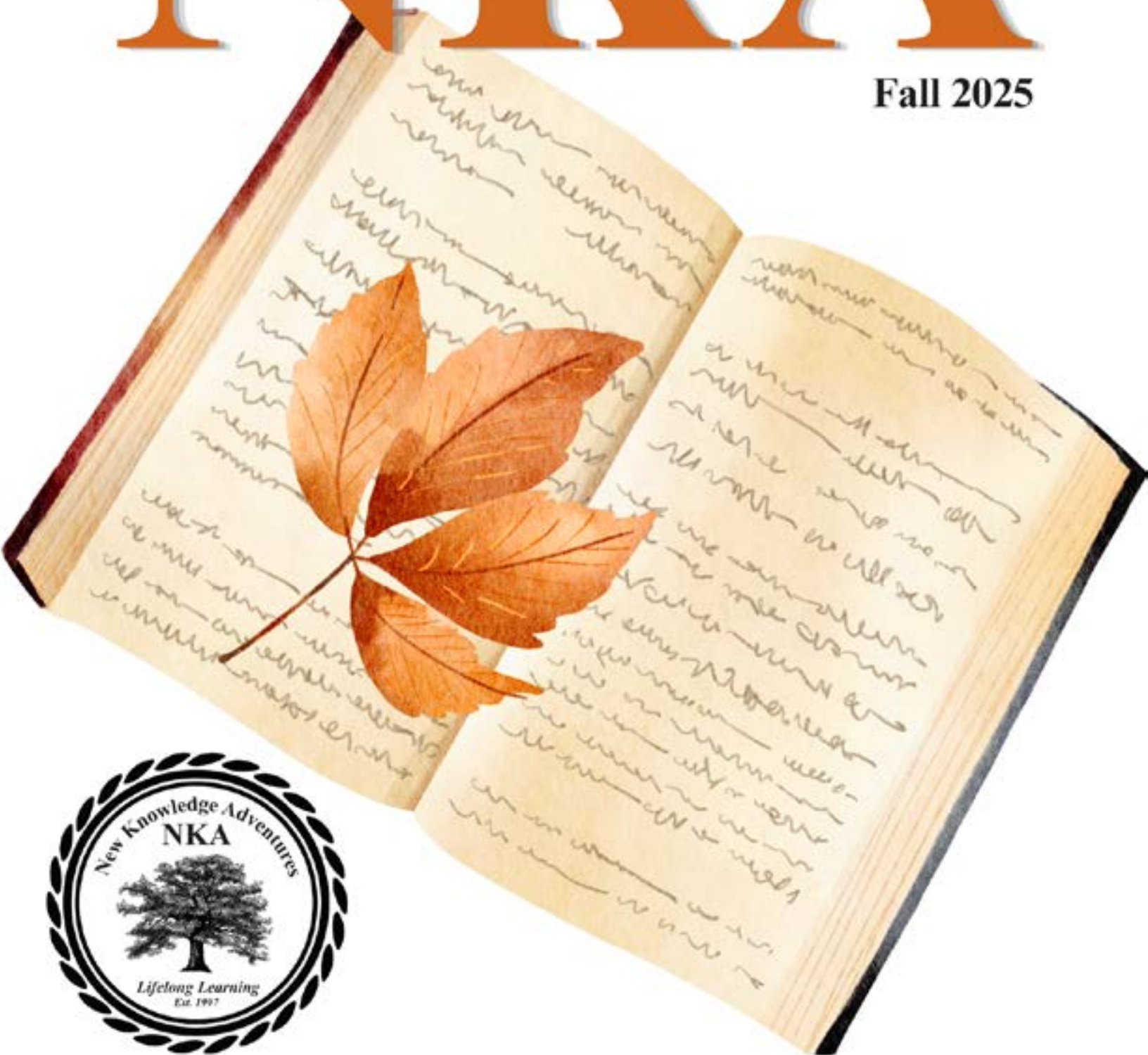


NEW KNOWLEDGE ADVENTURES

# NKA

Fall 2025



# Welcome to New Knowledge Adventures

## A MESSAGE FROM THE PRESIDENT

Dear Friends in New Knowledge Adventures:

I hope everyone took advantage of the beautiful summer! The summer months are just not quite long enough!

We are over 500 members strong and growing. Each member is important to us, and we will continue to explore ways for you to receive, access, communicate, and share information. Tell us what would improve your experience with NKA.

We are lucky to partner with ISU Continuing Education Workforce Training (CEWT) and be able to collectively email individuals with changes, upcoming events, and to accept online registrations! Without their help, we'd not be able to do what we do. Imagine registrations being made in person and notifying members of reminders, opportunities and changes one-by-one. This is what is coming up!

- Deadline for Spring Semester 2026, classes is October 1, 2025. We need your help to find and suggest classes by October 1. Please use the Class Information Form (CIF) found online under 'Documents' in the lower left blue portion of the NKA registration page, located at 'cetrain.isu.edu'. You can also find blank forms on the NKA bulletin board at the Senior Activity Center (SAC) and at the CEWT office at the RFC Building on the ISU campus.

- Meet and Greet the NKA Board of Directors on October 11, 2025 from 1:00 p.m. until 2:30 p.m., hosted by the Directors at Large. It will be held at the RFC Building in the Tech Café at 777 Memorial Drive. This event will give members a chance to get to know board members, to ask questions, to share ideas, and to just visit! Light refreshments will be served.

- Next semester, Spring 2026 class times at Liberty Hall will be changed to 10:00 - 11:30 am and to 1:30 - 3:00 pm. This gives members, instructors, Zoom volunteers and facilitators time to get some lunch between classes.

- Name Tags – So we can get to know you, NKA will provide magnetic nametags to all members who are interested. Replacements may be purchased for one dollar.

- United Seniors Project (USP) Update from Phil Joslin, USP Chairman -The search continues! The USP board chose to let the options expire on the land on 4th Avenue and Lander St. The board decided to renew its efforts to find an existing building for all NKA classes as well as AARP, and the Snake River New Horizons Band.

- The NKA Christmas Party will be held on December 3rd, at the Juniper Hills Country Club beginning at 5:30 p.m. Costs to this event will be determined, at a later date.

Please be sure to check dates, deadlines, monies due, class locations, and all other details pertaining to the classes for which you've registered! Remember to cancel if you are unable to attend a registered class.

I am looking forward to getting to know everyone even better!

*Suzanne H Johnson, NKA President, 2025/26*

## NKA 2025-2026 OFFICERS AND BOARD

### OFFICERS:

President: **Suzanne Hong Johnson**

208-589-5122 | suzyjmom@icloud.com

President Elect: **Deanna Aslett**

208-390-0389 | deaslett@gmail.com

Past President: **Teresa Westfall**

703-973-5074 | twestfall@gmail.com

Secretary: **Nancy Dafoe**

208-596-0491 | nancyd@uidaho.edu

Treasurer: **Phil Joslin**

208-251-1951 | phil.r.joslin@gmail.com

### DIRECTORS-AT-LARGE:

**Marylou Powers** (3-year term ending 6/30/2026)

209-625-6160 | marylou835@sbcglobal.net

**Keri Fowler** (3-year term ending 6/30/2027)

208-241-7776 | kerilfowler@gmail.com

**Mollie Curran** (3-year term ending 6/30/2028)

208-251-6792 | curran.mollie@icloud.com

### COMMITTEE CHAIRS:

Community Service: **Kathy Packard**

208-581-9991 | racegir1949@gmail.com

Curriculum: **Kathy Flock**

208-317-9159 | kgflock@gmail.com

Curriculum Co-Chair: **Geoff Hogander**

208-232-3437 | ghogande@yahoo.com

Electronic Communications: **Linda Furstenwerth**

208-251-1996 | lfurstenwerth@msn.com

History: **Trish Mooney**

208-220-1283 | patricia.j.mooney@gmail.com

Publicity: **Virginia Robinson**

208-251-8007 | retirednanaat43@gmail.com

Social: **SaDee Peterson**

208-241-6501 | speter5840@aol.com

Travel: **Pam Landon**

208-221-3302 | plandon1955@gmail.com

Travel Co-Chair: **Sue Miller**

208-993-1133 | millerpag@yahoo.com

### LIFELONG LEARNING SPECIALIST:

**Shirley Hockett** -

208-241-7317 | shirleyhockett@isu.edu

*\*Donate to our new building at:*

**United Seniors Project**

P.O. Box 4378

Pocatello, Idaho 83205

## Spring 2026 Class Information Form (CIF)

**Day/s of the week:**

**Date/s of Class:**

Spring Classes run from January 26th to May 29th

**Time:**

Our preferred times at Liberty Hall are 10:00-11:30 or 1:30- 3:00 pm for lectures.

**Category:**

**Brief description of the class (max 80 words):**

**Location & Address:**

Liberty Hall, 325 W Benton, is our preferred location for lectures and ZOOM.

**Instructor & title/affiliation:**

**Facilitator name & phone and e-mail:**

**Class limit:**

**Class fee(if any):**

**If there is a fee, how & when to pay:**

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**The information below is for the use of the Curriculum Committee and the Continuing Education Workforce Training office; it will not appear in the catalog.**

**Instructor phone and e-mail:**

**Instructor mailing address:**

**Is the instructor a member of NKA? (Y) (N)**

**Catalog requested? (Y) (N)**

**Facilitator Home Address:**

**If facilitator is not a member, is a catalog requested? (Y) (N)**

**If at Liberty Hall, media equipment needed:**

Projector ☐ DVD ☐ Power Point ☐ Laptop ☐ P/A ☐ Internet access ☐

**Materials/Supplies needed?**

Handouts\* ☐ Other: ☐

\*If instructors want NKA to make copies of their handouts, they need to get them to facilitators or Continuing Education office two weeks prior to the class.

**Liberty Hall:** If you do not want ZOOM, please check the box: ☐

**Other needs or requests?**

Please send completed form to Kathy Flock (kgflock@gmail.com), Geoff Hogander (ghogande@yahoo.com) and Kathryn Dafoe (katydafoe@hotmail.com). Please have the CIF in by **October 1st**.



## The History of New Knowledge Adventures (NKA)

*Written by NKA Historian Trish Mooney*

NKA was first envisioned as a local version of Elder Hostel in 1997. The idea of continuing education on a local level with local subjects is the seed that grew into New Knowledge adventures. The initial membership was 13 people : Gail Furniss, Shirley Deagle, Phylliss Bailey, John and Carol Haley, Jim Smith, Dr. Louis and Mary Rose Bush, J. Lazusky, C. J. Lammers, Julie Wilkes, Sister Mary Kathryn, and Judy Grail. The membership increased to 55 the following semester and has grown steadily each year since.

The first classes were: Financial Issues in Retirement; Book Review for We the Sagebrush Folk and A Thousand Pieces of Gold; Historical Idaho from Lewis and Clark to the Railroads; Introduction to Computers; Great Decisions - Current Foreign Affairs of 1997; How to Build Wind Chimes: and Snow Shoeing Excursion. Those topics have been expanded ten fold over the succeeding years.

Initially NKA worked closely with Idaho State University and the Office of Continuing Education. Many of the classes were held in the Continuing Education building until 2016. Then for several reasons, NKA separated from Idaho State University and was established as a non-profit. The New Knowledge Adventures board rose to the challenge to find new homes for our classes - Liberty Hall, Juniper Hills Country Club, local businesses. They continue to find new venues - the Senior Activity Center, Assemble', the Elks Hall, the Idaho Fish and Game lecture hall. NKA still works closely with the ISU Continuing Education Department. They organize our class registration and help with a myriad of clerical tasks.

In 2020, NKA met another challenge - Covid. The board felt it was extremely important to continue classes during this trying period. While many of the classes were curtailed, Trent Stephens and Jim Mariani adapted the lectures to ZOOM which is still used today to accommodate those students that cannot personally attend lectures.

Initial fees for the classes in 1997 were \$27.50 per semester. While the fees for classes have nominally increased over the years, the board strives to meet its obligations and keep costs as low as possible. The primary use of the fees are for classroom rent and the publication of the catalogs. All the instruction given at NKA classes is donated.

The vision of continuing education for the mature mind and body that started in 1997 continues to grow and flourish through the efforts of all the NKA volunteers to this day.

### **NKA Past Presidents**

1998/1999- C. J. Lammers (deceased)	2007/2008- Carol Harsch	2016/2017 - Marilyn Ames
1999/2000- Leonard Arnold	2008/2009- Bill Brydon (deceased)	2017/2018 - Mary Spinner
2000/2001- Shirley Deagle - Boohr	2009/2010- Barbara Bain	2018/2019 - Phil Joslin
2001/2002- Bob Edwards (deceased)	2010/2011- Jane Riley (deceased)	2019/2020 - Jan Flandro
2002/2003- Juanita Bailey	2011/2012- Donna Hillard	2020/2021 - Trent Stephens
2003/2004- Barbara Jackson	2012/2013- Bob Bieda	2021/2022 - Sue Miller
2004/2005- Joe Price (deceased)	2013/2014- Marjean Waford	2022/2023 - Geoff Hogander
2005/2006- Allen Jackson (deceased)	2014/2015- John Carlson (deceased)	2023/2024 - Christine Brower
2006/2007- Helen Beitia	2015/2016 - Audrey Cole	2024/2025 - Teresa Westfall

## 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 Class Information Form (CIF) 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 Elk's 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.

### HEALTH POLICY

If you are sick or don't feel well, stay home, cancel class and zoom.

### EMERGENCY CLASS CANCELLATION POLICY

In case emergencies such as hazardous weather conditions (and if School District 25 has canceled school) then NKA classes will also be canceled. 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. 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 back 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 members, 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 to the policy or position of 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 ISU campus is **free only after 4 p.m.** For daytime classes on campus, you need a parking permit (General Lots), which is good for the year. Permit through NKA is **\$5.50**; 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)

## ASSUMPTION OF RISK

**Program Description:** New Knowledge Adventures classes and activities

**In consideration for the opportunity to participate in this program, I willingly accept responsibility for all potential risks associated with my participation.** I understand and acknowledge there are inherent and unanticipated risks that may include but are not limited to: risks of slip, trip, and fall incidents which could lead to sprains, strains, abrasions, contusions, dislocations, broken bones, head injuries; risks associated with transportation along with risk of weather conditions, and negligence of other drivers; risk of allergic reactions to environment, substances; risk of negligence from myself or others; and other foreseeable and unforeseeable risks that may occur that New Knowledge Adventures (NKA) cannot specifically anticipate and list here. I choose to participate despite the risks. I release, indemnify, and hold harmless NKA and Idaho State University (ISU) from any and all liability for injuries, damages, or causes of action of any nature that may arise out of my participation in this program. I also agree that this release shall be binding not only on myself but also on my heirs, personal representatives, and assigns.

I agree, to be fully responsible for my conduct and to act at all times in a manner which does not jeopardize the safety of myself or others. I have reviewed the program description and verify I have no physical or mental condition which would endanger myself or others by my participation in this activity. I understand that NKA reserves the right to exclude my participation in this program if my participation or behavior is deemed detrimental to the safety or welfare of others. I agree to follow all program rules, instructions, safety protocols, and proper use of any equipment. I acknowledge that Idaho State University is not actively involved in the planning or execution of these activities.

I acknowledge NKA does not provide health and accident insurance for participants and I agree to be financially responsible for my own medical expenses. I further agree that in the event emergency medical treatment becomes necessary and I am unable to communicate, NKA staff or emergency medical personnel may authorize or conduct treatment or care on my behalf as appears reasonable under the circumstances.

I also grant NKA & ISU the right to take and use photographs or video footage of me during this program for its educational or promotional purposes, including on university websites or on social media.

**You agree to the above terms and conditions when you sign your registration form.**

Participant Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Emergency Contact:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_





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Call the NKA office at 208-282-3372**



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# Adventures for the Fall of 2025

## ART, MUSIC & THEATER

### Annual NKA Christmas Party Skit (#3303)

*Wednesdays: November 5 - December 3 from 3:00-4:00 p.m.*

Ever want to try your hand at performing? This is your opportunity to express your creativity as we plan, rehearse and perform for 10-12 minutes at the NKA Christmas Party in December. In the past, we've performed silly skits, sang Christmas carols, read holiday stories and more. No memorization required.

**Location:** Liberty Hall

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

**Class Limit:** 15

### Australian Aboriginal Art & Music: Didgeridoo (#3370)

*Thursday: October 23; 10:30 a.m. – Noon*

In this class you will learn about how the didgeridoo is made, played, Australian art, geography of Australia, science of sound, music and much more. John Groves, an American Didgeridoo musician performs on many didgeridoos during the presentation, demonstrating playing technique (including circular breathing) and sounds, various Aboriginal artwork and instrument materials. Mr. Groves also shares his stories of his travels in the Australian Outback observing didgeridoo crafting, music, art and culture.

**Location:** Liberty Hall and Zoom

**Instructor:** John Groves, private instructor of didgeridoo & trombone, freelance musician and brass musical instrument repair specialist

**Facilitator:** Darcy Taylor (208-251-8001, dlaw32@live.com)

### Preview to *All that Jazz* with Jon (#3649)

*Wednesday: September 24; Noon – 1:00 p.m.*

Performance Date – Friday: September 26th

Talking about the Idaho premiere of my concerto for saxophone and orchestra, *Voluntary Breath* with the Idaho State-Civic Symphony. The piece was inspired by his son's lengthy stay in the NICU in 2021, featuring some sounds of the hospital and hints of music therapy and healing.

**Location:** Stephens Performing Arts Center, Jensen Grand Hall

**Instructor:** Jonathan Armstrong, ISU Music Faculty

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

### Preview to Commercial Big Band Concert: Featuring the Music of Carole King (#3650)

*Wednesday: October 22; Noon – 1:00 p.m.*

Performance Date – Friday: October 24th

Jonathan Armstrong will be talking about ISU Commercial Big Band concert, featuring the music of Carole King.

**Location:** Stephens Performing Arts Center, Jensen Grand Hall

**Instructor:** Jonathan Armstrong, ISU Music Faculty

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

### Preview to Play: *A Christmas Carol* by Charles Dickens, adaptation by Ann Hoste (#3006)

*Friday: November 7; Noon – 1:00 p.m.*

Performance Dates – November 14, 15, 20, 21 & 22

Join Ebenezer Scrooge on his transformative journey from greed to generosity in this timeless holiday classic. As Scrooge is visited by the ghosts of Christmas Past, Present, and Future, he confronts his past mistakes and learns the importance of compassion and kindness. This heartwarming adaptation of Dickens' beloved novella captures the spirit of Christmas and the joy of redemption, making it a perfect family outing during the holiday season.

*Rating: G Content Warnings: Themes of poverty, mild frightening imagery.*

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

**Instructor:** Jef Petersen – Director

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

### Preview to Play: *Vanya and Sonia and Masha and Spike* by Christopher Durang (#3090)

*Friday: September 26; Noon – 1:00 p.m.*

Performance Dates – October 3, 4, 9, 10 & 11

Set in the whimsical confines of a summer home in Pennsylvania, this comedy brings together siblings Vanya and Sonia, whose quiet lives are upended by the glamorous arrival of their sister Masha and her much younger boyfriend, Spike. As tensions flare and a costume party (continues...)

(continued: *Preview to Play: Vanya and Sonia and Masha and Spike* by Christopher Durang)

spirals into chaos, the play humorously explores themes of family dynamics, regret, and the passage of time, all while serving up sharp wit and plenty of laugh-out-loud moments.

*Rating: PG-13 Content Warnings: Mature language, mild sexual content, themes of aging and existential angst.*

**Location:** Stephens Performing Arts Center – Black Box Theatre

**Instructor:** Sara Hymes - Director

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

### Preview to the Symphony (#3322)

**Section 1 – One Day at a Time –**

*Friday: September 19; 4:00 – 5:00 p.m.*

**Section 2 – Voices Oppressed and Liberated –**

*Friday: October 24; 4:00 – 5:00 p.m.*

**Section 3 – Joy to the World –**

*Friday: December 5; 4:00 – 5:00 p.m.*

Dr. Nell Flanders introduces the new symphony concert series Creative Courage. In these classes, she will describe what to expect in each upcoming performance, including the compositions, composers, their times and styles. These previews will enhance your enjoyment when attending the concerts. For more information, visit [www.thesymphony.us](http://www.thesymphony.us).

*Symphony Performance Dates:*

- *September 26 – One Day at a Time*
- *November 7 – Voices Oppressed and Liberated*
- *December 12 & 13 – Joy to the World*

**Location:** Fine Arts Building, Room 202 (please note room change from Spring semester), and Zoom

**Instructor:** Dr. Nell Flanders, Artistic Director/Conductor, Idaho State Civic Symphony

**Facilitator:** Elizabeth Dyer (text 573-210-7588, [dyer2158@gmail.com](mailto:dyer2158@gmail.com))

## ISU CRAFT CLASSES

For those taking ISU craft shop classes, pre-payment is required at time of enrollment. **Cancellations will NOT be reimbursed unless a replacement for your seat is found.** Emergencies are an exception.

### ISU Craft Shop Create a Plate and Glaze (#3651)

**Tuesday: October 21 & November 4: 12:30 – 2:30 p.m.**

This class will be a fun twist on hand building with clay. No experience required. You will learn how to use equipment and tools to form and texture clay to create a

plate or dish that will be fired. Return two weeks later and learn how easy it is to decorate your plate using glazes.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Craft Shop Staff

**Facilitator:** Christine Brower (208-681-8483, [christinebrower@hotmail.com](mailto:christinebrower@hotmail.com))

**Class Limit:** 10

**Class Fee:** Pre-Pay \$30

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

### ISU Craft Shop Fused Glass (#3533)

**Tuesday: September 23; 12:30 – 2:00 p.m.**

Learn how to fuse glass! No experience required. Everything is provided. This workshop is designed to offer an introduction to glass fusing. You will learn to cut and shape glass to fit your design. Come with ideas, but we will also have examples to get you started.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Mary Miller

**Facilitator:** Christine Brower (208-681-8483, [christinebrower@hotmail.com](mailto:christinebrower@hotmail.com))

**Class Limit:** 8

**Class Fee:** Pre-Pay \$25

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

### ISU Craft Shop Fused Glass Night Light (#3675)

**Tuesday: October 7; 12:30 – 2:30 p.m.**

This is an introduction to glass fusing. No experience required. You will learn to cut and shape glass to fit your design to create a usable night light. Come with ideas or get ideas from the samples provided.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Mary Miller

**Facilitator:** Christine Brower (208-681-8483, [christinebrower@hotmail.com](mailto:christinebrower@hotmail.com))

**Class Limit:** 8

**Class Fee:** Pre-Pay \$25

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

**ISU Craft Shop Fused Glass Ornament (#3652)***Tuesday: December 2; 12:30 – 2:00 p.m.*

Learn to cut glass and use special glass pieces to create a colorful and fun ornament in time for Christmas.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Mary Miller

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 8

**Class Fee:** Pre-Pay \$25

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

**ISU Craft Shop Hand Building with Clay (#3599)***Tuesday: October 14 & 28; 12:30 – 2:30 p.m.*

This popular class is for those who would like to start or continue creating with clay. No experience necessary. Local potters with years of experience will demonstrate and explain techniques such as coil, pinch pot and slab. In the first class you will create your own pottery using a combination of techniques. Two weeks later (after initial firing) in the second class you will glaze your piece.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Bret Lowman

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 10

**Class Fee:** Pre-Pay \$40

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

**ISU Craft Shop Leather Keychain (#3653)***Tuesday: September 30; 12:30 – 1:45 p.m.*

Learn the basics of leathercraft in this hands-on class where you'll create your own custom leather keychain. You'll explore simple techniques like cutting, stamping and assembling with all tools and materials provided. Perfect for beginners – no experience needed.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** John Morrison

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 8

**Class Fee:** Pre-Pay \$20

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

**ISU Craft Shop Mosaic Stepping Stone (#3244)***Tuesday: September 9 & 16; 12:30 – 2:30 p.m.*

Have you ever had the desire to create something that will last through rain or shine? Your opportunity is here with the Craft Shop. Join us in our mosaic stepping stone workshop using glass, beads, tiles, and other funky materials to create a fun stepping stone that will be sure to last in any garden, walkway, or display for years to come. You will create and place the design on the stone and return the following week to apply the grout.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Mary Miller

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 8

**Class Fee:** Pre-Pay \$25

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

**ISU Craft Shop Needle Felted Gnome (#3654)***Tuesday: November 18; 12:30 – 2:00 p.m.*

Learn to use simple tools and methods to shape wool fibers into a cute gnome that can be used as an ornament or just a fun decoration for the holidays. Please note that needle felting involves repetitive, physical hand and arm exercise.

**Location:** ISU Craft Shop, 921 S. 8th Ave. – lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** ISU Craft Shop Staff

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 10

**Class Fee:** Pre-Pay \$15

**How to Pay:** Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

**CRAFTS & HOBBIES****Barn Quilt Painting (#3489)***Wednesdays: September 17 – November 19; 9:30 – 11:30 a.m.*

We will be painting quilt-like patterns on 2' X 2' boards and learning a little bit about the tradition of Barn Quilts in (continues...)



(continued: *Barn Quilt Painting*)

America. All materials will be provided but please bring an apron to cover your clothing.

**Location:** Senior Activity Center, Room 6

**Instructors:** Linda and John Furstenwerth

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

**Class Limit:** 10

**Class Fee:** \$40 – please bring to first class

### **Beginning Crochet 101 (#3563)**

*Tuesdays: September 9 – December 16; 10:00 – 11:30 a.m.*

We will learn the basics of yarn and crocheting, some basic crochet stitches and reading pattern instructions. We will crochet a coaster, scrubby, dish cloth and hat. Most materials will be supplied; however, you will need a size H/5mm crochet hook. Extra hooks will be available. Available yarn will be limited, so you will most likely want to buy your own for the hat, later on.

**Location:** Senior Activity Center, Room 4

**Instructors:** Linda Furstenwerth and Rosita Park

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

**Class Limit:** 6

**Class Fee:** \$5 – Please bring to first class

### **Beginning Crochet 102 (#3309)**

*Tuesdays: September 23 – December 16; 10:00 – 11:30 a.m.*

We will continue learning new stitches and work on a project provided by us, or continue one of your own without distractions at home. If you like, Rosita will teach you to make kitchen towel toppers and provide a pattern during the first class. You will need a kitchen towel for this project. Supplies needed as described in your chosen pattern. If you attended Beginning Crochet 101 and didn't finish your projects, you can complete those in this class also.

**Location:** Senior Activity Center, Room 4

**Instructors:** Linda Furstenwerth and Rosita Park

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

**Class Limit:** 10

### **Beginning and Intermediate Knitting (#3135)**

*Tuesdays: September 9 – December 9; 1:30 – 3:30 p.m.*

Basic knowledge of casting on stitches – knit and purl required. Bring size 8 knitting needles and cotton yarn or 4-ply acrylic. You may choose a project from

our many patterns on hand or bring your own to share.

**Location:** Senior Activity Center, Room 11

**Instructor:** Shanna Erickson

**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)

**Class Limit:** 16

### **Beginning Tatting (#3124)**

*Wednesday: October 8, 15, 22 & 29; 1:00 – 3:00 p.m.*

Learn basic techniques of tatting including making chains, rings, picots and weavers knots, as well as how to read and interpret patterns. Tatting shuttle and #20 cotton thread will be provided.

**Location:** Senior Activity Center, Room 6

**Instructor:** Verla Negus

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

**Class Limit:** 10

**Class Fee:** \$10 – please bring to first class

### **Beginning Watercolor (#3966)**

*Thursday: October 23; 1:30 – 3:30 p.m.*

Introduction to watercolor painting – learn the basic techniques.

**Location:** Senior Activity Center, Room 6

**Instructor:** Suzanne Johnson

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

**Class Limit:** 10

**Class Fee:** \$15 – please bring to class

### **Christmas/Birthday Cards (#3960)**

*Wednesday: November 5; 1:00 – 3:30 p.m.*

Create 4 to 5 Christmas/Birthday cards using stamps, dies and embossing.

**Location:** Senior Activity Center, Room 11

**Instructor:** Diane Tauscher

**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)

**Class Limit:** 10

**Class Fee:** \$10 – please bring to class

### **Christmas Flowers with L.D. (#3487)**

*Wednesday: December 10; 1:30 – 3:00 p.m.*

Let's create a lovely Christmas door swag with L.D. and his talented staff.

**Location:** Senior Activity Center, Dining Room

(continues...)

(continued: *Christmas Flowers with L.D.*)

**Instructor:** L.D. Wolfley, Owner of Flowers by L.D.

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

**Class Limit:** 40

**Class Fee:** \$55

**How to Pay:** Please RSVP and send check payable to Nancy Dafoe, 2800 Birdie Thompson, Pocatello ID 83201 by **November 26th**. If payment is not received by this date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

### **Creative Cards (#3739)**

*Wednesday: September 24; 1:00 – 3:30 p.m.*

Create 4 to 5 cards using stamps, dies and embossing.

**Location:** Senior Activity Center, Room 11

**Instructor:** Diane Tauscher

**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)

**Class Limit:** 10

**Class Fee:** \$10 – please bring to class

### **Crochet/Knitting Service Group (#3196)**

*Tuesdays: September 9 – December 9; 1:00 – 2:30 p.m.*

This group meets once a week to create lap blankets for the cancer patients at PMG and children in the CASA program. The yarn is furnished. You will need to bring your own crochet hook and/or knitting needles. It's a great time to socialize and learn new patterns with great ladies to help if needed. No stress or deadlines. Work at your own pace and have fun!

**Location:** Senior Activity Center, Room 6

**Instructor/Facilitator:** Nancy Ellis (208-237-0995, Rnellis6050@gmail.com)

**Class Limit:** 20

### **Crochet with Recycled Bags – Service Group (#3145)**

*Thursdays: October 2 – December 18; 10:00 – 11:30 a.m.*

Using recycled grocery, department store, and trash bags, we will be crocheting sleeping mats for the homeless. Please bring any plastic bags you have. We have bags available to use and are accepting donations. Also, bring a size K/10.5/6.5mm or larger crochet hook and sharp scissors. Participants will also be able to make totes from the recycled bags.

**Location:** Senior Activity Center, Room 4

**Instructors:** Linda Furstenwerth and Rosita Park

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

**Class Limit:** 15

### **Fall Pinecone Wreath (#3655)**

*Monday: October 6: Section 1: 2:00 p.m.*

*Section 2: 4:00 p.m.*

*Section 3: 6:00 p.m.*

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class, you'll be making a wreath with pinecones just in time for fall. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello

**Instructor:** Wendy Vaughn, Owner

**Facilitator:** Deanna Aslett (208-390-0389, deaslett@gmail.com)

**Class Limit:** 12 per section

**Class Fee:** \$15 – please bring to class

### **Fun with Crochet (#3401)**

*Thursdays: September 11 – December 11; 1:30 – 3:30 p.m.*

Knowledge of crochet basics is a plus, but not necessary. Come and make animals, scrubbies, head bands, and much more. Bring your pattern book, hook, and yarn for the project you want to start.

**Location:** Senior Activity Center, Room 11

**Instructor:** Shanna Erickson

**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)

**Class Limit:** 14

### **Fused Glass Haunted House (#3656)**

*Thursday: October 9; 3:00 – 5:00 p.m.*

Decorate a pre-cut fused glass piece to create a haunted house. You'll be using colorful glass of varied shapes and sizes to create a unique gift for yourself or someone else in time for Halloween fun.

**Location:** 456 University St., Pocatello

**Instructors:** Melissa Neiers and Faith Nolte, Glass Artists

**Facilitator:** Chris Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 16

**Class Fee:** \$45

**How to Pay:** Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **September 25th**. Venmo available, please contact facilitator for more info. If payment is not received by this date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

### **Fused Glass Snow Globe (#3657)**

*Friday: December 12; 3:00 – 5:00 p.m.*

(continues...)

(continued: *Fused Glass Snow Globe*)

Decorate a pre-cut fused glass piece to create a delightful snow globe. You'll be using colorful fused glass of varied shapes and sizes that once fired will create a unique gift for yourself or someone else.

**Location:** 456 University St., Pocatello

**Instructors:** Melissa Neiers and Faith Nolte, Glass Artists

**Facilitator:** Chris Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 16

**Class Fee:** \$45

**How to Pay:** Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **November 28th**. Venmo available, please contact facilitator for more info. If payment is not received by this date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

### **Glass Blowing – Paperweight (#3412)**

**Section 1** – Monday: September 15; 7:30 – 8:30 p.m.  
payment due by **September 8th**

**Section 2** – Monday: September 29; 7:30 – 8:30 p.m.  
payment due by **September 22nd**

**Section 3** – Monday: October 13; 7:30 – 8:30 p.m.  
payment due by **October 6th**

**Section 4** – Monday: October 27; 7:30 – 8:30 p.m.  
payment due by **October 20th**

**Section 5** – Monday: November 10; 7:30 – 8:30 p.m.  
payment due by **November 3rd**

**Section 6** – Monday: November 24; 7:30 – 8:30 p.m.  
payment due by **November 17th**

**Section 7** – Monday: December 8; 7:30 – 8:30 p.m.  
payment due by **December 1st**

**Section 8** – Monday: December 15; 7:30 – 8:30 p.m.  
payment due by **December 8th**

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Create your own paperweight in this beginner soft glass class. Work alongside Poky Glass Art Studio artists to create a work of glass art! Participants will make a solid glass paperweight swirled with color. Choose from a wide selection of colored frit to make something you can display, while learning the basics of soft glass in our furnace. Participants may have time to make more than one paperweight, but each additional paperweight will have a \$35 fee applied for material cost.

**Location:** Poky Glass Art Studio, 515 N. Main St., Pocatello

**Instructor:** Sam Casper, Poky Glass Art Studio

**Facilitator:** Chara Boehm (208-242-6266, charaboehm@gmail.com)

**Class Limit:** 4 per section

**Class Fee:** \$40 (for one paperweight)

**How to Pay:** Pay online at [pokyglassart.com](http://pokyglassart.com) one week before class.

### **Glass Blowing – Pendants (#3414)**

**Section 1** – Monday: September 15; 6:00 – 7:00 p.m.  
payment due by **September 8th**

**Section 2** – Monday: September 29; 6:00 – 7:00 p.m.  
payment due by **September 22nd**

**Section 3** – Monday: October 13; 6:00 – 7:00 p.m.  
payment due by **October 6th**

**Section 4** – Monday: October 27; 6:00 – 7:00 p.m.  
payment due by **October 20th**

**Section 5** – Monday: November 10; 6:00 – 7:00 p.m.  
payment due by **November 3rd**

**Section 6** – Monday: November 24; 6:00 – 7:00 p.m.  
payment due by **November 17th**

**Section 7** – Monday: December 8; 6:00 – 7:00 p.m.  
payment due by **December 1st**

**Section 8** – Monday: December 15; 6:00 – 7:00 p.m.  
payment due by **December 8th**

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Create custom pendants in this beginner lampworking class. Poky Glass Art Studio artists will show you how to manipulate color, shape, and flow in glass. Participants will make 2 or 3 pendants in this one-hour class. Choose from a wide selection of colored frit to make a unique piece of wearable art!

**Location:** Poky Glass Art Studio, 515 N. Main St., Pocatello

**Instructor:** Sam Casper, Poky Glass Art Studio

**Facilitator:** Chara Boehm (205-242-6266, charaboehm@gmail.com)

**Class Limit:** 4 per section

**Class Fee:** \$40

**How to Pay:** Pay online at [pokyglassart.com](http://pokyglassart.com) one week before class.

### **Gold Leaf Centerpiece (#3658)**

**Monday: November 3:** **Section 1:** 2:00 p.m.

**Section 2:** 4:00 p.m.

**Section 3:** 6:00 p.m.

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class, you'll start with a glass vase and decorate it with gold leaf and transfers resulting in a beautiful centerpiece for the holidays. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello

**Instructor:** Wendy Vaughn, Owner

**Facilitator:** Mollie Curran (208-251-6792, curran.mollie@icloud.com)

**Class Limit:** 12 per section

**Class Fee:** \$15 – please bring to class

**Hot Air Balloon with Light Bulb (#3659)***Monday: October 27: Section 1: 2:00 p.m.**Section 2: 4:00 p.m.**Section 3: 6:00 p.m.***ALL SECTIONS ARE THE SAME CLASS;  
PLEASE CHOOSE ONLY ONE**

In this class, you'll start with a lightbulb as the base of the hot air balloon and complete it by adding gears, gems, chains, etc. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello**Instructor:** Wendy Vaughn, Owner**Facilitator:** Mollie Curran (208-251-6792, curran.mollie@icloud.com)**Class Limit:** 12 per section**Class Fee:** \$15 – please bring to class**Knitting on Looms (#3551)***Thursdays: September 4 – December 18; 10:00 – 11:30 a.m.*

We will learn the basics of the round and long looms and make a hat and scarf. Please bring looms, hook tools, and yarn to class. We will have extra looms, hooks and yarn available. No need to buy anything until you know if looming is for you.

**Location:** Senior Activity Center, Room 4**Instructors:** Linda Furstenwerth and Rosita Park**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)**Class Limit:** 10**Class Fee:** \$5 – please bring to first class**Lego Botanicals (#3660)***Friday: November 21; 1:00 – 3:00 p.m.*

Legos aren't just for kids! Let's have some fun and build a Lego Botanical – Mini Orchid, Plum Blossom, or Chrysanthemum.

**Location:** Senior Activity Center, Room 3**Instructor:** Suzanne Johnson (suzyjmom@icloud.com)**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 30**Class Fee:** \$30 – Cost subject to change**How to Pay:** Emails of when to pay and which Lego set you'd like will be sent to all registered members.**Lego Fun in the Print Shop (#3661)***Monday: September 8 & 15; 1:00 – 3:00 p.m.*

Explore new media with Lego blocks and printing

with stamp inks on the tabletop provisional press. This class will use modular shapes and non-toxic materials in an easy to use process.

**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, jullpaul@yahoo.com)**Class Limit:** 6**Class Fee:** \$10 for materials – please bring to first class**Origami: Advanced Kusudama (#3585)***Friday: December 5 & 19; 1:00 – 3:00 p.m.*

After you have succeeded in constructing a basic Sonobe kusudama, you may wish to try one of the many more difficult designs with us. This semester's challenge is called "Claire", designed by Xander Perrott of New Zealand. These balls give the appearance of twelve stars connected at the points, and each star has a pentagon center, similar to a morning glory flower. Papers for this model are not square, but measure 2 by square root 3. But don't let that deter you – origami is all about ratios and we'll show you how to cut your papers down to size. We will have two sessions; one to learn to fold the units, completing your 30 units as homework, then return to the second class to piece them together. Written instructions and paper for your project are provided. Please register for this class only if you are up for a real challenge.

**Location:** Senior Activity Center, Room 11**Instructor:** Kris Hansen**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 15**Class Fee:** \$5 for 2 two-hour classes – please bring to first day of class**Origami: Animals of the Bible (#3062)***Friday: October 10, 17, & 24; 1:00 – 3:00 p.m.*

Whether you are looking to add to your origami nativity set or create an origami zoo or menagerie, you'll enjoy this group of animal models. Camels, sheep, donkeys, and a serpent. We might even fold a plague of locusts! Kami paper and printed origami paper will be provided for classwork and homework, as well as printed instructions you should be able to follow at home.

**Location:** Senior Activity Center, Room 11**Instructor:** Kris Hansen**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 15**Class Fee:** \$5 for 3 two-hour classes – please bring to first day of class



**Origami for Beginners (#3148)***Friday: September 5, 12, 19, & 24; 1:00 – 3:00 p.m.*

The ancient art of origami has been enjoying a real renaissance in the past few decades. Modern designers around the world are developing exciting new models and clever new techniques. Paper publishers are releasing beautiful new colors and printed squares of paper especially created for the precise folds of accurate origami. You'll learn how a few basic folds can be combined to create a myriad of diverse models. Feel like a magician as you transform a simple square of paper into a swan, horse, a snail, and yes, the elegant traditional crane. This class is designed for BEGINNERS, so if you've always wanted to give it a try – this is your opportunity. Kami paper and printed origami paper will be provided for classwork and homework, as well as printed instructions you should be able to follow at home.

**Location:** Senior Activity Center, Room 11**Instructor:** Kris Hansen**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 15**Class Fee:** \$5 for 4 two-hour classes – please bring to first day of class**Origami: Your First Kusudama (#3155)***Friday: November 7 & 21; 1:00 – 3:00 p.m.*

A kusudama, or 'prayer ball', is a spherical-shaped construction created by piecing together a number (usually 30) of identical origami units. Literally, in Japanese, 'Kusuri' means medicine and 'tama' means ball. Typically, the individual units are not particularly difficult to fold but once fit together, you have a strikingly and intriguingly beautiful construction that is far more interesting than the sum of its parts. Once you learn how to fit them together, there are many different unit designs created by modern origami artists from around the world, that you may enjoy folding. We will have two sessions; one to learn to fold the units, completing your 30 units as homework, then return to the second class to piece them together. Written instructions and paper for your project are provided. Please Register for only one of the two kusudama classes semester, according to your skill level.

**Location:** Senior Activity Center, Room 11**Instructor:** Kris Hansen**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 15**Class Fee:** \$5 for 2 two-hour classes – please bring to first class**Paint Pour Coaster Set (#3662)**

*Monday: September 8: Section 1: 2:00 p.m.  
Section 2: 4:00 p.m.  
Section 3: 6:00 p.m.*

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class, you'll be pouring paint on pieces of tile for a set of decorative coasters. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello**Instructor:** Wendy Vaughn, Owner**Facilitator:** Mollie Curran (208-251-6792, curran.mollie@icloud.com)**Class Limit:** 12 per section**Class Fee:** \$15 – please bring to class**Paint with Acrylics (#3198)***Section 1: Friday: October 17; 10:00 a.m. – Noon**Section 2: Monday: October 20; 10:00 a.m. – Noon***BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Why not learn to paint! Painting enhances creativity, problem solving, stress reduction, fine motor skills and more! Artist Deanna Eveland shares knowledge gained from academic training and practical experience to help you understand composition, line, value and color. Using acrylics, you will learn techniques to create paintings with depth and dimension. Deanna holds a B.A. from Boise State University, and attended the master's program at Academy of Art, San Francisco. This class is great for all levels.

**Location:** Liberty Hall**Instructor:** Deanna Eveland, Artist**Facilitator:** Brenda Ehrler (801-554-9396, bl\_ehrler@att.net)**Class Limit:** 15**Class Fee:** \$20 for supplies

**How to Pay:** Payment of \$20 for supplies due upon enrollment. Please send check payable to: Brenda Ehrler at P.O. Box 582, Lava Hot Springs, ID 83246. If payment is not received by **September 16th** wait-list members will be invited. Venmo also available, please contact Brenda for more information.

**Quilling (#3220)***Wednesday: November 12 & 19;**December 3 & 10; 1:00 – 3:00 p.m.*

Come join the fun of making Christmas snowflakes with combs and strips of paper.

**Location:** Senior Activity Center, Room 6**Instructor:** Carol Johnston**Facilitator:** Angela Luckey (208-221-0200, luckange@isu.edu)**Class Limit:** 10

**Class Fee:** \$5 – please bring to first class, if you are a former student, please bring your tools for a discount on fees.



**Santa or Snowman Candy Dish (#3664)**

*Monday: November 24: Section 1: 2:00 p.m.  
Section 2: 4:00 p.m.  
Section 3: 6:00 p.m.*

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class, you'll make a Santa or snowman candy dish with flowerpot and glass bowl and decorate it with paint. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello

**Instructor:** Wendy Vaughn, Owner

**Facilitator:** Mollie Curran (208-251-6792, curran.mollie@icloud.com)

**Class Limit:** 12 per section

**Class Fee:** \$20 – please bring to class

**Stained Glass Hummingbird (#3663)**

*Thursday: September 25; 2:00 – 4:30 p.m.*

In this beginner stained glass class you will make a hummingbird suncatcher. Learn to cut glass, wrap the pieces in copper foil and solder them together to create a simple design that you'll complete by the end of class to take home. All of the supplies and instructions will be provided for you. Please come wearing closed toe shoes. This project will last about 2.5 hours and is located in Blackfoot. Carpool can be arranged with the facilitator.

**Location:** Abodelight Goods and Glass, 1241 Parkway Dr., Blackfoot (next to Arby's)

**Instructor:** Sara Schofield

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 6

**Class Fee:** \$50

**How to Pay:** Save your seat by sending a check to Chris Brower at 235 Sorenson Ave., Pocatello ID 83201 by **September 18th**.

**Winter Owl Wall Hanger (#3665)**

*Monday: December 8: Section 1: 2:00 p.m.  
Section 2: 4:00 p.m.  
Section 3: 6:00 p.m.*

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class you'll be making an owl with reclaimed wood and materials. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello

**Instructor:** Wendy Vaughn, Owner

**Facilitator:** Mollie Curran (208-251-6792, curran.mollie@icloud.com)

**Class Limit:** 12 per section

**Class Fee:** \$20 – please bring to class

**Wire Wrap Ring (#3666)**

*Monday: September 22: Section 1: 2:00 p.m.  
Section 2: 4:00 p.m.  
Section 3: 6:00 p.m.*

**ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class you'll be making a wire wrap ring with a cultured pearl. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello

**Instructor:** Wendy Vaughn, Owner

**Facilitator:** Mollie Curran (208-251-6792, curran.mollie@icloud.com)

**Class Limit:** 12 per section

**Class Fee:** \$20 – please bring to class

**Woodcarving, Beginning (#3101)**

*Mondays, Wednesdays, and Fridays: September 10 – December 19; 9:00 a.m. – Noon (Clean-up from 11:30 – Noon).*

**It is STRONGLY advised to attend first class. If unable, please contact the facilitator.**

Due to the use of power tools and equipment, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks. Safety glasses, masks, and apron are recommended.

Beginning Woodcarver classes are for those individuals who have little or no experience in woodcarving. Dremel, bits, and other equipment will be provided. Projects will begin with stylized bird, shelf cat, and a final project selected by the carver. Additional projects can be purchased.

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

**Instructors:** Advanced Carvers present

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 10

**Class Fee:** \$20 + plus purchase of any additional supplies. Cash or check due at first class.

**Woodcarving, Advanced (#3558)**

*Mondays, Wednesdays, and Fridays:  
September 3 – December 19; 9:00 a.m. – Noon  
(Clean-up from 11:30 – Noon)*

Advanced woodcarving classes are for carvers 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 projects based on (continues...)

(continued: **Woodcarving, Advanced**)

their individual interests. Related optional activities include participation in woodcarving competitions and displays.

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

**Instructor:** None – tips may be provided by other advanced carvers in class

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Fee:** \$10 + plus purchase of any additional supplies. Cash or check due at first class.

## FITNESS & MOTION

### Beginning Karate (#3667)

*Tuesdays & Thursdays: September 2 – November 20; 7:00 – 8:30 p.m.*

Participants will learn basic blocks, strikes, and kicks. Classes will consist of training in those basics while moving across the floor, and kata (predefined movements). Our organization is in the International Karate League (IKL) based in Hawaii. We teach a traditional style of modified Shorin-ryu karate. IKL has had active dojos in Pocatello since the 1970's. To quote our founder, "Karate is the training of self-control, humbleness, and discipline."

– Walter K. Nishioka, Shihan

**Location:** Mind Your Body Yoga Studio, 235 S. Main St., Pocatello

**Instructor:** Sensei Buck Hedges, International Karate League

**Facilitator:** Brian Kauffmann (208-317-4094, bbkauffmann@gmail.com)

**Class Limit:** 20

### Fit and Fall Proof™ (#3106)

*Mondays and Wednesdays: September 8 – December 17; 9:30 – 10:30 a.m.*

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

**Location:** Senior Activity Center, Room 3

**Instructor/Facilitator:** Jim Mariani, trained Fit and Fall Proof™ instructor (208-851-0842, jsm22553@yahoo.com)

**Class Limit:** 30

### Kayaking with Pocatello Parks and Rec (#3668)

*Tuesday: September 16; 9:00 a.m. – 1:30 p.m.*

Learn the basics of kayaking including strokes, maneuvering, and safety. Equipment and transportation to launch site included. Location is subject to change based on water quality and level. This class is suitable for beginners or for those out of practice. Kayaks, paddles and life jackets will be provided. There is NO discount for your own gear. You

must have a current invasive species sticker on your kayak.

**Location:** TBD: watch for an email or call from the facilitator two days prior to class.

**Instructor:** Pocatello Outdoor Recreation Staff

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 10 – minimum of 6

**Class Fee:** \$15 – includes equipment and transportation

**How to Pay:** Payment must be received by **September 4th** to confirm, as there is a minimum number of participants needed. Send check payable to Christine Brower at 235 Sorenson Ave., Pocatello 83201 or contact Christine for other options. Non-refundable unless a substitute is found.

### Line Dancing: Starter (#3013)

*Mondays: September 8 – November 10; Noon – 12:50 p.m.*

If you are new to line dancing, this is the place to "start." Basic line dance steps, step patterns and rhythms will be taught, which will then be combined into simple and easy-to-learn dances. This will help with memory and coordination so you will get both physical and mental exercise. This class is for guys and gals, and you do not need a partner. Please bring water if desired.

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

**Instructors:** Judy Liday and Marcia Burton

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

**Class Limit:** 40

### Line Dancing: Beginning 1 (#3111)

*Mondays: September 8 – November 10; 1:00 – 1:55 p.m.*

The Beginner 1 class is for those who have completed the Starter class, or for those who are familiar with line dancing. Basic line dance steps, rhythms, and step patterns will be more complex than in the Starter class but will be easy to learn. This will help with memory and coordination so you will get both physical and mental exercise. This class is for guys and gals, and you don't need a partner. Bring water if desired.

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

**Instructor:** Penny Cooper

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

**Class Limit:** 40

### Line Dancing: Beginning 2 (#3112)

*Mondays: September 8 – November 10; 2:05 – 3:00 p.m.*

This class will build on what was taught in the Beginning 1 class. The line dances in this class are more complex than the dances in the Beginning 1 class, but (continues...)

(continued: *Line Dancing: Beg. 2*)

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, and you don't need a partner. You can bring water.

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

**Instructors:** Kay Elsethagen and Carlyn Rice

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

**Class Limit:** 40

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

**Tuesdays: September 9 – November 11; 9:30 – 10:25 a.m.**

Intermediate line dancing is for those who have completed the Beginning 2 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 new dances, and no partner is needed. Bring water if desired.

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

**Instructor:** Susan Cramer

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

**Class Limit:** 40

### **Line Dancing: Advanced (#3819)**

**Thursdays: September 11 – November 13; 9:30 – 11:00 a.m.**

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 Advanced Line Dance class. We teach new dances and review/reteach oldies and then incorporate different songs/rhythms. These dances are geared toward introducing additional steps/turns to slightly more complicated dances. Bring water if desired.

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

**Instructor:** Susan Cramer

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

**Class Limit:** 40

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

**Tuesdays: September 9 – November 11; 10:35 – 11:30 a.m.**

This class is a combination of dances previously learned in the Beginner and Intermediate classes. All dances will be reviewed (not taught) with a variety of music and rhythms beginning with very easy dances to the intermediate 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. Bring water if desired.

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

**Instructors:** Judy Liday and Marjean Waford

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

**Class Limit:** 40

**If you see this black bar next to an event it is Information for NKA Members. There is no charge for these events.**

### **Line Dancing at the Senior Center**

**Every Wednesday: 1:00 – 2:00 p.m. – All Semester Long!**

Class is designed to be lots of fun with a variety of steps and music. Basic line dance steps, step patterns and rhythms will be taught and reviewed. This will help with memory and coordination, so you will get both physical and mental exercise. This class is for guys and gals, and you do not need a partner. Please bring water if desired.

**Location:** Senior Activity Center, Dining Room

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

### **Qigong (#3282)**

**Fridays: September 12 – December 19; 1:00 – 2:00 p.m.**  
(no class October 31; November 28; December 5)

More vigorous than Tai Chi, Qigong is a system of coordinated body-posture/movements, breathing, and meditation used to improve health and spirituality. We'll do Qigong to recorded videos, led by expert practitioners.

**Location:** Liberty Hall Upstairs and Zoom

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

**Class Limit:** 15

### **Square Dance (#3105)**

**Fridays: September 5 – December 19**

**SECTION 1 – Basic & Mainstream: 6:00 – 7:30 p.m.**

**SECTION 2 – Introduction to Plus Level: 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 dance shoes and bring a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, square dance caller. Dance dates are subject to change.

**Location:** Roy F. Christensen Bldg. #48 in the Tech Café sitting area

**Instructors:** Steve and Judy Sullivan

**Facilitator:** Shirley Hockett (208-241-7317, shirleyhockett@isu.edu)

**Class Limit:** 32

**Class Fee:** Non-NKA members: \$5/person per evening – pay at door when attending

### **Tai Chi Chih, Beginner (#3103)**

**Mondays: September 22 – December 15; 12:30 – 1:30 p.m.**

Joy through movement and meditation in motion. Harvard Woman's Health Letter calls Tai Chi "Medicine in Motion" and lists its numerous health benefits. The graceful, gentle movements improve physical balance and (continues...)

(continued: *Tai Chih, Beginner*)

enhance spiritual balance. We will learn and practice the 19 Tai Chi Chih disciplines and several classical Qigong forms. Wear gym clothes and soft-soled shoes.

**Location:** Liberty Hall Upstairs

**Instructor/Facilitator:** Stephanie Gill (208-234-4184, 208-241-1990, sgillforterra@gmail.com)

**Class Limit:** 30

### **Tai Chi Chih, Advanced** (#3104)

**Tuesdays and Thursdays: September 23 – December 18; 9:00 – 10:00 a.m.**

Meditation in motion. Harvard Woman's Health Letter calls Tai Chi "Medicine in Motion." It can improve cognitive function, prevent memory loss, lower blood pressure, improve balance, and help with managing depression. We practice the 19 Tai Chi Chih disciplines, plus several Qigong forms. Class is limited to those who have previous experience or are willing to come 10 minutes early for instruction. You may Zoom and/or come in person.

**Location:** Liberty Hall Upstairs and Zoom

**Instructor/Facilitator:** Stephanie Gill (208-234-4184, 208-241-1990, sgillforterra@gmail.com)

**Class Limit:** 30

### **Zumba Gold®** (#3952)

**Wednesdays: September 10 – October 29; 9:30 – 10:30 a.m.**

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

**Location:** Assemblé Learning and Event Center, 820 E. Young, Pocatello

**Instructor:** Elizabeth McKenna, Licensed Zumba Gold® and Aqua Zumba® instructor

**Facilitator:** Rod Johnson (208-251-4230, rodjohnson703@gmail.com)

**Class Limit:** 40

## **FOOD & BEVERAGE**

### **Jim Dandy Brewing – Tour and Beer Tasting** (#3574)

**Tuesday: October 28; 3:00 – 4:30 p.m.**

Tour the brewery at Jim Dandy's to learn the important steps of the brewing process from start to finish. After the tour, participate in tasting four Jim Dandy beers while enjoying some snacks.

**Location:** Jim Dandy Brewing, 305 E. Lander St., Pocatello

**Instructors:** Davis and Hailee Gove, Owners

**Facilitator:** Darcy Taylor (208-251-8001, dlaw32@live.com)

**Class Limit:** 20

**Class Fee:** \$25/person – includes gratuity

**How to Pay:** Make check payable to Jim Dandy Brewing and mail to Darcy Taylor at 151 Hawthorne Ave., Pocatello ID 83204 by **October 23rd**.

### **Not Your Basic Coffee and Tea** (#3669)

**Tuesday: October 14; 9:30 – 10:30 a.m.**

Meet at the Bru House for some education about the different ways to serve coffee/espresso and enjoy tasting what you're learning about.

**Location:** Bru House, 502 N. Main St., Pocatello

**Instructor:** Sandy Madrid

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 20

**Class Fee:** \$10

**How to Pay:** You must confirm your seat by getting your payment to Chris Brower at 235 Sorenson Ave., Pocatello ID 83201 by **October 8th**.

### **Off the Rails Brewing – Beer Tasting** (#3422)

**Wednesday: October 22; 7:30 – 9:00 p.m.**

Join your NKA friends at Off the Rails Brewing for a beer tasting event. There will be a selection of different beers from which you can choose six 3-ounce samples. Snacks will also be provided.

**Location:** Off the Rails Brewing, 228 S. Main St., Pocatello

**Instructor:** Peyton Kiggins, Co-owner

**Facilitator:** Janean White (208-251-7289, whitejanean@gmail.com)

**Class Limit:** 30

**Class Fee:** \$20/person – includes gratuity

**How to Pay:** Make check payable to Off the Rails Brewing and mail to Janean White at 4959 Rebecca Dr., Chubbuck ID 83202 by **October 17th**.

### **Sizzling Rice Soup** (#3670)

**Thursday: November 13; 2:00 – 3:30 p.m.**

Suzanne will demonstrate a delicious rice soup: A clear broth, veggies, chicken, shrimp and crispy toasted rice.

**Location:** Senior Activity Center, Dining Room

**Instructor/Facilitator:** Suzanne Johnson (208-589-5122, suzyjmom@icloud.com)

**Class Limit:** 50

**Class Fee:** \$2 – please bring to class

### **Table Temptations for the Holidays** (#3671)

**Tuesday: November 11; 3:30 – 5:00 p.m.**

Similar to the World Bites NKA class, you're invited to bring a holiday favorite food or beverage and share with the class. You're encouraged to bring a dish from the United Seniors Project fundraiser cookbook titled "Table Temptations." This class will be an opportunity to get some ideas for the upcoming holidays.

**Location:** Liberty Hall

**Instructor:** Deanna Aslett

**Facilitator:** Anita Rounds (208-251-1848, roundsaa@gmail.com)

**Class Limit:** 30



# SEPTEMBER 2025

## MONDAY

**1**  
Labor Day

**8**  
Woodcarving Adv • 9:00 Noon  
Fit and Fall Proof • 9:30-10:30  
Cribbage • 11:00-12:30  
Ln. Dnc. Starter • Noon-12:50  
Ln. Dnc. Beg. 1 • 1:00-1:55  
Print Shop Lego Fun • 1:00-3:00  
Ln. Dnc. Beg. 2 • 2:05-3:00  
Paint Pour Coasters  
-Section 1 • 2:00  
-Section 2 • 4:00  
-Section 3 • 6:00

**15**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall Proof • 9:30-10:30  
Military Women • 10:30-Noon  
Cribbage • 11:00-12:30  
Ln. Dnc. Starter • Noon-12:50  
Injury Care • 1:00-2:30  
Ln. Dnc. Beg. 1 • 1:00-1:55  
Print Shop Lego Fun • 1:00-3:00  
Ln. Dnc. Beg. 2 • 2:05-3:00  
Brain Gym Intro • 3:00-4:00  
Glass Pendants  
-Section 1 • 6:00-7:00  
Glass Paperweight  
-Section 1 • 7:30-8:30

**22**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall Proof • 9:30-10:30  
Grocery Stores • 10:30-Noon  
Cribbage • 11:00-12:30  
Ln. Dnc. Starter • Noon-12:50  
Tai Chi Beg. • 12:30-1:30  
Ln. Dnc. Beg. 1 • 1:00-1:55  
Creative Writing • 2:00-4:00  
Ln. Dnc. Beg. 2 • 2:05-3:00  
Wire Wrap Ring  
-Section 1 • 2:00  
-Section 2 • 4:00  
-Section 3 • 6:00

**29**  
Newport, Oregon Trip • 8:00  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall Proof • 9:30-10:30  
Hot Flashes • 10:30-Noon  
Cribbage • 11:00-12:30  
Ln. Dnc. Starter • Noon-12:50  
Tai Chi Beg. • 12:30-1:30  
Ln. Dnc. Beg. 1 • 1:00-1:55  
Creative Writing • 2:00-4:00  
Ln. Dnc. Beg. 2 • 2:05-3:00  
Glass Pendants  
-Section 2 • 6:00-7:00  
Glass Paperweight  
-Section 2 • 7:30-8:30

## TUESDAY

**2**  
Managing Stress • 10:30-Noon  
Beginning Karate • 7:00-8:30

**9**  
Ln. Dnc. Inter. • 9:30-10:25  
Crochet 101 • 10:00-11:30  
Food/Diabetes • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30  
Stepping Stone • 12:30-2:30  
Crochet/Knit Svc • 1:00-2:30  
Team Trivia • 1:00-2:30  
Knitting • 1:30-3:30  
Spanish Convo • 1:30-2:30  
World Bites • 3:30-5:00  
Beginning Karate • 7:00-8:30

**16**  
Kayaking • 9:00-1:30  
Ln. Dnc. Inter. • 9:30-10:25  
Crochet 101 • 10:00-11:30  
Reverse Mortgages • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30  
Stepping Stone • 12:30-2:30  
Crochet/Knit Svc • 1:00-2:30  
Team Trivia • 1:00-2:30  
Knitting • 1:30-3:30  
Spanish Convo • 1:30-2:30  
Phosphoria Sea • 3:00-4:30  
Beginning Karate • 7:00-8:30

**23**  
Tai Chi Adv. • 9:00-10:00  
Ln. Dnc. Inter. • 9:30-10:25  
Crochet 101 • 10:00-11:30  
Crochet 102 • 10:00-11:30  
College Hazing • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30  
Fused Glass • 12:30-2:00  
Crochet/Knit Svc • 1:00-2:30  
Team Trivia • 1:00-2:30  
Knitting • 1:30-3:30  
Spanish Convo • 1:30-2:30  
Wine Bru House • 5:00-7:00  
Beginning Karate • 7:00-8:30

**30**  
Tai Chi Adv. • 9:00-10:00  
Bridge Basics • 9:30-Noon  
Ln. Dnc. Inter. • 9:30-10:25  
Crochet 101 • 10:00-11:30  
Crochet 102 • 10:00-11:30  
Hot Topics • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30  
Leather Keychain • 12:30-1:45  
Crochet/Knit Svc • 1:00-2:30  
Team Trivia • 1:00-2:30  
Knitting • 1:30-3:30  
Spanish Convo • 1:30-2:30  
Beginning Karate • 7:00-8:30

## WEDNESDAY

**3**  
Woodcarving Adv • 9:00-Noon  
Coffee & Convo • 10:00-11:00  
Travel Medicine • 10:30-Noon  
Bling It On • 1:00-2:30  
Line Dance at SAC • 1:00-2:00  
Texas Hold'em • 3:00-5:00

**10**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall Proof • 9:30-10:30  
Zumba Gold • 9:30-10:30  
Coffee & Convo • 10:00-11:00  
PRT Training  
-Section 1 • 10:00-11:30  
Poky During WWII • 10:30-Noon  
Walking Tour Zoo • 10:30-Noon  
Line Dance at SAC • 1:00-2:00  
Texas Hold'em • 3:00-5:00

**17**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Barn Quilt Painting • 9:30-11:30  
Fit and Fall Proof • 9:30-10:30  
Zumba Gold • 9:30-10:30  
Coffee & Convo • 10:00-11:00  
Funeral Planning • 10:30-Noon  
Healthy City USA • 1:00-2:30  
Line Dance at SAC • 1:00-2:00  
Mahjong • 1:30-4:00  
Texas Hold'em • 3:00-5:00

**24**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00 Noon  
Barn Quilt Painting • 9:30-11:30  
Fit and Fall Proof • 9:30-10:30  
Zumba Gold • 9:30-10:30  
Coffee & Convo • 10:00-11:00  
Intro to Medicare • 10:30-Noon  
All That Jazz • Noon-1:00  
Auto Detailing • 1:00-2:30  
Creative Cards • 1:00-3:30  
Line Dance at SAC • 1:00-2:00  
Mahjong • 1:30-4:00  
Texas Hold'em • 3:00-5:00

## THURSDAY

**4**  
Knitting on Looms • 10:00-11:30  
NKA Board Mtg • 10:00-Noon  
Rife Technology • 10:30-Noon  
Beginning Karate • 7:00-8:30

**11**  
Ln. Dnc. Adv. • 9:30-11:00  
Knitting on Looms • 10:00-11:30  
iPhone 1 Intro • 10:30-Noon  
Zoos & Aquariums • 1:00-2:30  
Fun with Crochet • 1:30-3:30  
Wine Yellowstone • 5:00-7:00  
Beginning Karate • 7:00-8:30

**18**  
Ln. Dnc. Adv. • 9:30-11:00  
Knitting on Looms • 10:00-11:30  
iPhone 2 Inter • 10:30-Noon  
Estate Auctions • 1:00-2:30  
Breathwork Detox  
-Section 1 (Upstairs) • 1:00-2:30  
Fun with Crochet • 1:30-3:30  
Beginning Karate • 7:00-8:30

**25**  
Tai Chi Adv. • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Knitting on Looms • 10:00-11:30  
iPhone Pics & Vids • 10:30-Noon  
ISU History • 1:00-2:30  
Breathwork Detox  
-Session 2 (Upstairs) • 1:00-2:30  
Fun with Crochet • 1:30-3:30  
Stained Glass • 2:00-4:30  
Beginning Karate • 7:00-8:30

## FRIDAY

**5**  
Woodcarving Adv • 9:00-Noon  
Origami Beginners • 1:00-3:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

**12**  
Herrett Center • 7:30  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Origami Beginners • 1:00-3:00  
Qigong • 1:00-2:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

**19**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Aslett Clean  
-Section 1 • 10:30-Noon  
Lunch and Games • Noon-3:00  
Origami Beginners • 1:00-3:00  
Qigong • 1:00-2:00  
Symphony Preview  
-Section 1 • 4:00-5:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

**26**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Vanya/Sonia/Masha • Noon-1:00  
Origami Beginners • 1:00-3:00  
Qigong • 1:00-2:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

## FALL TRAVEL

Herrett Center and Orton Gardens – Twin Falls, Idaho - **Friday, September 12**  
Newport, Oregon - **Monday, September 29 – Saturday, October 4**  
Boise Winter Gardens aGlow and Basque Center Winter Market – Boise, Idaho - **Saturday, December 6 – Sunday, December 7**



# OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Coffee & Convo • 10:00-11:00 County Comms • 10:30-Noon Line Dance at SAC • 1:00-2:00 REEBOPS • 1:00-2:30 Mahjong • 1:30-4:00 Texas Hold'em • 3:00-5:00	<b>2</b> Tai Chi Adv. • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Knitting on Looms • 10:00-11:30 Crochet Rec Bags • 10:00-11:30 NKA Board Mtg • 10:00-Noon Mindfulness • 10:30-Noon Sound Music Bowls -Section 1 • 1:00-2:30 Fun with Crochet • 1:30-3:30 Book and a Glass • 3:00-4:30 Beginning Karate • 7:00-8:30	<b>3</b> Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Living w/Dementia • 10:30-Noon Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>6</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Medicare Update • 10:30-Noon Cribbage • 11:00-12:30 Ln. Dnc. Starter • Noon-12:50 Tai Chi Beg. • 12:30-1:30 Ln. Dnc. Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Ln. Dnc. Beg. 2 • 2:05-3:00 Fall Pinecone Wreath -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00	<b>7</b> Tai Chi Adv. • 9:00-10:00 Bridge Basics • 9:30-Noon Ln. Dnc. Inter. • 9:30-10:25 Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Fungi Biology • 10:30-Noon Ln. Dnc. Oldies • 10:35-11:30 Glass Night Light • 12:30-2:30 Libby App • 12:30-2:30 Crochet/Knit Svc • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30 Beginning Karate • 7:00-8:30	<b>8</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Coffee & Convo • 10:00-11:00 Frank Paradise • 10:30-Noon Beginning Tatting • 1:00-3:00 Book Exchange • 1:00-2:30 Line Dance at SAC • 1:00-2:00 Mahjong • 1:30-4:00 Geriatric Symposium • 2:00-5:00 Texas Hold'em • 3:00-5:00	<b>9</b> Tai Chi Adv. • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 Cybersecurity • 10:30-Noon Mindfulness • 10:30-Noon Body Support • 1:00-2:30 Breathwork Detox -Session 3 • 1:00-2:30 Fun with Crochet • 1:30-3:30 Haunted House • 3:00-5:00 Wine/PVs • 6:00-8:00 Beginning Karate • 7:00-8:30	<b>10</b> Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Ben Franklin Bio • 10:30-Noon Bee Farm • 1:00-2:30 Origami Animals • 1:00-3:00 Qigong (Upstairs) • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>13</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Public Education • 10:30-Noon Cribbage • 11:00-12:30 Ln. Dnc. Starter • Noon-12:50 Tai Chi Beg. • 12:30-1:30 Ln. Dnc. Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Ln. Dnc. Beg. 2 • 2:05-3:00 Glass Pendants -Section 3 • 6:00-7:00 Glass Paperweight -Section 3 • 7:30-8:30	<b>14</b> Tai Chi Adv. • 9:00-10:00 Bridge Basics • 9:30-Noon Bru House Coffee • 9:30-10:30 Ln. Dnc. Inter. • 9:30-10:25 Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Fungi Biology • 10:30-Noon Ln. Dnc. Oldies • 10:35-11:30 Hand Building /Clay • 12:30-2:30 Crochet/Knit Svc • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30 Wine Tuscano -Section 1 • 2:00-4:00 World Bites • 3:30-5:00 Wine Tuscano -Section 2 • 5:00-7:00 Beginning Karate • 7:00-8:30	<b>15</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Coffee & Convo • 10:00-11:00 Air Rifles • 10:30-Noon Beginning Tatting • 1:00-3:00 Line Dance at SAC • 1:00-2:00 Worlds Without End • 1:00-2:30 Mahjong • 1:30-4:00 Texas Hold'em • 3:00-5:00 Neon Signs • 8:00-10:00	<b>16</b> Tai Chi Adv. • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 Intro to Windows • 10:30-Noon Mindfulness • 10:30-Noon Breathwork Detox -Session 4 • 1:00-2:30 Fun with Crochet • 1:30-3:30 Tequila Pairing • 5:30-7:30 Beginning Karate • 7:00-8:30	<b>17</b> Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Paint w/Acrylics • 10:00-Noon Lunch and Games • Noon-3:00 Origami Animals • 1:00-3:00 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>20</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Paint w/Acrylics • 10:00-Noon Cribbage • 11:00-12:30 Ln. Dnc. Starter • Noon-12:50 Tai Chi Beg. • 12:30-1:30 Ln. Dnc. Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Ln. Dnc. Beg. 2 • 2:05-3:00	<b>21</b> Tai Chi Adv. • 9:00-10:00 Bridge Basics • 9:30-Noon Ln. Dnc. Inter. • 9:30-10:25 Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Psych Encounters • 10:30-Noon Ln. Dnc. Oldies • 10:35-11:30 Create a Plate • 12:30-2:30 PRT Training -Section 2 • 1:00-2:30 Team Trivia (upstairs) • 1:00-2:30 Topics in Religion • 1:00-2:30 Crochet/Knit Svc • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30 Beginning Karate • 7:00-8:30	<b>22</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Coffee & Convo • 10:00-11:00 Eco Gardening • 10:30-Noon Big Band Preview • Noon-1:00 Beginning Tatting • 1:00-3:00 Dental/Medical • 1:00-2:30 Line Dance at SAC • 1:00-2:00 Mahjong • 1:30-4:00 Texas Hold'em • 3:00-5:00 Off the Rails Brewing • 7:30-9:00	<b>23</b> Tai Chi Adv. • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 Didgeridoo • 10:30-Noon Sound Music Bowls -Section 2 • 1:00-2:30 Sourdough Bread • 1:00-3:00 Fun with Crochet • 1:30-3:30 Watercolor • 1:30-3:30 Beginning Karate • 7:00-8:30	<b>24</b> Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00 Bee Farm Field Trip • 1:00-3:00 Origami Animals • 1:00-3:00 Symphony Preview -Section 2 • 4:00-5:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>27</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Ln. Dnc. Starter • Noon-12:50 Cribbage • 11:00-12:30 Tai Chi Beg. • 12:30-1:30 Ln. Dnc. Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Ln. Dnc. Beg. 2 • 2:05-3:00 Hot Air Balloon -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00 Glass Pendants -Section 4 • 6:00-7:00 Glass Paperweight -Section 4 • 7:30-8:30	<b>28</b> Tai Chi Adv. • 9:00-10:00 Bridge Basics • 9:30-Noon Ln. Dnc. Inter. • 9:30-10:25 Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Hot Topics • 10:30-Noon Ln. Dnc. Oldies • 10:35-11:30 Hand Building /Clay • 12:30-2:30 Team Trivia (upstairs) • 1:00-2:30 Topics in Religion • 1:00-2:30 Crochet/Knit Svc • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30 Jim Dandy Tour • 3:00-4:30 Beginning Karate • 7:00-8:30	<b>29</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Coffee & Convo • 10:00-11:00 Leaving a Legacy • 10:30-Noon Antarctica Photos • 1:00-2:30 Beginning Tatting • 1:00-3:00 Line Dance at SAC • 1:00-2:00 Mahjong • 1:30-4:00 Texas Hold'em • 3:00-5:00	<b>30</b> Tai Chi Adv. • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 Astrology • 10:30-Noon Telepathy Tapes • 1:00-2:30 Fun with Crochet • 1:30-3:30 New Dinosaur • 3:00-4:30 Beginning Karate • 7:00-8:30	<b>31</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00  No Classes Liberty Hall

## SATURDAY

NKA Board Meet and Greet | 1:00-2:30 - Saturday, October 11th

# NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 San Juan Pig War • 10:30-Noon Cribbage • 11:00-12:30 Ln. Dnc. Starter • Noon-12:50 Tai Chi Beg. • 12:30-1:30 Ln. Dnc. Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Ln. Dnc. Beg. 2 • 2:05-3:00 Ice Age Megafauna • 3:00-4:30 Gold Leaf Centerpiece -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00	<b>4</b> Tai Chi Adv. • 9:00-10:00 Bridge Basics • 9:30-Noon Ln. Dnc. Inter. • 9:30-10:25 Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Ln. Dnc. Oldies • 10:35-11:30 Create a Plate • 12:30-2:30 Crochet/Knit Svc • 1:00-2:30 Team Trivia (upstairs) • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30 Beginning Karate • 7:00-8:30	<b>5</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Coffee & Convo • 10:00-11:00 Aslett Clean - Section 2 • 10:30-Noon Hop/Skip Europe • 1:00-2:30 Line Dance at SAC • 1:00-2:00 Xmas/Bday Cards • 1:00-3:30 Mahjong • 1:30-4:00 Christmas Skit • 3:00-4:00 Texas Hold'em • 3:00-5:00	<b>6</b> Tai Chi Adv. • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 NKA Board Mtg • 10:00-Noon Steps to Safety • 1:00-2:30 Fun with Crochet • 1:30-3:30 Book and a Glass • 3:00-4:30 Beginning Karate • 7:00-8:30	<b>7</b> Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon A Christmas Carol • Noon-1:00 First Kusudama • 1:00-3:00 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>10</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Cribbage • 11:00-12:30 Ln. Dnc. Starter • Noon-12:50 Tai Chi Beg. • 12:30-1:30 Ln. Dnc. Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Ln. Dnc. Beg. 2 • 2:05-3:00 Glass Pendants -Section 5 • 6:00-7:00 Glass Paperweight -Section 5 • 7:30-8:30	<b>11</b> Tai Chi Adv. • 9:00-10:00 Competitive Bridge • 9:30-Noon Ln. Dnc. Inter. • 9:30-10:25 Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Ln. Dnc. Oldies • 10:35-11:30 Crochet/Knit Svc • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30 Table Temptations • 3:30-5:00 Beginning Karate • 7:00-8:30	<b>12</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Coffee & Convo • 10:00-11:00 Line Dance at SAC • 1:00-2:00 Planets and Moons • 1:00-2:30 Quilling • 1:00-3:00 Mahjong • 1:30-4:00 Christmas Skit • 3:00-4:00 Texas Hold'em • 3:00-5:00	<b>13</b> Tai Chi Adv. • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 Fitness Movement • 10:30-Noon Stop the Bleed • 1:00-2:30 Fun with Crochet • 1:30-3:30 Sizzling Rice Soup • 2:00-3:30 Beginning Karate • 7:00-8:30	<b>14</b> Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>17</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Cribbage • 11:00-12:30 Tai Chi Beg. • 12:30-1:30 Creative Writing • 2:00-4:00	<b>18</b> Tai Chi Adv. • 9:00-10:00 Competitive Bridge • 9:30-Noon Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Felted Gnome • 12:30-2:00 Crochet/Knit Svc • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30 Wine Gate City • 5:00-7:00 Beginning Karate • 7:00-8:30	<b>19</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Coffee & Convo • 10:00-11:00 Line Dance at SAC • 1:00-2:00 Quilling • 1:00-3:00 Whole Food Update • 1:00-2:30 Mahjong • 1:30-4:00 Christmas Skit • 3:00-4:00 Texas Hold'em • 3:00-5:00	<b>20</b> Tai Chi Adv. • 9:00-10:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 Africa Adventure • 10:30-Noon CASA • 1:00-2:30 Fun with Crochet • 1:30-3:30 Beginning Karate • 7:00-8:30	<b>21</b> Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Lunch and Games • Noon-3:00 First Kusudama • 1:00-3:00 Qigong • 1:00-2:00 Lego Botanicals • 1:00-3:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>24</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Cribbage • 11:00-12:30 Tai Chi Beg. • 12:30-1:30 Creative Writing • 2:00-4:00 Candy Dish -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00 Glass Pendants -Section 6 • 6:00-7:00 Glass Paperweight -Section 6 • 7:30-8:30	<b>25</b> Tai Chi Adv. • 9:00-10:00 Competitive Bridge • 9:30-Noon Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Hot Topics • 10:30-Noon Crochet/Knit Svc • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30	<b>26</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Coffee & Convo • 10:00-11:00 CRASE • 1:00-2:30 Line Dance at SAC • 1:00-2:00 Mahjong • 1:30-4:00 Christmas Skit • 3:00-4:00	<b>27</b> Thanksgiving	<b>28</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00  No Classes Liberty Hall

## SATURDAY

Spirited Celebration | 2:00-5:00 - Saturday, November 1st

# DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Cribbage • 11:00-12:30 Tai Chi Beg. • 12:30-1:30 Creative Writing • 2:00-4:00	<b>2</b> Tai Chi Adv. • 9:00-10:00 Competitive Bridge • 9:30-Noon Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Glass Ornament • 12:30-2:00 Crochet/Knit Svc • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30	<b>3</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Coffee & Convo • 10:00-11:00 Line Dance at SAC • 1:00-2:00 Quilling • 1:00-3:00 Mahjong • 1:30-4:00 Christmas Skit • 3:00-4:00 Christmas Party • 5:30	<b>4</b> Tai Chi Adv. • 9:00-10:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 NKA Board Mtg • 10:00-Noon Fun with Crochet • 1:30-3:30 Book and a Glass • 3:00-4:30	<b>5</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Adv. Kusudama • 1:00-3:00 Symphony Preview -Section 3 • 4:00-5:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00  No Classes Liberty Hall
<b>8</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Cribbage • 11:00-12:30 Tai Chi Beg. • 12:30-1:30 Creative Writing • 2:00-4:00 Winter Owl Hanger -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00 Glass Pendants -Section 7 • 6:00-7:00 Glass Paperweight -Section 7 • 7:30-8:30	<b>9</b> Tai Chi Adv. • 9:00-10:00 Competitive Bridge • 9:30-Noon Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Crochet/Knit Svc • 1:00-2:30 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Spanish Convos • 1:30-2:30	<b>10</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Coffee & Convo • 10:00-11:00 Line Dance at SAC • 1:00-2:00 Quilling • 1:00-3:00 Flowers with L.D. • 1:30-3:00 Mahjong • 1:30-4:00	<b>11</b> Tai Chi Adv. • 9:00-10:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30 Fun with Crochet • 1:30-3:30	<b>12</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00 Snow Globe • 3:00-5:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>15</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Cribbage • 11:00-12:30 Tai Chi Beg. • 12:30-1:30 Creative Writing • 2:00-4:00 Glass Pendant -Section 8 • 6:00-7:00 Glass Paperweight -Section 8 • 7:30-8:30	<b>16</b> Tai Chi Adv. • 9:00-10:00 Competitive Bridge • 9:30-Noon Crochet 101 • 10:00-11:30 Crochet 102 • 10:00-11:30 Team Trivia • 1:00-2:30	<b>17</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Coffee & Convo • 10:00-11:00 Line Dance at SAC • 1:00-2:00 Mahjong • 1:30-4:00	<b>18</b> Tai Chi Adv. • 9:00-10:00 Crochet Rec Bags • 10:00-11:30 Knitting on Looms • 10:00-11:30	<b>19</b> Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Lunch and Games • Noon-3:00 Adv. Kusudama • 1:00-3:00 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Christmas	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>SATURDAY</b> Boise Trip   9:30 - Saturday, December 6th	

**Tequila Pairing at the Yellowstone (#3672)****Thursday: October 16; 5:30 – 7:30 p.m.**

Join friends at the historic Hotel Yellowstone in the Yellowstone Restaurant for a fun evening of tequila pairing. There will be five tequilas available for pairing with menu items selected to complement the attributes of each tequila.

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

**Instructor:** Jennifer Erchul, Owner

**Facilitator:** Patricia Mooney (208-220-1283, patricia.j.mooney@gmail.com)

**Class Limit:** 50

**Class Fee:** \$50 – includes gratuity

**How to Pay:** Please RSVP and send check payable to Patricia Mooney, 5567 Turf Dr., Pocatello ID 83204 by **October 9th**.

**The Art of Sourdough Bread (#3674)****Thursday: October 23; 1:00 – 3:00 p.m.**

Enjoy a demonstration and hands-on experience making sourdough bread with your NKA friends at Temple Emmanuel. If you haven't made bread at the Temple yet, you're in for a real treat. You will be making dough and taking some home to bake, so bring an apron if you'd like.

**Location:** Temple Emmanuel, 306 N. 18th St., Pocatello

**Instructor:** Dale Spencer

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 24

**Class Fee:** None – donations appreciated

**Wine Pairing at PV's Uncorked (#3943)****Thursday: October 9; 6:00 – 8:00 p.m.**

Let's get together at PV's Uncorked for some great food paired with wines selected to complement each of the five courses.

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

**Instructors:** Donnie and Jenn Flores

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

**Class Limit:** 36

**Class Fee:** \$50 – includes gratuity.

**How to Pay:** Make check payable to PV's Uncorked. Send to Geoff Hogander, 255 Fairmont Ave., Pocatello, ID 83201 by **Thursday, October 2nd**.

**Wine Pairing at the Yellowstone (#3642)****Thursday: September 11; 5:00 – 7:00 p.m.**

The Yellowstone Restaurant is reprising their successful

pairing from last spring, matching menu items selected to complement the attributes of each wine. Five courses, five wines, and bottles available at a discounted rate.

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

**Instructor:** Jennifer Erchul, Owner

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

**Class Limit:** 50

**Class Fee:** \$52 – includes gratuity.

**How to pay:** Send check payable to Geoff Hogander, 255 Fairmont Ave., Pocatello ID 83201 by **September 5th**.

**Wine Tasting at the Bru House (#3431)****Tuesday: September 23; 5:00 – 7:00 p.m.**

Meet up at the Bru House for a fun evening with a tasting of 4 different wines, each paired with a delicious appetizer.

**Location:** Bru House, 502 N. Main St., Pocatello

**Instructor:** Sandy Madrid

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 50

**Class Fee:** \$20 – includes gratuity

**How to Pay:** Payment must be received by **September 16th** to secure your spot. Send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201. If money is not received by this date, the wait-listed members will be invited. **Fees are non-refundable unless your seat can be filled by another participant.**

**Wine Tasting at Café Tuscano (#3120)****Tuesday: October 14; Section 1: 2:00 – 4:00 p.m.****Section 2: 5:00 – 7:00 p.m.**

**BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

It's time for you and your friends to be pampered. Allyson will set up a relaxing setting, Kathy will select the wines, and Jason will prepare his famous pairings to highlight the qualities of each wine being tasted. Please sign up for the section you prefer to attend.

**Location:** Café Tuscano, 2231 E. Center St., Pocatello

**Instructor:** Allyson Burnham

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

**Class Limit:** 42

**Class Fee:** \$50 – includes gratuity.

**How to Pay:** Please send check payable to Café Tuscano and mail to: Sharon Manning, 830 Spyglass Point, Pocatello ID 83204 by **October 1st**.

**Wine Tasting at Gate City Coffee & Wine Bistro (#3276)****Tuesday: November 18; 5:00 – 7:00 p.m.**

Enjoy a relaxing evening with friends before the holidays begin. Taste a selection of wines provided by Terry Capell, light snack provided. Just in time for holiday shopping, the gift shop will be open with a 20% discount for NKA. The café will be open initially for food purchases this time.

**Location:** Gate City Coffee & Wine Bistro, 320 W. Center St., Pocatello

**Instructors:** Terry Cappell with hosts Bill and Elaine Kelvie

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 40

**Class Fee:** \$16 – includes gratuity

**How to Pay:** Payment must be received by **November 11th** to secure your spot. Send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201. **Fees are non-refundable unless your seat can be filled by another participant.**

**World Bites (#3423)****Tuesday: September 9 & October 14; 3:30 – 5:00 p.m.**

Food potluck, bring your own dish! Come share your favorite dish with conversation, too!

**Location:** Liberty Hall

**Instructor:** Jane Sampson

**Facilitator:** Marylou Powers (209-625-6160, marylou835@sbcglobal.net)

**GAMES****Bridge Basics (#3128)****Tuesdays: September 30 – November 4; 9:30 a.m. – Noon**

Which Bridge “language” do you speak... Standard American, 2/1, Acol, Precision, or Aunt Mary’s bridge? Can you converse in Majors? Minors? Notrump? Stayman? Jacoby? Come join us to learn how to “speak” bridge. The conversation is engaging, often frustrating, but it unlocks a whole new level of brainpower and social fun. Join our conversation and learn to play bridge.

**Location:** Senior Activity Center, Room 11

**Instructor:** Peggy Vogt

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

**Class Fee:** \$2 for printed materials – please bring to first day of class

**Competitive Bridge (#3676)****Tuesdays: November 11 – December 16; 9:30 a.m. – Noon**

Do you sit at the bridge table and feel like you NEVER get to bid? Get competitive! Learn to open preemptive and weak-two hands. Learn to make sound overcalls and takeout doubles. What is the Law of Total tricks? What is the strong two-club opening? Or the negative double? Learn to be an obstructive bidder with a convention or two. Join us in a “friendly” game of bridge.

**Location:** Senior Activity Center, Room 11

**Instructor:** Peggy Vogt

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

**Class Fee:** \$2 for printed materials – please bring to first day of class

**Cribbage at The Senior Center (#3677)****Mondays: September 8 – December 15; 11:00 a.m. – 12:30 p.m.**

Cribbage is a card game for two or three players per board, in which each player tries to combine different counting combinations of cards. The score is kept by moving pegs on a narrow rectangular board. Bring your favorite board and a deck of cards! We will provide the instruction and fun!

**Location:** Senior Activity Center, Room 8

**Instructor:** Lorna Stacey

**Facilitator:** Morris Walker (208-380-8837, sirmorriswayne@hotmail.com)

**Class Limit:** 12

**Lunch and Games (#3126)****Friday: September 19; October 17; November 21;****December 19; Noon – 3:00 p.m.**

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

**Section 1 – Friday: September 19; Noon – 3:00 p.m.**

**Section 2 – Friday: October 17; Noon – 3:00 p.m.**

**Section 3 – Friday: November 21; Noon – 3:00 p.m.**

**Section 4 – Friday: December 19; Noon – 3:00 p.m.**

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

(continues...)



(continued: **Lunch and Games**)

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

**Committee:** Ann Smith, Diane Tauscher, Kathy Stevens, Mary Spinner and Nancy Dafoe

**Class Limit:** 80

**Class Fee:** \$30 (subject to change) per lunch to be paid at the door. This fee covers lunch, beverage, dessert, gratuity and room fees (subject to change).

## **Mahjong (#3125)**

**Wednesdays: September 17 –  
December 17; 1:30 – 4:00 p.m.**

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

**Location:** Senior Activity Center, Room 3

**Instructor:** Lucy Bonman

**Facilitator:** Anita Rounds (208-251-1848, roundsaa@gmail.com)

## **Spirited Celebration (#3678)**

**Saturday: November 1; 2:00 – 5:00 p.m.**

This class/event is a celebration incorporating Halloween (All Hallows Eve), Day of the Dead, and All Saints' Day. You're encouraged to dress up in a Halloween, Day of the Dead costume, or dress as a reimagined (ghostly/magical) version of yourself. This class/event will offer an opportunity for creativity and fun with games, raffles, prizes, food, beverages and a photo booth to remember the celebration! The class fee covers costs. Please bring additional money to play games and buy raffle tickets for prizes.

**Location:** Liberty Hall

**Instructor:** Deanna Aslett

**Facilitator:** Anita Rounds (208-251-1848, roundsaa@gmail.com)

**Class Fee:** \$15 – pays for photo booth, food, beverages and a good time!

## **Team Trivia (#3014)**

**Tuesdays: September 9 – December 16; 1:00 – 2:30 p.m.**

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

**Location:** Liberty Hall and Zoom

**Instructors:** Jim Mariani and Carol Nelson

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

**Class Limit:** 40

## **Texas Hold'em Poker (#3127)**

**Wednesdays: September 3 –  
November 19; 3:00 – 5:00 p.m.**

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

**Location:** Liberty Hall

**Instructor:** Carol Harsch (208-251-2761, charsch7@aol.com)

**Facilitator:** Charles Lines (208-251-0689, clines7@aol.com)

**Class Limit:** 24

## **GENERAL INTEREST**

### **A Beginners Guide to Learning Astrology (#3617)**

**Thursday: October 30; 10:30 a.m. – Noon**

*Back by popular demand.* Astrology is the idea that the sky is a mirror of life on earth and can help us understand ourselves and our place in the universe. We'll cover some key events past and present and offer tips and techniques to read your own birth chart. Two weeks prior to class, call or email us the date, time of day, and location of your birth and we'll have your chart when you check in.

**Location:** Liberty Hall and Zoom

**Instructors:** Mike and Bebe Wenig

**Facilitator:** Mike Wenig (951-847-9318, mww333@gmail.com)

### **A Family's African Adventure (#3682)**

**Thursday: November 20; 10:30 a.m. – Noon**

Sharing a family's unforgettable African adventure – two years in the making. Celebrating a birthday, anniversary and retirement, the family explored breathtaking landscapes, amazing wildlife and rich cultures. Discover where they went, what they saw, how they got there, and the stories and hilarity on the way!

**Location:** Liberty Hall and Zoom

**Instructor:** Stephanie Adams, Family's Biologist and Lead Animal Spotter

**Facilitator:** Deanna Aslett (208-390-0389, deaslett@gmail.com)

**A Hop, Skip, and a Jump through Europe (#3683)****Wednesday: November 5; 1:00 – 2:30 p.m.**

Eileen and her son spent a whirlwind 2 weeks in Europe, traveling through 7 countries by road, air and train. Her son wanted to visit religious sites, Eileen wanted to sightsee, so it ended up being a bit of both.

**Location:** Liberty Hall and Zoom**Instructor:** Eileen Huestis**Facilitator:** Linda DeNure (208-238-1828, mustangsally1221@yahoo.com)**Air Rifle Target Shooting in Eastern Idaho (#3798)****Wednesday: October 15; 10:30 a.m. – Noon**

Learn about target shooting with high performance air rifles: the guns, the games, and what is available in Eastern Idaho. Air rifle competition is on a worldwide high. Rifles and targets are geared to performance unheard of 30 years ago. Local competitions are casual meetings among folks who are friendly, willing to share, and eager to introduce newcomers to their favorite sport. Shooting is a lifelong sport where folks can find an event that fits their skill level.

**Location:** Liberty Hall and Zoom**Instructor:** Ronald Gill**Facilitator:** Stephanie Gill (208-241-1990, sgillforterra@gmail.com)**Aslett Clean World Foundation: Overview, Mission and Status (#3797)****Section 1: Friday: September 19; 10:30 a.m. – Noon****Section 2: Wednesday: November 5; 10:30 a.m. – Noon****BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Formerly the Museum of Clean, Tim will be providing a status report and information gathering session covering the Clean World Foundation and the Clean World Complex which houses the Museum of Clean, the Discovery Children's Museum and the Community Entrepreneur's Library. Enjoy a tour of both the Museum of Clean and the Children's Museum.

**Location:** The Clean World Complex Library (Museum of Clean), 711 S. Second Ave., Pocatello**Instructors:** Tim Forhan, Clean Aslett World Foundation Board Member and Samantha Stoddard, Interim Executive Director, Aslett Clean World Foundation**Facilitator:** Deanna Aslett (208-390-0989, deaslett@gmail.com)**Class Limit:** 70**Bling It On! – Jewelry Education for the Golden Age (#3685)****Wednesday: September 3; 1:00 – 2:30 p.m.**

Unlock the fascinating world of jewelry in this engaging course designed for curious minds aged 50 and up. Learn the origin of popular gemstones, how to properly clean and care for your treasures, and discover what really goes on behind the jewelry counter. From spotting industry red flags to understanding value and craftsmanship, you'll gain insider knowledge to make informed decisions and keep your collection sparkling. Whether you're a collector or just love to shine – this class is for you!

**Location:** Liberty Hall and Zoom**Instructor:** Gage Barker, Molinelli's Manager**Facilitator:** Deanna Aslett (208-390-0389, deaslett@gmail.com)**Coffee and Conversation (#3286)****Wednesdays: September 3 – December 17; 10:00 – 11:00 a.m.**

Come by and meet old and new friends – drop in anytime. It's a good way to start the day!

**Location:** Bru House Coffee, 502 N. Main St., Pocatello**Instructor:** Marylou Powers**Facilitator:** Jane Foote Sampson (208-241-1376, sampsonjane935@gmail.com)**Class Limit:** 30**Contemporary Topics in Religion (#3451)****Tuesday: October 21 & 28; 1:00 – 2:30 p.m.**

The Portneuf Valley Interfaith Fellowship (PVIF) is dedicated to interfaith dialogue and the promotion of respect among religions. Faith traditions have different views and perspectives on topics, such as death and the afterlife, peacemaking, the purpose of life, and many more. During each session local PVIF faith representatives will discuss contemporary topics from the perspective of their religions. Instructor will be Zoom-ing from his own equipment. Please contact facilitator for Zoom link.

**Location:** Liberty Hall (contact facilitator for Zoom link)**Instructor:** Wayne Shipman**Facilitator:** Tony Seikel (208-775-3183, seikel@isu.edu)**Conversations in Spanish (#3453)****Tuesdays: September 9 – December 9; 1:30 – 2:30 p.m.**

Did you study the Spanish language in school? Do you have little opportunity to use your knowledge of the language? This is the class for you. Nos juntaremos a platicar en español para refrescar nuestro conocimiento de esta bonita lengua. Temas serán decididas por el grupo.

**Location:** Senior Activity Center, Room 4**Instructor/Facilitator:** Dr. Angela Saldaña Luckey (208-221-0200, ansaluck@gmail.com)**Class Limit:** 20

**Court Appointed Special Advocates (CASA): Giving Children a Voice in Court (#3403)***Thursday: November 20; 1:00 – 2:30 p.m.*

When children enter the foster care system, they are thrust into a world full of uncertainty. How do we ensure that they will have the resources they need to succeed during such a challenging time, and how do we help their voice be heard? CASA volunteers can help! Learn more about the foster care system in Idaho and how you can help some of our community's most vulnerable children.

**Location:** Liberty Hall and Zoom**Instructor:** Lesli Schei, Executive Director, 6th Judicial District CASA**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)**C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)***Wednesday: November 26; 1:00 – 2:30 p.m.*

The Civilian Response to Active Shooter Events (C.R.A.S.E.) is designed and built on the Avoid, Deny, Defend strategy developed by A.L.E.R.R.T.

**Location:** Liberty Hall and Zoom**Instructors:** Cpl. J. Johnson; Sgt. Jackson, Pocatello Police Dept.**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)**Detailing the Paint on Your Vehicle (#3686)***Wednesday: September 24; 1:00 – 2:30 p.m.*

Keeping your vehicle looking its best entails knowing information such as paint thickness, paint hardness, proper washing and drying, and applying polishes, sealers and waxes.

**Location:** Liberty Hall and Zoom**Instructor:** Loren Mercer, retired forensics examiner and part-time car detailer**Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)**Class Limit:** 15**Estate Auctions: Planning, Managing, and Maximizing Your Value (#3687)***Thursday: September 18; 1:00 – 2:30 p.m.*

Explore the various methods for managing estate

assets, including estate sales and auctions, with a focus on maximizing value through auctions. Learn how to effectively organize, value, and prepare your belongings, choose the right auctioneer, and create a seamless process that reduces stress for your loved ones. This class will equip you with the tools and knowledge to make informed decisions that preserve and optimize your estate's value.

**Location:** Liberty Hall and Zoom**Instructor:** Staci Hernandez, Co-owner Prime Time Auctions**Facilitator:** Deanna Aslett (208-390-0389, deaslett@gmail.com)**Historic Downtown Pocatello Neon Signs (#3346)***Wednesday: October 15; 8:00 – 10:00 p.m.*

Join Randy Dixon on a 1.6-mile tour of the Historic Downtown Pocatello Neon signs brought back to life by Relight the Night. He will be telling fun tales and some interesting history as you view the fantastic neon signs in full color. Find out about the neon capital. You'll be walking outside, so dress accordingly and wear some comfy walking shoes.

**Location:** Meet at the Old Chief Theatre site on Main St., Pocatello**Instructor:** Randy Dixon**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)**Class Limit:** 30**Class Fee:** None – donations to Historic Downtown Pocatello are appreciated**Hot Topics (#3827)***Tuesday: September 30; October 28; November 25; 10:30 a.m. – Noon*

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

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

**Intro to Medicare (#3905)****Wednesday: September 24; 10:30 a.m. – Noon**

Are you turning 65 soon? Are you already on Medicare but want to learn more about it? Come join us to learn all about Medicare Parts A & B, Part D Prescription Drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance.

**Location:** Liberty Hall and Zoom**Instructor/Facilitator:** Helen Mayberry, Medicare Counselor, Idaho Department of Insurance/SHIBA (208-236-6350, helen.mayberry@doi.idaho.gov)**Leaving a Legacy, Even if You're Not Bill Gates (#3688)****Wednesday: October 29; 10:30 a.m. – Noon**

Rich Ballou, who represents the east side of the state for the Idaho Community Foundation, will discuss how the ICF helps everyday people make an impact in their communities through philanthropy. The ICF is a nonprofit organization that has been in existence since 1988 and has granted over \$200 million to Idaho's charitable organizations, thanks to generous gifts from its donors. Rich works with individuals, families, and businesses that want to provide long-term support for their favorite charities through: Estate gifts, Qualified Charitable Deductions using the Required Minimum Distributions from their IRAs, Donor Advised Funds, and other giving tools. Rich has been with the ICF for four years and works from his home (and truck) in Rexburg. He previously worked as a development officer for ISU and BYU – Idaho.

**Location:** Liberty Hall and Zoom**Instructor:** Rich Ballou, Idaho Community Foundation, Advisor, East**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)**Medicare Updates – Choosing a Drug Plan (#3121)****Monday: October 6; 10:30 a.m. – Noon**

An overview of any upcoming changes to Medicare in 2026 will be provided. Attendees will be provided with information about how to select their own Medicare Prescription Drug Plan and how to enroll in it. Using the Medicare website, students will be provided step-by-step instructions on how to enter their medications and

pharmacy choice, in order to create an individualized plan that will best suit their needs.

**Location:** Liberty Hall and Zoom**Instructor/Facilitator:** Helen Mayberry, Medicare Counselor – Idaho Department of Insurance/SHIBA (208-236-6350, helen.mayberry@doi.idaho.gov)**My Tragic Story about College Hazing (#3689)****Tuesday: September 23; 10:30 a.m. – Noon**

Hazing, especially at the college level, is still going on! Your kids need to know what it is and how to deal with it. It happens to the best!

**Location:** Liberty Hall and Zoom**Instructor:** Ruth Harten**Facilitator:** Kathleen Stephens (208-244-2732, kathleenrstephens@gmail.com)**NKA Board Members Meet and Greet****Saturday: October 11; 1:00 – 2:30 p.m.**

Wonder what it takes to make NKA thrive – or have questions? Come meet your Board of Directors and get your answers – refreshments will be served.

**Location:** Roy F. Christensen Building #48 – Tech Cafe, 777 Memorial Drive**Facilitator:** Marylou Powers (209-625-6160, marylou835@sbcglobal.net)**Nuts and Bolts of Death and Dying – Funeral Facts and Preplanning (#3693)****Wednesday: September 17; 10:30 a.m. – Noon**

Do you have questions about funeral planning, cremation, or what to do when a loved one passes? This class covers everything from what to expect after the passing of a loved one to prepaid plans, service options, cremation rules, alternative burial options and how to record your final wishes. Whether you are planning ahead or just curious, bring your questions – no topic is off limits. Learn how to ensure your wishes are honored and make things easier for those you love.

**Location:** Liberty Hall and Zoom**Instructors/Facilitators:** Brock Wilks, Owner, Wilks Funeral Homes (208-238-8000, brock@wilks.care); Kari May, Funeral Planning Advisor, Wilks Funeral Homes (kari@wilks.care)



**Reverse Mortgage Workshop (#3696)***Tuesday: September 16; 10:30 a.m. – Noon*

Many seniors are turning to reverse mortgages to bolster their finances and help stabilize their budgets. While reverse mortgages potentially offer numerous benefits, there are a number of implications associated with them that need to be carefully weighed. This workshop will cover:

- Who is eligible and what requirements must be met
- Essential benefits and drawbacks
- The short and long-term consequences
- Benefits of receiving neutral third-party advice from a certified counseling agency

**Location:** Liberty Hall and Zoom**Instructor:** Sean Hargraves, Certified Home Equity Conversion Mortgage Counselor, NeighborWorks Pocatello**Facilitator:** Robert Richway (208-760-0686, rrichway@narrows.com)**The Changing Landscape of Public Education in Idaho (#3694)***Monday: October 13; 10:30 a.m. – Noon*

A presentation on Idaho's new education voucher law, how it fits into the national trend to turn to voucher programs, how it will affect our public education system, the constitutionality arguments regarding Idaho's law, the role of Christian nationalism plays in the effort, the history of voucher laws, etc.

**Location:** Liberty Hall and Zoom**Instructor:** James Ruchti, Idaho State Senator**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)**The Psychology of Chance Encounters and Fortuitous Events – Carpe Diem (#3604)***Tuesday: October 21; 10:30 a.m. – Noon*

All humans have experienced occasions of chance encounters (people who are unfamiliar to each other) as well as experiencing occasions of fortuitous events (unintended/unplanned). Some of these events have little or no impact on our lives while others of these events may have either a slight, moderate or even profound impact on our lives. How can psychology assist humans in fostering valued futures.

**Location:** Liberty Hall and Zoom**Instructor:** Victor C. Joe, Emeritus Professor of Psychology, ISU**Facilitators:** Karen McKay (208-240-3708, kmvolorg@gmail.com); Virginia Kelly (ginnyckelly@gmail.com)**The Remarkable Telepathy Tapes (#3695)***Thursday: October 30; 1:00 – 2:30 p.m.*

The Telepathy Tapes is a podcast exploring the idea that non-speaking autistic children possess telepathic abilities. It features neuroscientist Dr. Diane Hennacy Powell who has researched these claims extensively. It has sparked widespread discussion about the nature of communication, consciousness, and the experiences of non-speaking autistic individuals. Personal stories from families and educators will be shared along with the latest information on this research. The telepathy tapes are available on major podcast platforms, including YouTube.

**Location:** Liberty Hall and Zoom**Instructors:** Mike and Bebe Wenig**Facilitator:** Bebe Wenig (951-847-8319, mwww333@gmail.com)**Travel Training on the PRT (#3085)***Section 1 – Wednesday: September 10; 10:00 – 11:30 a.m.**Section 2 – Tuesday: October 21; 1:00 – 2:30 p.m.***BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Gain confidence and independence with our hands-on travel training designed specifically for seniors! Join us for a fun and informative experience to help you navigate public transit with ease! We will be boarding the bus at 214 E. Center St. Parking is available at SICOG. This guided session includes:

- How to board the bus safely and pay your fare
- Understanding schedules and planning your trip
- Tips for a comfortable and accessible ride
- How to request stops and get off safely
- Asking drivers for assistance when needed

**Location:** Southeast Idaho Council of Governments – Conference Room, 214 E. Center St., Pocatello**Instructor:** Laurie Bauer, Transportation Programs Manager**Facilitator:** Chara Boehm (208-242-6266, charaboehm@gmail.com)**Class Limit:** 15**What do County Commissioners Do? (#3697)***Wednesday: October 1; 10:30 a.m. – Noon*

The county commissioners have executive, legislative and judicial powers. Learn about what they do and how their decisions impact your property tax bill and your quality of life.

**Location:** Liberty Hall and Zoom**Instructor:** John Crowder, former Bannock County Commissioner**Facilitator:** TBD



**Women in the Military (#3315)****Monday: September 15; 10:30 a.m. – Noon**

Linda will discuss the statistics, experiences, advantages and disadvantages of women in the military. She will then talk about her personal experiences while serving. She will talk about places served, MO5 and training opportunities, family, friends and travel.

**Location:** Liberty Hall and Zoom**Instructor:** Linda Scott, Retired Military**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)**HEALTH & WELLNESS****15th Annual Ginny Thomas Geriatric Symposium; Kasiska Division of Health Sciences****Wednesday: October 8; 2:00 – 5:00 p.m.**

An interprofessional event in person. Event will focus on Health & Wellness – Isolation and Loneliness, Bridging the Intergenerational Gap Between Students and Older Adults.

**Location:** ISU Student Union Building – Wood River Rooms  
Register at [cetrain.isu.edu](http://cetrain.isu.edu) or call CEWT office at 208-282-3372**Breathwork Detox (#3624)****Section 1 – Thursday: September 18; 1:00 – 2:30 p.m.****Section 2 – Thursday: September 25; 1:00 – 2:30 p.m.****Section 3 – Thursday: October 9; 1:00 – 2:30 p.m.****Section 4 – Thursday: October 16; 1:00 – 2:30 p.m.****ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Phil Dugas, Certified Breathwork Detox Facilitator, has been working on his spiritual growth for many years. He learned the importance of keeping his vibrations high. He has brought this concept by using Sound Bath bowls (also offered through NKA). His latest approach is Breathwork Detox. This is a powerful guided breath practice that can help participants clear old beliefs that are keeping them in a low vibration. This will help clear issues that are in the tissues. Bring your mat, sitting is okay, but lying is optimal.

**Location:** Liberty Hall, Upstairs**Instructor:** Phil Dugas, Certified Breathwork Facilitator**Facilitator:** Brenda Ehrler (801-554-9396, [bl\\_ehrler@att.net](mailto:bl_ehrler@att.net))**Class Limit:** 30**Class Fee:** \$15 – please pay at the door – since this work is so important, if you do not have the fee, come anyway and someone will sponsor you.**Collaboration of Dental and Medical Providers Improves Treatment for Elderly (#3698)****Wednesday: October 22; 1:00 – 2:30 p.m.**

Older adults often suffer from complex medical issues that are exacerbated by dental conditions. Coordination and collaboration between physicians and dentists help improve care and produce better outcomes for patients.

**Location:** Liberty Hall and Zoom**Instructor:** Bryce Larson, DMD**Facilitator:** Deanna Aslett (208-390-0389, [deaslett@gmail.com](mailto:deaslett@gmail.com))**Connections for Living with Dementia (#3699)****Friday: October 3; 10:30 a.m. – Noon**

People living with dementia may exhibit behaviors as a way to communicate their needs and feelings as the disease progresses. Learn the basics of dementia and how dementia can change a person's behavior, possible triggers and personal centered care approaches to address behaviors.

**Location:** Liberty Hall and Zoom**Instructors:** Lisa Baxter Hong, OTD, OTR/L – Alzheimer's Association, Greater Idaho Chapter; Joanne Trammel, MS, OTR/L**Facilitator:** Rod Johnson (208-251-4230, [rodjohnson703@gmail.com](mailto:rodjohnson703@gmail.com))**Food as Medicine for Diabetes Management (#3921)****Tuesday: September 9; 10:30 a.m. – Noon**

This class is a discussion of how diet is a primary tool for preventing, managing and reversing diabetes complications.

**Location:** Liberty Hall and Zoom**Instructors:** Madison Zweifel, ISU Nutrition Master's Degree Student; Cynthia Blanton, ISU Professor of Nutrition**Facilitator:** Janean White (208-251-7289, [whitejanean@gmail.com](mailto:whitejanean@gmail.com))**General Injury Care and Prevention for Older Adults (#3520)****Monday: September 15; 1:00 – 2:30 p.m.**

This course will provide information to help prevent injuries when performing activities of daily living, such as gardening, shoveling snow, or other exercise. We share stretches and warm-up/cool-down activities to help thwart muscle soreness or future chronic conditions. In addition, there will be information on how to take care of acute and chronic pain for those times the body just didn't play nicely. This will be an active class, so dress in comfortable clothing and bring a mat or a towel if you want to sit on the floor. We will also demonstrate how to do the same exercises in chairs, if that works better.

**Location:** Liberty Hall and Zoom**Instructor/Facilitator:** Dani Moffit, Professor, Athletic Trainer (208-282-4441, [moffdani@isu.edu](mailto:moffdani@isu.edu))

**Guided Meditation and Breathwork (Pranayama) (#3521)**

*Fridays: October 3 – November 21; 9:00 – 9:30 a.m.  
(no class October 31)*

Bring your yoga mat (a few are available in class) and blankets, if you like. We will practice guided meditation and breathwork (Pranayama) to get our focus sharp for the day while lowering our stress.

**Location:** Liberty Hall, Upstairs  
**Instructor/Facilitator:** Gwendolyn Sluder (208-241-7058, gwendolynsluder@yahoo.com)  
**Class Limit:** 30

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**Healthy City, USA (#3319)**

*Wednesday: September 17; 1:00 – 2:30 p.m.*

What is Healthy City, USA all about? Why did it begin? This class will help you to understand and learn about the programs offered by this educational arm of the Portneuf Health Trust.

**Location:** Liberty Hall and Zoom  
**Instructor:** Micaela Prochazka, Director of Wellness, Portneuf Health Trust  
**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)

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**Hot Flashes & Cold Truths: Midlife, Menopause & Men (#3700)**

*Monday: September 29; 10:30 a.m. – Noon*

Are you hot, flashy, having a moment? Menopause, menopause, menopause – it's out in the open! Local author, educator, and entrepreneur Jennifer Erchul is here to help. She wrote and published *The Menopause Chronicles: Laughing Through Life's Hormonal Changes*, and more recently, *Menopause for Men: The Only Guide You Need to Support and Survive Menopause with Your Partner*. Jennifer will provide practical advice for women and men to navigate menopause together and support each other.

**Location:** Liberty Hall and Zoom  
**Instructor:** Jennifer Erchul, Author, Co-owner Yellowstone Restaurant, 313 Whiskey Bar, and Union Taproom  
**Facilitator:** Deanna Aslett (208-390-0389, deaslett@gmail.com)

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**Introduction to Brain Gym (#3524)**

*Monday: September 15; 3:00 – 4:00 p.m.*

This class gives you a basic background of how you can use everyday movement to enhance focus, comprehension, organization, and emotional well-being. It is a hands-on class that will give you tools to improve memory, clarity and

balance. Wear comfortable clothing and bring a water bottle.

**Location:** Liberty Hall, Upstairs  
**Instructor/Facilitator:** LaDawn Henry (208-709-1464, info.progressmade@gmail.com)  
**Class Limit:** 30

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**Managing Stress (#3701)**

*Tuesday: September 2; 10:30 a.m. – Noon*

Stress, whether acute or chronic, can significantly impact emotional and physical well-being. My speaking event focuses on managing stress, emotional resilience, and personal growth. I guide audiences in recognizing the effects of stress and share actionable coping strategies for a balanced, healthier life.

**Location:** Liberty Hall  
**Instructor/Facilitator:** Kacheena Schramm, speaker/founder of Life Transformed, LLC (208-241-6867, kacheena@lifetransformed.com)  
**Class Limit:** 25

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**Mindfulness Meditation and the Brain (#3229)**

*Thursday: October 2, 9 & 16; 10:30 a.m. – Noon*

Mindfulness meditation has been repeatedly shown to benefit the meditator's memory, attention, immune system, cardiovascular health, and psychological well-being. These changes can be seen in the structures and functioning of our brains. We can learn ways to improve our health with mindfulness, meditation practices, yoga, and compassion. This course provides an overview of neurophysiology of mindfulness, as well as numerous meditative practices.

**Location:** Portneuf Sangha & Meditation Center, 424 W. Lewis, Pocatello and Zoom  
**Instructors:** Tony and Paula Seikel (208-775-3183)  
**Facilitator:** Barbara Bain (208-232-3415, bainbarb@isu.edu)  
**Class Limit:** 25 – in person

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**Movement for Your Fitness and Health (#3703)**

*Thursday: November 13; 10:30 a.m. – Noon*

Ari Price has been in the fitness industry for over 18 years and is currently Co-owner and Director of Operations at Gold's Gym in Pocatello. Ari would like to discuss movement and the recent case studies on movement for improving your fitness and health.

**Location:** Liberty Hall and Zoom  
**Instructor:** Ari Price, Co-owner and Director of Operations Gold's Gym in Pocatello  
**Facilitator:** Deanna Aslett (208-390-0389, deaslett@gmail.com)

**Practices to Support Your Body Naturally (#3628)****Thursday: October 9; 1:00 – 2:30 p.m.**

Relax into Fall with tools to release energy that is no longer serving you. One of the practices shared will be Emotional Freedom Technique (EFT), a psychological acupressure technique that combines physical tapping of specific points on your body, bringing your mind and body into balance. The Eden Energy Technique grounds your body, increases vitality and mental clarity. A growing body of research supports the effectiveness of these techniques. Get curious, come and have fun!

**Location:** Liberty Hall and Zoom**Instructor:** Natalie Daniels**Facilitator:** Bebe Wenig (951-847-8139, bwenig01@gmail.com)**Rife Technology and Your Health (#3251)****Thursday: September 4; 10:30 a.m. – Noon**

*Back by popular demand.* Everything, including your body, operates at a vibrating or resonate frequency. Dr. Royal Rife's discoveries from the 1930's led to a 100% recovery rate of 18 terminally ill cancer patients using this frequency technology. Finding the right frequency with Rife Therapy can not only heal damaged cells, but destroy harmful cells and organisms, such as bacteria, viruses, and molds. Come and hear about this remarkable technology as an alternative healing tool.

**Location:** Liberty Hall and Zoom**Instructors:** Mike and Bebe Wenig**Facilitator:** Mike Wenig (951-847-9318, mww333@gmail.com)**Sound Bath Music Bowls (#3540)****Section 1 – Thursday: October 2; 1:00 – 2:30 p.m.****Section 2 – Thursday: October 23; 1:00 – 2:30 p.m.****BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

Phil Dugas has been engaged in sound healing therapy for over 15 years. While in India he experienced a physical injury and discovered the healing power of sound bowls, which healed his injury instantly. This experience led him to become a Certified Sound Bowl Practitioner. He shares these powerful healing vibrations weekly in Lava Hot Springs and works with Hospice supporting people confronting mortality. Along with quartz crystal and metal sound gongs, this combination affects different energy, which respond to specific tone vibrations. Sound Bowl Therapy is an ancient technology used to make a difference in emotional, physical, and spiritual healing. Bring a mat if you have one, some mats are available.

**Location:** Liberty Hall**Instructor:** Phil Dugas, Certified Breathwork Facilitator**Facilitator:** Brenda Ehrler (801-554-9396, bl\_ehrler@att.net)**Class Limit:** 40**Steps to Safety™ (#3330)****Thursday: November 6; 1:00 – 2:30 p.m.**

The NFPA's Steps to Safety™ program is designed to help older adults reduce their risk of fire and falls at home. It provides simple, practical tips and resources to make living spaces safer and support independent living as people age.

**Location:** Liberty Hall and Zoom**Instructors:** Kim Stouse, Community Risk Reduction Specialist, Pocatello Fire Department; Parker Williams, Emergency Management and Injury Prevention Coordinator, Portneuf Medical Center**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)**Stop the Bleed® (#3333)****Thursday: November 13; 1:00 – 2:30 p.m.**

Stop the Bleed® course is designed to teach people how to recognize life-threatening bleeding and respond quickly with techniques like applying pressure, packing wounds, and using a tourniquet. The goal is to empower bystanders to save lives before emergency responders arrive.

**Location:** Liberty Hall and Zoom**Instructors:** Kim Stouse, Community Risk Reduction Specialist, Pocatello Fire Department; Parker Williams, Emergency Management and Injury Prevention Coordinator, Portneuf Medical Center; Jordan Johnson, Corporal, Pocatello Police Department**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)**Travel Medicine (#3704)****Wednesday: September 3; 10:30 a.m. – Noon**

Prepare for medical emergencies while traveling; including immunizations, travel first aid kit, and medical prophylaxis. Travel first aid kit not provided, only detailed list.

**Location:** Liberty Hall and Zoom**Instructor:** Randall Fowler, MD**Facilitator:** Keri Fowler (208-241-7776, kerilfowler@gmail.com)**Whole Food – Plant Based: Status Update After 28 Months (#3705)****Wednesday: November 19; 1:00 – 2:30 p.m.**

After a surprisingly negative CT Heart Scan, Tim and  
(continues...)

(continued: *Whole Food - Plant Based...*)

Sheri changed to a Whole Food/Plant based diet. We shared our journey after about 16 months in November of 2024. This talk is an update on the experience after 28 months. We are not making recommendations but rather sharing our experiences, both positive and negative: How our changes were reflected in our blood work and other health indicators, what we have “learned” from extensive reading. We will also share some hacks and recipes.

**Location:** Liberty Hall and Zoom

**Instructors:** Tim and Sheri Forhan

**Facilitator:** Tim Forhan (208-760-0693, tforhan@gmail.com)

## HISTORY

### Beyond the Biography: Benjamin Franklin in His Own Words (#3708)

*Friday: October 10; 10:30 a.m. – Noon*

Benjamin Franklin’s autobiography is one of the most well-known personal accounts of a life ever to be written. However, Ben Franklin essentially finished this publication when he was just over fifty years old – and he lived another thirty years! Here are some entertaining tidbits from Benjamin Franklin’s correspondence that haven’t received as much publicity, but give a more rounded picture of who this surprisingly modern (but eighteenth-century) man really was. Come prepared to laugh and reflect as you hear the words and background of one of our finest statesmen.

**Location:** Liberty Hall and Zoom

**Instructor:** Kathryn Lopez Luker, Children’s Librarian, Marshall Public Library

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

### History of Idaho State University (#3849)

*Thursday: September 25; 1:00 – 2:30 p.m.*

Idaho State University opened in 1901 on 10 acres of land donated by the residents of Pocatello east of the Oregon Short Line Railroad tracks. From its humble beginnings as a school for vocational training with four faculty and fewer than 100 students, ISU has grown into a research institution serving over 12,000 students. Join ISU Professor Alex Bolinger as he shares engaging anecdotes from ISU’s 124-year history from a book written by his students for an innovative class (“Collaborative Creativity”) in the College of Business.

**Location:** Liberty Hall and Zoom

**Instructor:** Alex Bolinger, PhD, ICCU Endowed Professor of Management, Interim Dean of the College of Business for the 2025-2026 school year

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

### Neighborhood Grocery Stores of Pocatello (#3690)

*Monday: September 22; 10:30 a.m. – Noon*

In 1950 there were 65 neighborhood grocery stores in Pocatello. Today there are 2. We will take a 1960 snapshot of all stores from a ‘then and now’ perspective. The social and economic reasons for the development of this unique and interesting way Pocatello residents shopped and interacted will be explored. Remembrances and quirky things such as S&H Green Stamps will be discussed. Bring your memories photos and experiences of the places your parents and grandparents shopped, and where you bought your penny candy.

**Location:** Liberty Hall and Zoom

**Instructor:** Tom Eisenhauer

**Facilitator:** Marylou Powers (209-625-6160, marylou835@sbcglobal.net)

### Pocatello During World War II (#3706)

*Wednesday: September 10; 10:30 a.m. – Noon*

There is more to the local effort during the Second World War than the Naval Ordinance Plant (NOP) and the Army Air Base that became the Pocatello Municipal Airport. It was a time of total community involvement. This illustrated tour through the war years in Pocatello includes the efforts of the USO Hut, the supplemental education program provided by local teachers to improve literacy among draftees on the air base, the Naval Mechanic Program at the University of Idaho, Southern Branch (now ISU) and the involvement of high school students in the bond drives, saving stamp programs, agricultural harvests and more.

**Location:** Liberty Hall and Zoom

**Instructor:** Arlen Walker

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

### The Architecture of Frank Paradise (#3707)

*Wednesday: October 8; 10:30 a.m. – Noon*

Frank Paradise influenced the streetscape of the city, the university, school district, and surrounding communities. He is known as the man who is responsible for most of the historic downtown buildings, many of the buildings on the ISU campus, and most of the older school buildings of School District #25. His buildings are distinct and illustrate his versatility and skill in a variety of historic, classical and modern styles. Prime examples of his work are the Valentine building, Pocatello High School, the Memorial Building, the old Federal Building and others.

**Location:** Liberty Hall and Zoom

**Instructor:** Arlen Walker

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



**The San Juan Island Pig War (#3709)****Monday: November 3; 10:30 a.m. – Noon**

On June 15, 1859, Lyman Cutler, a US citizen living on San Juan Island, Washington Territory, shot a pig that was rooting around in his garden. It was owned by Charles Griffin, an English citizen employed by the Hudson's Bay Company. He offered to pay \$10 for the pig but Griffin demanded \$100. The incident almost caused a third war with Great Britain over which country owned the San Juan Islands. This presentation will explain how the war was avoided.

**Location:** Liberty Hall and Zoom**Instructor/Facilitator:** F.C. "Chuck" Humphrey, PhD, Lt. Colonel, US Army (Retired) (208-241-7499, humpflow@isu.edu)**NATURE, SCIENCE & TECHNOLOGY****Bee Farm (#3710)****Friday: October 10; 1:00 – 2:30 p.m.**

Get ready to be utterly bee-dazzled in this class that's all about BEES! Journey with us into their magical miniature world. Uncover the secrets of their waggle dance language, the amazing architecture of their honeycombs, and how these tiny superheroes pollinate the flowers that bring us delicious fruits and veggies. We'll share enchanting stories and simple ways you can sprinkle a little bee-love into your world.

**Location:** Liberty Hall**Instructors:** Jody and David Perkins**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)**Current Trends in Cybersecurity & Online Scams (#3711)****Thursday: October 9; 10:30 a.m. – Noon**

Cybercriminals are constantly innovating new attacks. This course is a continuation of the version that was taught in January of this year, with updates to reflect evolving trends. In this course we cover all manners of online scams, trickery and social engineering to better prepare the learner to recognize and prevent such attacks. Also covered are the steps to take if you have been victimized by such scams.

**Location:** Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner, Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)**Eco-Gardening for Pollinators (#3712)****Wednesday: October 22; 10:30 a.m. – Noon**

This class will address the following:

- Definition of and role of pollinators in the environment
- How to incorporate pollinator plantings into your landscape
- Strategies for implementation (anyone can do this)
- Habitat elements to consider
- Local resources for ongoing information and support
- How to source native plants and seeds
- Best practices for the future!

**Location:** Liberty Hall and Zoom**Instructor:** Linda Popelka, Certified Master Naturalist, Certified Pollinator Steward**Facilitator:** Deanna Aslett (208-390-0389, deaslett@gmail.com)**Fungi: Basic Biology and Introduction to Mushroom Identification (#3713)****Tuesday: October 7 & 14; 10:30 a.m. – Noon**

This course will cover the fundamentals of fungal biology at the cellular and organismal levels, their role in human, plant and animal diseases, environmental and biotechnology uses. The basics of mushroom identification will be covered in the second session. This introduction to the kingdom of fungi will provide the basis to understand and appreciate mycology from a scientific and practical foraging perspective.

**Location:** Liberty Hall and Zoom**Instructor:** June Pounder, PhD/Unaffiliated**Facilitators:** Rochelle Salmore (719-337-2526, rocsalmore@aol.com); Linda Delure (208-238-1828, mustangsally1221@yahoo.com)**Ice Age Megafauna of the Snake River Plain (#3720)****Monday: November 3; 3:00 – 4:30 p.m.**

Dr. Peacock will discuss the genetic material preserved and ongoing work of ISU paleontologists.

**Location:** Idaho Museum of Natural History, museum classroom, 698 E. Dillon St. – Parking in the General lot with the NKA parking permit or in the marked Museum parking spaces.

**Instructor:** Dr. Brandon Peacock, Curator of Vertebrate Paleontology, IMNH**Facilitators:** Geoff Hogander (208-232-3437, ghogande@yahoo.com); Teresa Henderson (208-282-3168, hendtere@isu.com)**Class Limit:** 40

**Class Fee:** None for the class. There will be a \$3.00 charge if you wish to tour the Museum's current display in the main gallery.

**How and when to pay:** Pay the cashier at the Museum entrance



**Introduction to Windows (#3714)****Thursday: October 16; 10:30 a.m. – Noon**

This course is designed with the novice Windows user in mind. It is very similar to the version that was taught in January 2025 but has been updated to cover new features that have since been released. Topics include basic keyboard/mouse skills, as well as navigation, settings and desktop file management.

**Location:** Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner, Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)**iPhone 1: An Introduction (#3716)****Thursday: September 11; 10:30 a.m. – Noon**

Modern smartphones can do a thousand things. However, most of us are familiar with only a tiny fraction of what these devices can do. This course is designed around the most helpful and common features available on Apple iPhones (non-Android). It is designed for beginners or novices and promises to stick with the basics without getting too technical.

**Location:** Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner, Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)**iPhone 2: Intermediate Learning (#3719)****Thursday: September 18; 10:30 a.m. – Noon**

This course picks up where the previous course left off (iPhone 1: An Introduction). It covers more advanced iPhone features with a promise not to get too technical. Even if you missed the first course, there is still plenty to learn in this course which is designed for those familiar with Apple iPhones, who want to take their knowledge to the next level.

**Location:** Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner, Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)**iPhone: Working with Pictures & Videos (#3721)****Thursday: September 25; 10:30 a.m. – Noon**

We take hundreds or even thousands of photos using our smartphones. This course is designed to answer the real-world questions of how to get those photos off the

phone so they can be easily shared, transferred or backed up safely. Designed with the novice/intermediate iPhone user in mind with a promise not to get too technical.

**Location:** Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner, Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991, racegirl949@gmail.com)**Libby for Beginners:  
An Introductory Course (#3102)****Tuesday: October 7; 12:30 – 2:30 p.m. – prep (download app and sign in) at 12:30 with presentation starting at 1:00 p.m.**

Meet Libby, the library reading app. With Libby, you can borrow free eBooks, digital audiobooks and magazines from your library to read on your phone or tablet. If you are interested in learning how to get started with this app then this class is for you. We will walk you through downloading the app, signing in using your current library card information and searching for available materials. Anyone looking for help with devices other than a phone or tablet (i.e. Nook, Kindle, or other e-readers) are encouraged to reach out to the library for one-on-one assistance. Attendees will need to bring their devices as well as their library card information.

**Location:** Liberty Hall**Instructor/Facilitator:** Jackie Wood, Public Services Librarian at Marshall Public Library (208-232-1263, jwood@marshallpl.org)**Class Limit:** 25**New Dinosaur from Utah (#3722)****Thursday: October 30; 3:00 – 4:30 p.m.**

Robert Gay, Paleontologist, will discuss research on a new Jurassic dinosaur found in Utah.

**Location:** Idaho Museum of Natural History, museum classroom, 698 E. Dillon St. – Parking in the General lot with the NKA parking permit or in the marked Museum parking spaces.

**Instructor:** Robert Gay, Paleontologist**Facilitators:** Geoff Hogander (208-232-3437, ghogande@yahoo.com); Teresa Henderson (208-282-3168, hendtere@isu.com)**Class Limit:** 40

**Class Fee:** None for the class. There will be a \$3.00 charge if you wish to tour the Museum's current display in the main gallery.

**How and when to pay:** Pay the cashier at the Museum entrance

**Photographing Antarctica (#3723)***Wednesday: October 29; 1:00 – 2:30 p.m.*

Slide presentation documenting February 2025 Trip with Muench Workshops and Poseidon Expeditions to photograph the mountains, glaciers, icebergs, and wildlife of the Antarctic Peninsula.

**Location:** Liberty Hall and Zoom**Instructor:** Dr. Charles Peterson, ISU Department of Biological Sciences**Facilitator:** Darcy Taylor (208-251-8001, dlaw32@live.com)**Planets and Moons – Part Two (#3724)***Wednesday: November 12; 1:00 – 2:30 p.m.*

In Part One, we examined the inner planets and Jupiter. In Part Two, we'll look at the outer planets and notable moons. Expect unusual facts and cool pictures.

**Location:** Liberty Hall and Zoom**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)**REEBOPS – Have Fun with Genetic Diversity (#3799)***Wednesday: October 1; 1:00 – 2:30 p.m.*

Come experience a fun and hands-on way to understand the genetic diversity of mankind. We will use marshmallows and push pins to create a small community of reebops by using independent selection of genes. Fun and easy way to understand why siblings are often better matches for transplants and why some kids do not look like anyone else in the family.

**Location:** Liberty Hall and Zoom**Instructor:** Marlys McCurdy**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)**Class Limit:** 30**The Ancient Phosphoria Sea (#3726)***Tuesday: September 16; 3:00 – 4:30 p.m.*

Dr. Leif Tapanila will dive into the ancient Phosphoria Sea. This sea gives us the mines for fertilizer but also records the history of the world's strangest shark.

**Location:** Idaho Museum of Natural History, museum classroom, 698 E. Dillon St. – Parking in the General lot with the NKA parking permit or in the marked Museum parking spaces.

**Instructor:** Dr. Leif Tapanila, Director, Idaho Museum of Natural History**Facilitators:** Geoff Hogander (208-232-3437, ghogande@yahoo.com); Teresa Henderson

(208-282-3168, hendtere@isu.com)

**Class Limit:** 40

**Class Fee:** None for the class. There will be a \$3.00 charge if you wish to tour the Museum's current display in the main gallery.

**How and when to pay:** Pay the cashier at the Museum entrance

**Worlds Without End: The Philosophy of Plural Worlds in Medieval Imagination (#3727)***Wednesday: October 15; 1:00 – 2:30 p.m.*

The question of multiple worlds or universes was intriguing to medieval philosophers. While their revered predecessor Aristotle denied such an outlandish possibility, they were emboldened by the Condemnation of 1277, which prohibited teaching that God could not create plural worlds. With limited scientific instrumentation, these philosophers relied on logic and reason, as well as "thought experiments" and imagined scenarios, as they shook off the Aristotelian chains and pushed the frontiers of scientific imagination.

**Location:** Liberty Hall and Zoom**Instructor:** Anne Boyack, Idaho State University**Facilitator:** Debbie Castle (208-251-4275, castdeb@msn.com)**Zoos & Aquariums: Why Do They Matter & Why Do People Visit (#3791)***Thursday: September 11; 1:00 – 2:30 p.m.*

Zoos and aquariums play an important role in saving non-releasable wildlife, while also providing educational opportunities to people from all over the world. The goal is to inspire guests to become active stewards of the environment. We will also explore a 2008 Association of Zoos and Aquariums study that revealed guest motivation when visiting zoos and aquariums.

**Location:** Liberty Hall and Zoom**Instructor:** Dan Albrow, Education Curator, Zoo Idaho**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)**TRAVEL & FIELD TRIPS****NOTES:**

- Fees for trips must be received thirty (30) days prior to scheduled departure date.
- Trip payment, unless otherwise stated, includes all expenses, bus, meals, gratuities, admissions, and hotels.
- **Your reservation for the trip will be taken in order of payment, not registration.**
- If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it.

- Fees are nonrefundable within the 30-day period prior to departure except for medical reasons. If you cancel for medical reasons, we will refund any monies that are not dedicated funds. Dedicated funds include bus costs and any nonrefundable deposits NKA has spent on the trip.
- All costs for overnight trips are based on double occupancy. For a single, add \$50 per night to the fee.

## PHYSICAL ACTIVITY LEVELS

### *Easy*

- You prefer short walks and low-intensity activities.
- Walk about 1-2 miles maximum a day.
- On mostly flat, paved ground, or indoor surfaces
- Climb well-maintained stairs.
- Stand for short periods of time during guided tours and waiting lines.
- Manage your own luggage.
- Climb on and off the motor coach with little or no assistance.

### *Moderate*

- You are comfortable keeping up on casual walks that are not too strenuous. Taking time to pause and enjoy the surroundings.
- Walk about 2-3 miles maximum a day.
- Be on mostly flat, paved ground with slight incline and stairs, but may encounter gravel or dirt paths.
- Climb stairs that are generally well-maintained.
- Stand for varying periods of time during guided tours and waiting lines.
- Manage your own luggage.
- Climb on and off the motor coach unassisted.

### *Challenging*

- You are on the move on a regular basis and feel comfortable being out and about making new discoveries. Unfortunately, this tour may not be appropriate for individuals who use walkers or wheelchairs.
- Walk about 2-3 miles maximum a day.
- Be on varying terrain, such as city streets, gravel or dirt paths, stairs and hills.
- Climb stairs of varying heights, sometimes without handrails
- Stand for longer periods of time during walking tours and waiting lines.
- Manage your own luggage.
- Climb on and off the motor coach unassisted.

### *Wheelchairs and Walkers*

- The motor coaches we reserve are not wheelchair accessible. If you are traveling in a wheelchair, you must have a travel companion with you that can push you.

- If you are traveling with a walker, you need to be able to board and deboard the motor coach. If you require assistance, you must have a travel companion with you that can assist you.
- Wheelchairs and walkers can be stored in the bottom of the motor coach during travel.
- If you require a seat at the front of the bus for mobility issues, please notify the facilitators in advance of the scheduled trip.
- Some venues may provide carts or scooters on a first come first serve basis. It is your responsibility to contact the venue to make these arrangements. The travel facilitators will be happy to provide you with venue contact information.

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### **Bee Farm Field Trip (#3792)**

**Friday: October 24; 1:00 – 3:00 p.m. – subject to change depending on weather**

Two weeks after the Bee Farm lecture, participants will be invited to tour the Bee Farm in person. After carpooling to the location, tours will be presented in groups of ten (10). You will be able to observe the beehives, and possible bee hatching. Bring water and dress for the weather.

**Activity Level:** Moderate

**Location:** 2651 Lakeview Rd., American Falls

**Instructors:** Jody and David Perkins

**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)

**Class Limit:** 3 groups of ten (30 total)

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### **Boise Winter Gardens aGlow and Basque Center Winter Market (#3793)**

**Saturday: December 6 – Sunday: December 7; Check in: 9:30 a.m.; Depart: 10:00 a.m. – returning at approximately 8:30 p.m. Sunday**

We will spend the weekend of December 6th and 7th visiting the Boise Botanical Gardens for their Christmas “Winter Gardens aGlow” and the Basque Center Winter Market. We will also visit the Old Idaho Penitentiary, The Ann Frank Memorial and the Capital Building.

**Activity Level:** Moderate

**Departure Location & Address:** Pocatello Regional Transport (PRT) 5815 S. 5th Ave., Pocatello. Parking is available on site. There are restrooms inside the terminal.

**Facilitators:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com); Chris Young (208-406-4255, chrisyoung2idaho@yahoo.com)

**Class Limit:** 30

**Class Fee:** \$309/double occupancy or \$359/single occupancy – This includes bus, 1-night hotel stay, admission fees, three meals, and all gratuities.

**How to Pay:** Make checks payable to NKA and send to Sandra Babb at 389 Adams St., Chubbuck, ID 83202 (208-238-2034) by **October 30th**.

**Herrett Center and Orton Gardens – Twin Falls, Idaho (#3794)**

**Friday: September 12; Check in: 7:30 a.m.; Depart: 8:00 a.m. – returning at approximately 4:30 p.m.**

Travel to the Herrett Center in Twin Falls, Idaho, visiting the gallery, observatory and planetarium. Stop for lunch at Sizzler before continuing to the Orton Gardens for a walking tour through the native plants.

**Activity Level:** Moderate

**Departure Location & Address:** Pocatello Regional Transport (PRT) 5815 S. 5th Ave., Pocatello. Parking is available on site. There are restrooms inside the terminal.

**Facilitator:** Katie Sierra (208-244-1418, ksierra838@hotmail.com)

**Class Limit:** 40

**Class Fee:** \$79 – This includes bus, admission fees, lunch, and gratuities.

**How to Pay:** Make checks payable to NKA and send to Shanna Erickson, 3938 Aaron St., Pocatello, ID 83202 (208-241-6825, sbaumgarter@yahoo.com) by **August 18th.**

**Newport, Oregon Trip (#3795)**

**Monday: September 29 – Saturday: October 4; Check in: 8:00 a.m.; Depart: 8:30 a.m. – returning at approximately 7:00 p.m. Saturday**

Beautiful 6-day, 5-night trip to Newport, Oregon. Stops at Pendleton Woolen Mills, Mary Hill Museum, Bonneville Dam, Tillamook Creamery, Lincoln City, Depot Bay, and the Newport Aquarium. Trip includes lodging, 6 meals and entry to the Mary Hill Museum and Oregon Coast Aquarium. Overnight stays in Pendleton, Vancouver, Newport (2-nights), and LaGrande.

**Activity Level:** Moderate

**Departure Location & Address:** Pocatello Regional Transport (PRT) 5815 S. 5th Ave., Pocatello. Parking is available on site. There are restrooms inside the terminal.

**Facilitators:** Sue Miller (208-933-1133, millerpag@yahoo.com); Pam Landon (208-221-3302, plandon1955@gmail.com)

**Class Limit:** 50

**Class Fee:** \$1,000/ double occupancy or \$1,250/ single occupancy – This includes bus, bus driver tip, snacks, water, lodging, 6 meals, and entry, and admission to Mary Hill Museum and Oregon Coast Aquarium.

**How to Pay:** Make checks payable to NKA and send to Shanna Erickson, 3938 Aaron Ln., Pocatello, ID 83202 (208-241-6825, sbaumgarter@yahoo.com) by **August 28th.**

**Walking Tour of Zoo Idaho (#3796)**

**Wednesday: September 10; 10:30 a.m. – Noon**

Join us on a guided walking tour of Zoo Idaho. Learn about the animals on site and the ins and outs of zookeeping, etc. This is an outdoor event, dress appropriately with comfortable walking shoes.

**Location:** 3000 S. 2nd Ave., Pocatello

**Instructor:** Dan Albro, Education Curator, Zoo Idaho

**Facilitator:** Christine Brower (208-681-8483,

christinebrower@hotmail.com)

**Class Limit:** 20

**Class Fee:** \$13 – includes admission price – please pay on arrival

**WRITING & LITERATURE****Book and a Glass (#3372)**

**Thursday: October 2; November 6; December 4; 3:00 – 4:30 p.m.**

Embark on another semester of reading with a group of book lovers. We will discuss the book of the month in small groups while enjoying a beverage. Our hostess Allyson will provide a sampling of one of Jason's famous creations. Titles and authors for the fall semester are:

**October 2 – *An Unfinished Love Story* by Doris Kearns Goodwin**

**November 6 – *Small and the Mighty* by Sharon McMahon**

**December 4 – *James* by Percival Emmet**

**Location:** Café Tuscano, 2231 E. Center St., Pocatello

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

**Class Limit:** 56

**Class Fee:** \$15 per person per session, includes gratuity.

Make checks payable to Café Tuscano. Send to Sharon Manning at 830 Spyglass Point, Pocatello, ID 83204 by **September 21st.**

**Book Exchange (#3129)**

**Wednesday: October 8; 1:00 – 2:30 p.m.**

Bring four (4) of your favorite books to trade for other's favorites. Be prepared to give a brief overview of each book. The more who sign up, the more book choices you have.

**Location:** Liberty Hall

**Instructor/Facilitator:** Jack Ard (208-380-8899, jdpokypoker@hotmail.com)

**Class Limit:** 24

**Writing Creatively (#3136)**

**Mondays: September 22 – December 15; 2:00 – 4:00 p.m.**

Express yourself in writing. Chew over problems or ideas on your laptop or on paper. Invent a fantasy world. Recall your childhood. Journal. Vent. We write for an hour on ideas sparked by the writing prompts provided, or on any topic we choose, in any genre – memoirs, non-fiction, fiction, poetry, plays. During the second hour we take turns reading our creations. Reading our work is optional. We laugh a lot. Sometimes we're extremely serious. Our encouraging, nonjudgemental environment helps everyone to become a better writer. Zoom or come in person.

**Location:** Liberty Hall and Zoom

**Instructor/Facilitator:** Stephanie Gill (208-234-4184, 208-241-1990, sgillforterra@gmail.com)

**Class Limit:** 14



**NKA MEMBERSHIP AND REGISTRATION FORM FALL 2025**☐ New Member ☐ Previous Member**PLEASE: PRINT NEATLY**  
SIGN BELOW COMPLETE ALL  
FOUR PAGES FOR DAY ONE

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Contact Person and Phone: \_\_\_\_\_

Preferred method of contact: ☐ Phone ☐ E-mailPreferred method of registration receipt: ☐ Mailed ☐ E-mailed**REGISTRATION OPENS ON AUGUST 26TH & 27TH**

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 184

**3—Online:**

cetrain.isu.edu/nka

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

Membership \$50

*per person/per semester*

\$ \_\_\_\_\_

**Parking Fee \$5.50/year***Only required on campus before 4 p.m.*

\$ \_\_\_\_\_

**TOTAL DUE***Make Checks Payable to ISU*

\$ \_\_\_\_\_

**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. **ALL ISU craft shop class fees are to be pre-paid online, by phone or in person at the CEWT office. Payment guarantees your spot in the class.****Membership Dues MUST Accompany****AGREEMENT AND RELEASE OF LIABILITY**

In consideration for the opportunity to participate in this program, I willingly accept responsibility for all potential risks associated with my participation. I understand and acknowledge there are inherent and unanticipated risks that may include but are not limited to: risks of slip, trip, and fall incidents which could lead to sprains, strains, abrasions, contusions, dislocations, broken bones, head injuries; risks associated with transportation along with risk of weather conditions, and negligence of other drivers; risk of allergic reactions to environment, substances; risk of negligence from myself or others; and other foreseeable and unforeseeable risks that may occur that New Knowledge Adventures (NKA) cannot specifically anticipate and list here. I choose to participate despite the risks. I release, indemnify, and hold harmless NKA and Idaho State University (ISU) from any and all liability for injuries, damages, or causes of action of any nature that may arise out of my participation in this program. I also agree that this release shall be binding not only on myself but also on my heirs, personal representatives, and assigns.

☐ I agree, to be fully responsible for my conduct and to act at all times in a manner which does not jeopardize the safety of myself or others. I have reviewed the program description and verify I have no physical or mental condition which would endanger myself or others by my participation in this activity. I understand that NKA reserves the right to exclude my participation in this program if my participation or behavior is deemed detrimental to the safety or welfare of others. I agree to follow all program rules, instructions, safety protocols, and proper use of any equipment. I acknowledge that Idaho State University is not actively involved in the planning or execution of these activities.

☐ I acknowledge NKA does not provide health and accident insurance for participants and I agree to be financially responsible for my own medical expenses. I further agree that in the event emergency medical treatment becomes necessary and I am unable to communicate, NKA staff or emergency medical personnel may authorize or conduct treatment or care on my behalf as appears reasonable under the circumstances.

☐ I also grant NKA & ISU the right to take and use photographs or video footage of me during this program for its educational or promotional purposes, including on university websites or on social media.

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: \_\_\_\_\_





**DAY ONE REGISTRATION FORM**

LIMITED TO 20 CLASSES TOTAL! USE DAY TWO FORM TO ADD MORE THAN 20.

**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.



Please use scissors on the dotted line to remove your registration pages from the book, so that our office staff can work with your registration information more efficiently

**IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

**ART, MUSIC & THEATER**

- ☐ Annual NKA Christmas Party Skit (#3303)
- ☐ ☐ Australian Aboriginal Art & Music: Didgeridoo (#3370)
- ☐ Preview to: All That Jazz with Jon (#3649)
- ☐ Preview to Commercial Big Band Concert: Featuring the Music of Carole King (#3650)
- ☐ Preview to Play: A Christmas Carol by Charles Dickens, adaptation by Ann Hoste (#3006)
- ☐ Preview to Play: Vanya and Sonia and Masha and Spike by Christopher Durang (#3090)
- ☐ ☐ Preview to the Symphony (#3322)  
Section: ☐ 1 ☐ 2 ☐ 3

**ISU CRAFT CLASSES****IN-PERSON (ALL CLASSES)**

For those taking ISU craft shop classes, **pre-payment is required** at time of enrollment. Cancellations **will NOT be reimbursed unless a replacement for your seat is found**. Emergencies are an exception. **Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.**

- ☐ ISU Craft Shop Create a Plate and Glaze  
**Pre-Pay \$30** (#3651)
- ☐ ISU Craft Shop Fused Glass **Pre-Pay \$25** (#3533)
- ☐ ISU Craft Shop Fused Glass Night Light  
**Pre-Pay \$25** (#3675)
- ☐ ISU Craft Shop Fused Glass Ornament  
**Pre-Pay \$25** (#3652)
- ☐ ISU Craft Shop Hand Building with Clay  
**Pre-Pay \$40** (#3599)
- ☐ ISU Craft Shop Leather Keychain  
**Pre-Pay \$20** (#3653)
- ☐ ISU Craft Shop Mosaic Stepping Stone  
**Pre-Pay \$25** (#3244)

- ☐ ISU Craft Shop Needle Felted Gnome

**Pre-Pay \$15** (#3654)**CRAFTS & HOBBIES****IN-PERSON (ALL CLASSES)**

- ☐ Barn Quilt Painting (#3489)
- ☐ Beginning Crochet 101 (#3563)
- ☐ Beginning Crochet 102 (#3309)
- ☐ Beginning and Intermediate Knitting (#3135)
- ☐ Beginning Tatting (#3124)
- ☐ Beginning Watercolor (#3966)
- ☐ Christmas/Birthday Cards (#3960)
- ☐ Christmas Flowers with L.D. (#3487)
- ☐ Creative Cards (#3739)
- ☐ Crochet/Knitting Service Group (#3196)
- ☐ Crochet with Recycled Bags - Service Group (#3145)
- ▼ Fall Pinecone Wreath (#3655)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Fun with Crochet (#3401)
- ☐ Fused Glass Haunted House (#3656)
- ☐ Fused Glass Snow Globe (#3657)
- ▼ Glass Blowing - Paperweight (#3412)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8
- ▼ Glass Blowing - Pendants (#3414)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8
- ▼ Gold Leaf Centerpiece (#3658)  
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Hot Air Balloon with Light Bulb (#3659)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Knitting on Looms (#3551)
- ☐ Lego Botanicals (#3660)
- ☐ Lego Fun in the Print Shop (#3661)
- ☐ Origami: Advanced Kusudama (#3585)
- ☐ Origami: Animals of the Bible (#3062)
- ☐ Origami for Beginners (#3148)
- ☐ Origami: Your First Kusudama (#3155)
- ▼ Paint Pour Coaster Set (#3662)  
Section: ☐ 1 ☐ 2 ☐ 3



- ▼ Paint with Acrylics (# 3198)  
Section: ☐ 1 ☐ 2
- ☐ Quilling (#3220)
- ▼ Santa or Snowman Candy Dish (#3664)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Stained Glass Hummingbird (#3663)
- ▼ Winter Owl Wall Hanger (#3665)  
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Wire Wrap Ring (#3666)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Woodcarving, Beginning (#3101)
- ☐ Woodcarving, Advanced (#3558)

## **FITNESS & MOTION**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

- ☐ Beginning Karate (#3667)
- ☐ Fit and Fall Proof™ (#3106)
- ☐ Kayaking with Pocatello Parks and Rec (#3668)
- ☐ Line Dancing: Starter (#3013)
- ☐ Line Dancing: Beginning 1 (#3111)
- ☐ Line Dancing: Beginning 2 (#3112)
- ☐ Line Dancing: Intermediate (#3113)
- ☐ Line Dancing: Advanced (#3819)
- ☐ Line Dancing: Oldies but Goodies (#3110)
- ☐ | ☐ Qigong (#3282)
- ▼ Square Dance (#3105)  
Section: ☐ 1 ☐ 2
- ☐ Tai Chi Chih: Beginner (#3103)
- ☐ | ☐ T'ai Chi Chih: Advanced (#3104)
- ☐ Zumba Gold® (#3952)

## **FOOD & BEVERAGE**

### **IN-PERSON (ALL CLASSES)**

- ☐ Jim Dandy Brewing – Tour and Beer Tasting (#3574)
- ☐ Not Your Basic Coffee and Tea (#3669)
- ☐ Off the Rails Brewing – Beer Tasting (#3422)
- ☐ Sizzling Rice Soup (#3670)
- ☐ Table Temptations for the Holidays (#3671)
- ☐ Tequila Pairing at the Yellowstone (#3672)
- ☐ The Art of Sourdough Bread (#3674)
- ☐ Wine Pairing at PV's Uncorked (#3943)
- ☐ Wine Pairing at the Yellowstone (#3642)
- ☐ Wine Tasting at the Bru House (#3431)
- ▼ Wine Tasting at Café Tuscano (#3120)  
Section: ☐ 1 ☐ 2
- ☐ Wine Tasting at Gate City Coffee & Wine Bistro (#3276)
- ☐ World Bites (#3423)

## **GAMES**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

- ☐ Bridge Basics (#3128)
- ☐ Competitive Bridge (#3676)
- ☐ Cribbage at The Senior Center (#3677)
- ▼ Lunch and Games (#3126)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ Mahjong (#3125)
- ☐ Spirited Celebration (#3678)
- ☐ | ☐ Team Trivia (#3014)
- ☐ Texas Hold'em Poker (#3127)

## **GENERAL INTEREST**

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

- ☐ | ☐ A Beginners Guide to Learning Astrology (#3617)
- ☐ | ☐ A Family's African Adventure (#3682)
- ☐ | ☐ A Hop, Skip, and a Jump through Europe (#3683)
- ☐ | ☐ Air Rifle Target Shooting in Eastern Idaho (#3798)
- ▼ Aslett Clean World Foundation: Overview, Mission and Status (#3797)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ | ☐ Bling It On! – Jewelry Education for the Golden Age (#3685)
- ☐ Coffee and Conversation (#3286)
- ☐ Contemporary Topics in Religion (#3451)
- ☐ Conversations in Spanish (#3453)
- ☐ | ☐ Court Appointed Special Advocates (CASA): Giving Children a Voice in Court (#3403)
- ☐ | ☐ C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)
- ☐ | ☐ Detailing the Paint on Your Vehicle (#3686)
- ☐ | ☐ Estate Auctions: Planning, Managing, and Maximizing Your Value (#3687)
- ☐ Historic Downtown Pocatello Neon Signs (#3346)
- ☐ | ☐ Hot Topics (#3827)
- ☐ | ☐ Intro to Medicare (#3905)
- ☐ | ☐ Leaving a Legacy, Even If You're Not Bill Gates (#3688)
- ☐ | ☐ Medicare Updates – Choosing a Drug Plan (#3121)
- ☐ | ☐ My Tragic Story about College Hazing (#3689)
- ☐ | ☐ Nuts and Bolts of Death and Dying – Funeral Facts and Preplanning (#3693)
- ☐ | ☐ Reverse Mortgage Workshop (#3696)
- ☐ | ☐ The Changing Landscape of Public



- Education in Idaho (#3694)
- ☐ | ☐ The Psychology of Chance Encounters and Fortuitous Events (#3604)
- ☐ | ☐ The Remarkable Telepathy Tapes (#3695)
- ▼ Travel Training on the PRT (#3085)  
Section: ☐ 1 ☐ 2
- ☐ | ☐ What do County Commissioners Do? (#3697)
- ☐ | ☐ Women in the Military (#3315)

## HEALTH & WELLNESS

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ▼ Breathwork Detox (#3624)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ | ☐ Collaboration of Dental and Medical Providers Improves Treatment for Elderly (#3698)
- ☐ | ☐ Connections for Living with Dementia (#3699)
- ☐ | ☐ Food as Medicine for Diabetes Management (#3921)
- ☐ | ☐ General Injury Care and Prevention for Older Adults (#3520)
- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ☐ | ☐ Healthy City, USA (#3319)
- ☐ | ☐ Hot Flashes & Cold Truths: Midlife, Menopause & Men (#3700)
- ☐ Introduction to Brain Gym (#3524)
- ☐ Managing Stress (#3701)
- ☐ | ☐ Mindfulness Meditation and the Brain (#3229)
- ☐ | ☐ Movement for Your Fitness and Health (#3703)
- ☐ | ☐ Practices to Support Your Body Naturally (#3628)
- ☐ | ☐ Rife Technology and Your Health (#3251)
- ▼ Sound Bath Music Bowls (#3540)  
Section: ☐ 1 ☐ 2
- ☐ | ☐ Steps to Safety™ (#3330)
- ☐ | ☐ Stop the Bleed® (#3333)
- ☐ | ☐ Travel Medicine (#3704)
- ☐ | ☐ Whole Food Update after 28 Months (#3705)

## HISTORY

### IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Beyond the Biography: Benjamin Franklin in His Own Words (#3708)
- ☐ | ☐ History of Idaho State University (#3849)
- ☐ | ☐ Neighborhood Grocery Stores of Pocatello (#3690)
- ☐ | ☐ Pocatello During World War II (#3706)
- ☐ | ☐ The Architecture of Frank Paradise (#3707)

- ☐ | ☐ The San Juan Island Pig War (#3709)

## NATURE, SCIENCE, & TECHNOLOGY

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Bee Farm (#3710)
- ☐ | ☐ Current Trends in Cybersecurity & Online Scams (#3711)
- ☐ | ☐ Eco-Gardening for Pollinators (#3712)
- ☐ | ☐ Fungi: Basic Biology and Introduction to Mushroom Identification (#3713)
- ☐ Ice Age Megafauna of the Snake River Plain (#3720)
- ☐ | ☐ Introduction to Windows (#3714)
- ☐ | ☐ iPhone 1: An Introduction (#3716)
- ☐ | ☐ iPhone 2: Intermediate Learning (#3719)
- ☐ | ☐ iPhone: Working with Pictures & Videos (#3721)
- ☐ Libby for Beginners: An Introductory Course (#3102)
- ☐ New Dinosaur from Utah (#3722)
- ☐ | ☐ Photographing Antarctica (#3723)
- ☐ | ☐ Planets and Moons – Part Two (#3724)
- ☐ | ☐ REEBOPS – Have Fun with Genetic Diversity (#3799)  
The Ancient Phosphoria Sea (#3726)
- ☐ | ☐ Worlds Without End: The Philosophy of Plural Worlds in Medieval Imagination (#3727)
- ☐ | ☐ Zoos & Aquariums: Why Do They Matter & Why Do People Visit (#3791)

## TRAVEL & FIELD TRIPS

### IN-PERSON (ALL CLASSES)

- ☐ Bee Farm Field Trip (#3792)
- ☐ Boise Winter Gardens aGlow and Basque Center Winter Market (#3793)
- ☐ Herrett Center and Orton Gardens – Idaho Falls, Idaho (#3794)
- ☐ Newport, Oregon Trip (#3795)
- ☐ Walking Tour of Zoo Idaho (#3796)

## WRITING & LITERATURE

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Book and a Glass (#3372)
- ☐ Book Exchange (#3129)
- ☐ | ☐ Writing Creatively - Fiction and Non-Fiction (#3136)



# NEW KNOWLEDGE ADVENTURES

## NKA MEMBERSHIP AND REGISTRATION FORM FALL 2025

☐ New Member ☐ Previous Member

**PLEASE:** PRINT NEATLY  
SIGN BELOW COMPLETE ALL  
FOUR PAGES FOR DAY TWO

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Contact Person and Phone: \_\_\_\_\_

Preferred method of contact: ☐ Phone ☐ E-mail

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

### REGISTRATION OPENS ON AUGUST 26TH & 27TH

Three options are available to register:

#### 1—By Mail:

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Continuing Education/Workforce Training  
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#### 2—In Person at:

Roy F. Christensen Bldg. 777 Memorial Dr., Ste 184

#### 3—Online:

cetrain.isu.edu/nka

**Phone:** 208-282-2789 or 208-282-3372

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

### Your Registration

Membership \$50

*per person/per semester*

\$ \_\_\_\_\_

**Parking Fee** \$5.50/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. **ALL ISU craft shop class fees are to be pre-paid online, by phone or in person at the CEWT office.** Payment guarantees your spot in the class.

### Membership Dues MUST Accompany

#### AGREEMENT AND RELEASE OF LIABILITY

In consideration for the opportunity to participate in this program, I willingly accept responsibility for all potential risks associated with my participation. I understand and acknowledge there are inherent and unanticipated risks that may include but are not limited to: risks of slip, trip, and fall incidents which could lead to sprains, strains, abrasions, contusions, dislocations, broken bones, head injuries; risks associated with transportation along with risk of weather conditions, and negligence of other drivers; risk of allergic reactions to environment, substances; risk of negligence from myself or others; and other foreseeable and unforeseeable risks that may occur that New Knowledge Adventures (NKA) cannot specifically anticipate and list here. I choose to participate despite the risks. I release, indemnify, and hold harmless NKA and Idaho State University (ISU) from any and all liability for injuries, damages, or causes of action of any nature that may arise out of my participation in this program. I also agree that this release shall be binding not only on myself but also on my heirs, personal representatives, and assigns.

☐ I agree, to be fully responsible for my conduct and to act at all times in a manner which does not jeopardize the safety of myself or others. I have reviewed the program description and verify I have no physical or mental condition which would endanger myself or others by my participation in this activity. I understand that NKA reserves the right to exclude my participation in this program if my participation or behavior is deemed detrimental to the safety or welfare of others. I agree to follow all program rules, instructions, safety protocols, and proper use of any equipment. I acknowledge that Idaho State University is not actively involved in the planning or execution of these activities.

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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: \_\_\_\_\_



## DAY TWO REGISTRATION FORM

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW. NEW: DAY ONE OF REGISTRATION LIMITED TO 20 CLASSES TOTAL! USE DAY TWO FORM TO ADD MORE THAN 20.

## 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.



Please use scissors on the dotted line to remove your registration pages from the book, so that our office staff can work with your registration information more efficiently

## IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

### ART, MUSIC & THEATER

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- ☐ ☐ Australian Aboriginal Art & Music: Didgeridoo (#3370)
- ☐ Preview to: All That Jazz with Jon (#3649)
- ☐ Preview to Commercial Big Band Concert: Featuring the Music of Carole King (#3650)
- ☐ Preview to Play: A Christmas Carol by Charles Dickens, adaptation by Ann Hoste (#3006)
- ☐ Preview to Play: Vanya and Sonia and Masha and Spike by Christopher Durang (#3090)
- ☐ ☐ Preview to the Symphony (#3322)  
Section: ☐ 1 ☐ 2 ☐ 3

### ISU CRAFT CLASSES

#### IN-PERSON (ALL CLASSES)

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**Pre-Pay \$30** (#3651)
- ☐ ISU Craft Shop Fused Glass **Pre-Pay \$25** (#3533)
- ☐ ISU Craft Shop Fused Glass Night Light  
**Pre-Pay \$25** (#3675)
- ☐ ISU Craft Shop Fused Glass Ornament  
**Pre-Pay \$25** (#3652)
- ☐ ISU Craft Shop Hand Building with Clay  
**Pre-Pay \$40** (#3599)
- ☐ ISU Craft Shop Leather Keychain  
**Pre-Pay \$20** (#3653)
- ☐ ISU Craft Shop Mosaic Stepping Stone  
**Pre-Pay \$25** (#3244)

- ☐ ISU Craft Shop Needle Felted Gnome  
**Pre-Pay \$15** (#3654)

### CRAFTS & HOBBIES

#### IN-PERSON (ALL CLASSES)

- ☐ Barn Quilt Painting (#3489)
- ☐ Beginning Crochet 101 (#3563)
- ☐ Beginning Crochet 102 (#3309)
- ☐ Beginning and Intermediate Knitting (#3135)
- ☐ Beginning Tatting (#3124)
- ☐ Beginning Watercolor (#3966)
- ☐ Christmas/Birthday Cards (#3960)
- ☐ Christmas Flowers with L.D. (#3487)
- ☐ Creative Cards (#3739)
- ☐ Crochet/Knitting Service Group (#3196)
- ☐ Crochet with Recycled Bags – Service Group (#3145)
- ▼ Fall Pinecone Wreath (#3655)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Fun with Crochet (#3401)
- ☐ Fused Glass Haunted House (#3656)
- ☐ Fused Glass Snow Globe (#3657)
- ▼ Glass Blowing – Paperweight (#3412)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8
- ▼ Glass Blowing – Pendants (#3414)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8
- ▼ Gold Leaf Centerpiece (#3658)  
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Hot Air Balloon with Light Bulb (#3659)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Knitting on Looms (#3551)
- ☐ Lego Botanicals (#3660)
- ☐ Lego Fun in the Print Shop (#3661)
- ☐ Origami: Advanced Kusudama (#3585)
- ☐ Origami: Animals of the Bible (#3062)
- ☐ Origami for Beginners (#3148)
- ☐ Origami: Your First Kusudama (#3155)
- ▼ Paint Pour Coaster Set (#3662)  
Section: ☐ 1 ☐ 2 ☐ 3





- ▼ Paint with Acrylics (# 3198)  
Section: ☐ 1 ☐ 2
- ☐ Quilling (#3220)
- ▼ Santa or Snowman Candy Dish (#3664)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Stained Glass Hummingbird (#3663)
- ▼ Winter Owl Wall Hanger (#3665)  
Section: ☐ 1 ☐ 2 ☐ 3
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Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Woodcarving, Beginning (#3101)
- ☐ Woodcarving, Advanced (#3558)

## **FITNESS & MOTION**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

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- ☐ Line Dancing: Advanced (#3819)
- ☐ Line Dancing: Oldies but Goodies (#3110)
- ☐ | ☐ Qigong (#3282)
- ▼ Square Dance (#3105)  
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- ☐ | ☐ T'ai Chi Chih: Advanced (#3104)
- ☐ Zumba Gold® (#3952)

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Section: ☐ 1 ☐ 2
- ☐ Wine Tasting at Gate City Coffee & Wine Bistro (#3276)
- ☐ World Bites (#3423)

## **GAMES**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

- ☐ Bridge Basics (#3128)
- ☐ Competitive Bridge (#3676)
- ☐ Cribbage at The Senior Center (#3677)
- ▼ Lunch and Games (#3126)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ Mahjong (#3125)
- ☐ Spirited Celebration (#3678)
- ☐ | ☐ Team Trivia (#3014)
- ☐ Texas Hold'em Poker (#3127)

## **GENERAL INTEREST**

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

- ☐ | ☐ A Beginners Guide to Learning Astrology (#3617)
- ☐ | ☐ A Family's African Adventure (#3682)
- ☐ | ☐ A Hop, Skip, and a Jump through Europe (#3683)
- ☐ | ☐ Air Rifle Target Shooting in Eastern Idaho (#3798)
- ▼ Aslett Clean World Foundation: Overview, Mission and Status (#3797)  
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ | ☐ Bling It On! – Jewelry Education for the Golden Age (#3685)
- ☐ Coffee and Conversation (#3286)
- ☐ Contemporary Topics in Religion (#3451)
- ☐ Conversations in Spanish (#3453)
- ☐ | ☐ Court Appointed Special Advocates (CASA): Giving Children a Voice in Court (#3403)
- ☐ | ☐ C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)
- ☐ | ☐ Detailing the Paint on Your Vehicle (#3686)
- ☐ | ☐ Estate Auctions: Planning, Managing, and Maximizing Your Value (#3687)
- ☐ Historic Downtown Pocatello Neon Signs (#3346)
- ☐ | ☐ Hot Topics (#3827)
- ☐ | ☐ Intro to Medicare (#3905)
- ☐ | ☐ Leaving a Legacy, Even If You're Not Bill Gates (#3688)
- ☐ | ☐ Medicare Updates – Choosing a Drug Plan (#3121)
- ☐ | ☐ My Tragic Story about College Hazing (#3689)
- ☐ | ☐ Nuts and Bolts of Death and Dying – Funeral Facts and Preplanning (#3693)
- ☐ | ☐ Reverse Mortgage Workshop (#3696)
- ☐ | ☐ The Changing Landscape of Public



- Education in Idaho (#3694)
- ☐ | ☐ The Psychology of Chance Encounters and Fortuitous Events (#3604)
- ☐ | ☐ The Remarkable Telepathy Tapes (#3695)
- ▼ Travel Training on the PRT (#3085)  
Section: ☐ 1 ☐ 2
- ☐ | ☐ What do County Commissioners Do? (#3697)
- ☐ | ☐ Women in the Military (#3315)

## HEALTH & WELLNESS

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ▼ Breathwork Detox (#3624)  
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ | ☐ Collaboration of Dental and Medical Providers Improves Treatment for Elderly (#3698)
- ☐ | ☐ Connections for Living with Dementia (#3699)
- ☐ | ☐ Food as Medicine for Diabetes Management (#3921)
- ☐ | ☐ General Injury Care and Prevention for Older Adults (#3520)
- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ☐ | ☐ Healthy City, USA (#3319)
- ☐ | ☐ Hot Flashes & Cold Truths: Midlife, Menopause & Men (#3700)
- ☐ Introduction to Brain Gym (#3524)
- ☐ Managing Stress (#3701)
- ☐ | ☐ Mindfulness Meditation and the Brain (#3229)
- ☐ | ☐ Movement for Your Fitness and Health (#3703)
- ☐ | ☐ Practices to Support Your Body Naturally (#3628)
- ☐ | ☐ Rife Technology and Your Health (#3251)
- ▼ Sound Bath Music Bowls (#3540)  
Section: ☐ 1 ☐ 2
- ☐ | ☐ Steps to Safety™ (#3330)
- ☐ | ☐ Stop the Bleed® (#3333)
- ☐ | ☐ Travel Medicine (#3704)
- ☐ | ☐ Whole Food Update after 28 Months (#3705)

## HISTORY

### IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Beyond the Biography: Benjamin Franklin in His Own Words (#3708)
- ☐ | ☐ History of Idaho State University (#3849)
- ☐ | ☐ Neighborhood Grocery Stores of Pocatello (#3690)
- ☐ | ☐ Pocatello During World War II (#3706)
- ☐ | ☐ The Architecture of Frank Paradise (#3707)

- ☐ | ☐ The San Juan Island Pig War (#3709)

## NATURE, SCIENCE, & TECHNOLOGY

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Bee Farm (#3710)
- ☐ | ☐ Current Trends in Cybersecurity & Online Scams (#3711)
- ☐ | ☐ Eco-Gardening for Pollinators (#3712)
- ☐ | ☐ Fungi: Basic Biology and Introduction to Mushroom Identification (#3713)
- ☐ Ice Age Megafauna of the Snake River Plain (#3720)
- ☐ | ☐ Introduction to Windows (#3714)
- ☐ | ☐ iPhone 1: An Introduction (#3716)
- ☐ | ☐ iPhone 2: Intermediate Learning (#3719)
- ☐ | ☐ iPhone: Working with Pictures & Videos (#3721)
- ☐ Libby for Beginners: An Introductory Course (#3102)
- ☐ New Dinosaur from Utah (#3722)
- ☐ | ☐ Photographing Antarctica (#3723)
- ☐ | ☐ Planets and Moons – Part Two (#3724)
- ☐ | ☐ REEBOPS – Have Fun with Genetic Diversity (#3799)  
The Ancient Phosphoria Sea (#3726)
- ☐ | ☐ Worlds Without End: The Philosophy of Plural Worlds in Medieval Imagination (#3727)
- ☐ | ☐ Zoos & Aquariums: Why Do They Matter & Why Do People Visit (#3791)

## TRAVEL & FIELD TRIPS

### IN-PERSON (ALL CLASSES)

- ☐ Bee Farm Field Trip (#3792)
- ☐ Boise Winter Gardens aGlow and Basque Center Winter Market (#3793)
- ☐ Herrett Center and Orton Gardens – Idaho Falls, Idaho (#3794)
- ☐ Newport, Oregon Trip (#3795)
- ☐ Walking Tour of Zoo Idaho (#3796)

## WRITING & LITERATURE

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Book and a Glass (#3372)
- ☐ Book Exchange (#3129)
- ☐ | ☐ Writing Creatively - Fiction and Non-Fiction (#3136)



## NEW KNOWLEDGE ADVENTURES RESOURCES

### **AID FOR FRIENDS DAY RESOURCE CENTER & EMERGENCY SHELTER**

208-232-5669

209 E Lewis, Pocatello, Idaho 83201

### **AREA 5 AGENCY ON AGING**

- Supplemental Food Program (CFSP)
- Idaho Family Caregiver Support Program
- Lifespan Respite, Dementia Capable
- Senior community Service  
EmploymentProgram Medicare  
Improvements forParents and Providers  
(MIPPA)
- Adult Protective Services Ombudsman
- Medicare Fraud (SMP) Legal Assistance

### **HEALTH WEST**

(208) 232-7862

500 S. 11th Ave. Ste. 400 Pocatello, Idaho

Healthcare services are offered on a sliding  
fee scale

### **IDAHO FOOD BANK**

<https://idahofoodbank.org/>

Listing of food distribution locations and free  
meals.

### **POCATELLO FREE CLINIC**

(208) 233-6245

1001 N. 7th Ave #155 Pocatello, Idaho

Clinic provides free medical and dental care,  
including labs and prescriptions, to those who  
are uninsured and below 300% of the Federal  
Poverty Level.

### **POCATELLO REGIONAL TRANSIT**

208-234-A-BUS (2287)

Para transit Transportation Services contact

208-232-0111

(Door-To-Door Line) \$2.00 per the Area Agency  
on Aging. PRT also has Saturday service from  
9:00am to 5:00pm and requires a \$2.00 per-trip

**Non-Emergency Medical Transportation  
(NEMT)** Services contact MTM (1-877-503-1261)

### **SEICA SOUTHEAST IDAHO COMMUNITY ACTION AGENCY**

(208) 232-1114

Fax: (208) 233-8122

[information@seicaa.org](mailto:information@seicaa.org)

Energy Assistance, Meals on Wheels, Housing,  
Weatherization

Dial 2-1-1 for Information

Nextdoor app. Local help from Neighbors

### **SENIOR ACTIVITY CENTER POCATELLO**

(208) 233-1212

427 N 6TH Avenue

[senioractivities@ida.net](mailto:senioractivities@ida.net)

Center provides daily nutritional meals and  
supports nutritional, physical, cognitive and  
socialization activities that will serve our senior  
population.

### **SICOG (Southeast Council of Governments)**

208-233-4535

214 E Center Street Pocatello, Idaho



Idaho State  
University

Continuing Education  
and Workforce Training

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
Pocatello, ID  
Permit No. 42

## NEW KNOWLEDGE ADVENTURES

### Continuing Education/Workforce Training

921 S. 8th Ave., Stop 8380  
Pocatello, ID 83209-8380

CD AGY045



MAILING: 921 S. 8th Ave., Stop 8380  
OFFICES: 777 Memorial Drive, #48  
208-282-3372 or 208-282-3155  
EMAIL: [cetrain@isu.edu](mailto:cetrain@isu.edu)  
WEB: [cetrain.isu.edu/nka](http://cetrain.isu.edu/nka)

*NKA learning tree logo by Erica Lothspeich*