*Monday: March 14; 10:00 – 11:30 a.m.*

Operation Varsity was a large airborne forces operation by US, Canadian, and British paratroopers in March 1945 near Nazei in northern Germany. Sixteen thousand paratroopers and hundreds of aircraft (including gliders) from two divisions were involved. It was the largest airborne operation during World War II. It was successful, but there were high casualties. Some historians say it was unnecessary.

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

**Instructor:** Fowler Charles (Chuck) Humphrey, PhD; Professor Emeritus of Human Resource Development, Idaho State University

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

### **Frank Paradise Buildings in Pocatello**

*(#3327) Friday: February 25; 10:30 a.m. – Noon*

A pictorial tour of buildings by one of Pocatello's most famous and prolific architects. Past and present views of his buildings still in use and those which are no longer standing. Much of downtown Pocatello and the ISU campus bear his mark.

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

**Instructor:** Arlen Walker

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

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.

**Idaho in World War II (#3328)***Monday: February 7; 1:00 – 2:30 p.m.*

Dr. Bollinger and his students will discuss one of their most recent books dealing with Idaho in WWII. More specifically, they will discuss the people of Idaho, especially Southeast Idaho and their involvement in the war.

**Location:** Liberty Hall lecture room and Zoom**Instructor:** Dr. Alex Bollinger**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)**Irish Revolution (#3332)***Thursday: March 17; 10:00 – 11:30 a.m.*

After six long years of fighting against what appeared to be impossible odds, and with a beginning in 1916 that looked like absolute defeat, the Irish won their independence from Great Britain by becoming a Free Irish State in 1922. Or maybe we'll just count the Irish Revolution 1919 – 1921. Or we could throw out some other random dates. Or we could just talk about the luck of the Irish.

**Location:** Liberty Hall lecture room and Zoom**Instructor:** Trent Stephens**Facilitator:** Kathleen Stephens (208-244-2732, kathleenstephens@gmail.com)**Native American Collection Tour (#3190)***Monday: February 28; 10:00 – 11:30 a.m.*

You will be shown through an extensive collection of Native American clothing, toys, photos, etc. that have been gifted to the Museum.

**Location:** Idaho Museum of Natural History, 698 E. Dillon Street, museum classroom. Parking in general lot with the NKA ISU Parking Permit or in the marked Museum parking spaces.

**Instructor:** Amber Tews, Collections Manager, Idaho Museum of Natural History**Facilitators:** Geoff Hogander (208-232-3437, ghogande@yahoo.com) and Teresa Henderson (hendtere@isu.edu)**Class Limit:** 15**Class Fee:** None for the class. There is a \$2 charge if you wish to tour the museum's current daily display in the main gallery, payable to the cashier at the museum entrance.**Pocatello's Triangle District (#3336)***Thursday: March 24; 10:30 a.m. - Noon*

This historic district, which developed in the northeast part of early Pocatello, was home to many of the city's ethnic minorities. Learn how it came to be and Triangle's importance in local history.

**Location:** Liberty Hall lecture room and Zoom**Instructor:** Arlen Walker**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)**Reflections on 40 Years of Idaho State Athletics (#3252)***Wednesday: January 19; 10:00 – 11:30 a.m.*

Brad Bugger has followed Idaho State Athletics for over 40 years, from his time as a sportswriter in the 1980's to his work as a radio analyst in ISU football and basketball games from 1994 to 2020. Hear his reflections on the championships and challenges, the most exciting athletes and top coaches over four decades of Bengals Athletics.

**Location:** Liberty Hall lecture room and Zoom**Instructor:** Brad Bugger**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)**Rock and Roll on Vinyl (#3306)***Monday: February 14; 10:00 – 11:30 a.m.*

Let's celebrate the history of Rock and Roll on vinyl from 1955 to 1971 and the romance we recall from those years.

**Location:** Liberty Hall lecture room and Zoom**Instructor:** Trent Stephens**Facilitator:** Kathleen Stephens (208-244-2732, kathleenstephens@gmail.com)**NATURE, SCIENCE & TECHNOLOGY****Astronomy One – Part Three (#3337)***Wednesday, February 9; 1:00 – 2:30 p.m.*

We'll pick up with Aliens (or no aliens), explore sci-fi in movies and books, look into our galactic neighborhood and then skip to the end of the universe (spoiler alert). Astronomy One, parts one and two are not necessary.

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

### A Brief History of the Space Race (#3340)

*Wednesday: April 20; 1:00 – 2:30 p.m.*

From Sputnik to the Moon Landings, we'll look at the successes and failures of both NASA, and the Soviets, highlighting little known episodes that could have led to a very different outcome.

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

**Instructor:** Jim Mariani

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

### Climate Change Update – New Research, Recent & Proposed Legislation (#3345)

*Monday: January 24; 1:00 – 2:30 p.m.*

We'll explore new research on climate change, steps being taken to slow its progression in the US & other countries, recent US legislation & proposed U.S. legislation. What can you do to help fight climate change? How is it affecting your life?

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

**Instructor:** Paul Hancock

**Facilitator:** Sondra Dunkle (208-904-4925, dunksond@gmail.com)

### Dire Wolf Classification (#3349)

*Wednesday: January 26; 1:00 – 2:30 p.m.*

Dr. Mary Thompson will present research on the Dire Wolf. DNA from specimens at the Idaho Museum of Natural History were used for a multi-country collaboration leading to the classification of the Dire Wolf.

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

**Instructor:** Dr. Mary Thompson

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

### Idaho Sharks (#3137)

*Tuesday: March 8; 1:00 – 2:30 p.m.*

Dr. Leif Tapanila, paleontologist and Museum Director, will take you into our collection and tell the story of Idaho's sharks.

**Location:** Idaho Museum of Natural History, 698 E. Dillon St. Parking in general lot with the NKA ISU Parking Permit or in the marked Museum parking spaces.

**Instructor:** Dr. Leif Tapanila, Director/Curator Idaho Museum of Natural History; Professor, Earth Sciences, ISU  
**Facilitators:** Geoff Hogander (208-232-3437, ghogande@yahoo.com) and Teresa Henderson (hendtere@isu.edu)

**Class Limit:** 15

**Class Fee:** None for the class. There is a \$2 charge if you wish to tour the museum's current daily display in the main gallery, payable to the cashier at the museum entrance.

### The Plants of Cherry Springs Nature Area

(#3872) *Thursday: April 28; 10:30 a.m. – Noon*

Geoff Hogander, President of the Sawabi Chapter of the Idaho Native Plant Society, will do a slide presentation about the plants that we will see at Cherry Springs Nature Preserve May 14th (below). It will be an overview of some plants, their names, families, and descriptions. If you can't do the walk, this would be the perfect overview. If you do walk on Saturday then it will provide you a hands-on preview of the plants.

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

**Instructor/Facilitator:** Geoff Hogander, President Sawabi Chapter, Idaho Native Plant Society (208-232-3437, ghogande@yahoo.com)

**Class Limit:** 15

## TRAVEL & FIELD TRIPS

**NOTE:** Fees for trips **must** be received thirty (30) days prior to scheduled departure date. **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. Trip payment, unless otherwise stated, includes all expenses, bus, meals, gratuities, admissions, and hotels.

### A Two-Hour Geo-and Archaeology Tour on Chinese Peak (#3344)

*Friday: May 6; 2:00 – 4:00 p.m.*

A two-mile walk on a trail on Chinese Peak, near the top, to see spectacular views of the city below, sandstones of the Pocatello Formation, an old stone foundation of unknown origin, and the "P" rock. Moderately strenuous. Wear walking shoes. Bring hiking poles.

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(continued: *Two-Hour Geo Archaeology Tour*)

**Location:** Meet at 2:00 p.m. at the end of the pavement on Barton Rd. We will carpool to the trailhead, near the top of the mountain.

**Instructor:** Paul Link, Professor of Geosciences, ISU, (208-317-3946, linkpaul@isu.edu)

**Facilitator:** Paula Jull (208-406-9248, jullpaul@yahoo.com)

### **Idaho Potato Museum Tour & Lunch (#3260)**

*Wednesday: March 16; 11:00 a.m. – 2:00 p.m.*

Idaho is famous for potatoes, but how many are familiar with the history and all that is involved in the potato industry? Class members will view revolutionary potato farming equipment and quirky potato collections. This class will tour the potato museum and then enjoy a lunch based on potatoes.

**Departure Location:** Members will meet at the Travel Lodge in Pocatello at 11:00 a.m. and then car pool to the Idaho Potato Museum in Blackfoot.

**Location:** Idaho Potato Museum; 130 NW Main St., Blackfoot

**Instructor:** Tish Dahmen

**Facilitator:** Mary Spinner (208-241-7258)

**Class Limit:** 30

**Class Fee:** \$5 entry fee plus cost of lunch. Members can choose between a potato bar (\$4.99), soup (\$5.50 w/roll), baked potato (\$2.19 w/butter only), fries (\$4.50), and even potato ice cream (\$3.25)

### **Las Vegas & the West Rim of the Grand Canyon (#3352)**

*Monday through Thursday: April 18 – 21*

Four-day, three-night trip by motor coach to Las Vegas and the West Rim of the Grand Canyon.

**Day 1:** In route to Las Vegas and arrive at approximately 5:30 p.m. **Day 2:** Visit the Hoover Dam and the West Rim of the Grand Canyon. Highlights include entrance to the skywalk, a 10-foot wide, horseshoe shaped glass bridge that extends 70 ft. over the rim of the Canyon, and breathtaking views of the Canyon at Eagle and Guano Points. This evening, visit Fremont Street, the first paved street in Las Vegas. Experience the light show, extraordinary music and for the adventurous, take a zip line above the crowd. **Day 3:** Explore Las Vegas on your own. This evening, attend the Tournament of Kings.

**Day 4:** In route to Pocatello, arrive approximately 7:00 p.m. MEALS, WATER, AND SNACKS WILL BE PROVIDED EN ROUTE: All other meals are the responsibility of the participant.

**Meet:** Pocatello Regional Transport (PRT), 5815 S. 5th Ave., Pocatello. Parking and restrooms available.

**Check in:** 7:00 a.m. **Depart:** 7:30 a.m.

**Facilitators:** May Hong (208-221-9109, hongma1186@gmail.com); Kathy Reynolds (208-237-3670, kathyr1269@gmail.com); Linda Ellis (208-221-8009, lmjdellis@cableone.net)

**Class Limit:** 54

**Class Fee:** Double Occupancy \$550, Single Occupancy add \$50 per night. **Fee pays for:** Transportation, 3 nights lodging, entrance fees, meals, water, and snacks en route. (gratuity for all pre-arranged meals and bus driver). **How & When to Pay:** Mail payment to Linda Ellis, 2000 Judy Lane, Pocatello, ID, 83201, by **March 18, 2022.**

### **Malad Gorge, Y Knot Vineyard & Winery**

*(#3357) Thursday: May 12*

Travel to Malad Gorge for the spectacular canyon view that awaits you. Volcanic activity and erosion formed its unique appearance. This location once carried Oregon Trail wagons filled with mail, supplies, and passengers. Then off to Idaho's Y-Knot Winery to indulge your senses, where we will have wine tasting. A delightful compliment to our wine tasting is a vineyard walking tour, giving us a better glimpse into the craft of wine making, and the cellars where the wine is made and stored at this establishment of 35 years. We will relax with lunch at this beautiful winery before traveling home, arriving at about 5:00 p.m. WATER AND SNACKS WILL BE PROVIDED EN ROUTE.

**Meet:** Pocatello Regional Transport (PRT), 5815 S. 5th Ave., Pocatello. Parking and restrooms available.

**Check in:** 8:00 a.m. **Depart:** 8:30 a.m.

**Facilitators:** Kathy Reynolds (208-237-3670, kathyr1269@gmail.com) and May Hong (208-221-9209, hongma1186@gmail.com)

**Class Limit:** 40 (Idaho's weather is unpredictable. Please bring a jacket and a hat.)

**Class Fee:** \$95. includes bus, tips for the bus driver, park entry fee, snacks, water, vineyard tour, wine tasting, gratuity and lunch. **How & When to Pay:** Mail payment to Linda Ellis, 2000 Judy Lane, Pocatello, ID, 83201, by **April 12, 2022.**

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.*



## Mount Rushmore & the Black Hills of South Dakota (#3358) September 18 - 24

A seven-day, six-night (Sunday through Saturday) trip by motor coach to the Black Hills of South Dakota by Diamond Tours. Visit the Mount Rushmore National Memorial, Tour of Wildlife Loop Road at Custer State Park. Admission to the Unique Journey Museum. Guided tour of Deadwood, plus gaming at the Deadwood Casino. Visit the amazing Crazy Horse Memorial and much more.

**Days 1 and 2:** We will be in route to South Dakota. **Day 3:** Visit Borglum Historical Center, Mount Rushmore National Memorial and a Tour of Wildlife Loop Road. **Day 4:** Visit High Plains Western Heritage Center, then head for Deadwood SD and enjoy a guided tour, have some gaming excitement, and enjoy dinner. **Day 5:** Visit Journey Museum and Crazy Horse Memorial. **Day 6:** Visit Trail End Historic Site en route home. **Day 7:** Travel and arrive in Pocatello at approximately 4:00 p.m.

**Meet:** Pocatello Regional Transport (PRT), 5815 S. 5th Ave., Pocatello. Parking and restrooms available.

**Check in:** 7:30 a.m. **Depart:** 8:00 a.m.

**Facilitators:** Jennie McCormick (208-521-2780, jennienc1250@yahoo.com) & Linda Ellis (208-237-3530, lmjdellis@cableone.net).

**Class Limit:** 52

**Class Fee:** Double Occupancy \$685, Single Occupancy \$940, Triple Occupancy \$665 (2 double beds). We will try to match roommates, but if you do not have a roommate, we cannot guarantee one. **Fee Pays For:** Transportation, 6 night's lodgings, entrance fees, 10 meals, 6 breakfast & 4 dinners. (gratuity has been paid for pre-paid meals.) We will not be providing water or snacks on this trip. Driver tip is not included (recommended amount is \$2 per day per person). **How & When to Pay:** Mail payment to: Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201. \$75 is due on signing by 5/16/2022, but is refundable until 7/09/2022. One Final payment due 7/09/2022.

NOTE: Diamond Tours is requiring all trip passengers to sign a COVID-19 Waiver of Liability. We will provide the waiver when you sign up for the trip. A travel protection plan is available for this trip. If interested, ask us about it.

*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.*

## Plant Walk at Cherry Springs Nature Area (#3873) Saturday: April 30; 10:30 a.m. – 12:30 p.m.

Dr. Holte, or Geoff Hogander, members of the Native Plant Society, will lead a leisurely walk through the Cherry Springs Nature Area pointing out some of the plants, their names, and descriptions. This walk will be a hands-on experience of plants discussed in an earlier lecture. The trails are blacktopped and easy traveling. A restroom is available in the parking lot.

**Location:** Cherry Springs Nature Area, S. Mink Rd., Pocatello

**Instructor/Facilitator:** Geoff Hogander, President Sawabi Chapter, Idaho Native Plant Society (208-232-3437, ghogande@yahoo.com)



Experience true horse power! Draft horses are tasked with pulling your sleigh through the National Elk Refuge.

## Wildlife National Elk Refuge, Jackson Hole Wyoming (#3140) Wednesday: February 9

Travel to Jackson Hole and have lunch at Jackson Hole Senior Citizen Center, then on to the National Elk Refuge for a sleigh ride—a great way to explore the refuge and see a lot of elk. The refuge was originally established in 1912 to protect one of the world's largest elk herds. It spans 24,700 acres. Run by the U.S. Fish and Wildlife Service, the National Elk Refuge provides a winter habitat for elk. During the summer, this "Jackson Herd" grazes in higher elevations; 30% in Gros Ventre, 25% in Yellowstone National Park, and 15% in the Teton Wilderness.

(continues...)

(continued: *Wildlife National Elk Refuge*)

The animals typically migrate down from the high country when cold weather sets in from late October through December in search of food. They make their way back to higher elevation in April and May.

**Meet:** Pocatello Regional Transport (PRT), 5815 S. 5th Ave., Pocatello. Parking and restrooms available.

**Check in:** 7:30 a.m. **Depart:** 8:00 a.m.

**Facilitators:** Kathy Reynolds (208-237-3670, kathyr1269@gmail.com) and Lou Cooper.

**Class Limit:** 40 (Please make sure to bring warm clothes for the sleigh ride, hats, gloves, blankets, warm coats, and warm boots)

**Class Fee:** \$75. This includes bus, lunch, sleigh ride, tip for bus and sleigh ride driver, snacks and water. **How and When to Pay:** Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID, 83201 (208-237-3530) by January 17, 2022.

## WRITING & LITERATURE

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

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

Enjoy a glass of wine or another beverage of your choice with an appetizer prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups. Please sign up for each class you plan to attend. We are asking that those planning to attend this class be fully vaccinated to help keep everyone in good health. There will be a Zoom session available as well. Please call Ann to join that group. Books for this semester:

**February 3—***The Sweetness of Forgetting*, by Kristin Harmel

**March 3—***Sooley* by John Grisham

**April 7—***The Lost Apothecary* by Sarah Penner

**May 5—***Travel Agent Escapades* by Pat Seiler (author will meet with group)

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

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

**Class Limit:** 32

**Class Fee:** \$12, includes beverage, appetizer, and gratuity. Make checks payable to Café Tuscano; send to Sharon Manning, 830 Spyglass Pt., Pocatello, ID 83204 by January 21, 2022.

### Low-Impact Creative Writing (#3136)

*Mondays: January 24 – May 2; 2:00 – 4:00 p.m. (January 24th & February 7th will start at 2:30)*

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 of our choice, or on ideas sparked by story starters that class members bring in. During the second hour we take turns reading our creations aloud, if we want. Negative criticism is not allowed. Our encouraging environment and the support of other writers helps everyone to become a better writer.

**Location:** Liberty Hall and Zoom

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

**Class Limit:** 12

### Remembering Our Favorite Children's Books (#3184)

*Tuesday: April 12; 10:00 – 11:30 a.m.*

Come prepared to reminisce about the books you loved as a child!

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

**Instructor:** Kathryn Lopez, Children's Librarian at the Marshall Public Library

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

### Write! You Have Stories to Tell! (#3296)

*Tuesdays: March 15 & 22; 10:30 a.m. – Noon*

Local writers will talk about their genres and offer prompts to spark your writing. Fiction, non-fiction, and memoirs will be discussed. We want to encourage you to write – for fun, for personal satisfaction, or for publication. You don't have to let anyone read your writing, unless you want to. You'll still benefit from doing it. Putting your thoughts, feelings, and memories down on paper is therapeutic.

**Location:** Liberty Hall and Zoom

**Instructors:** Stephanie Gill; Ron Gill; Nancy Hendricks

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

**Class Limit:** 12





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*NKA learning tree logo by Erica Lothspeich*