

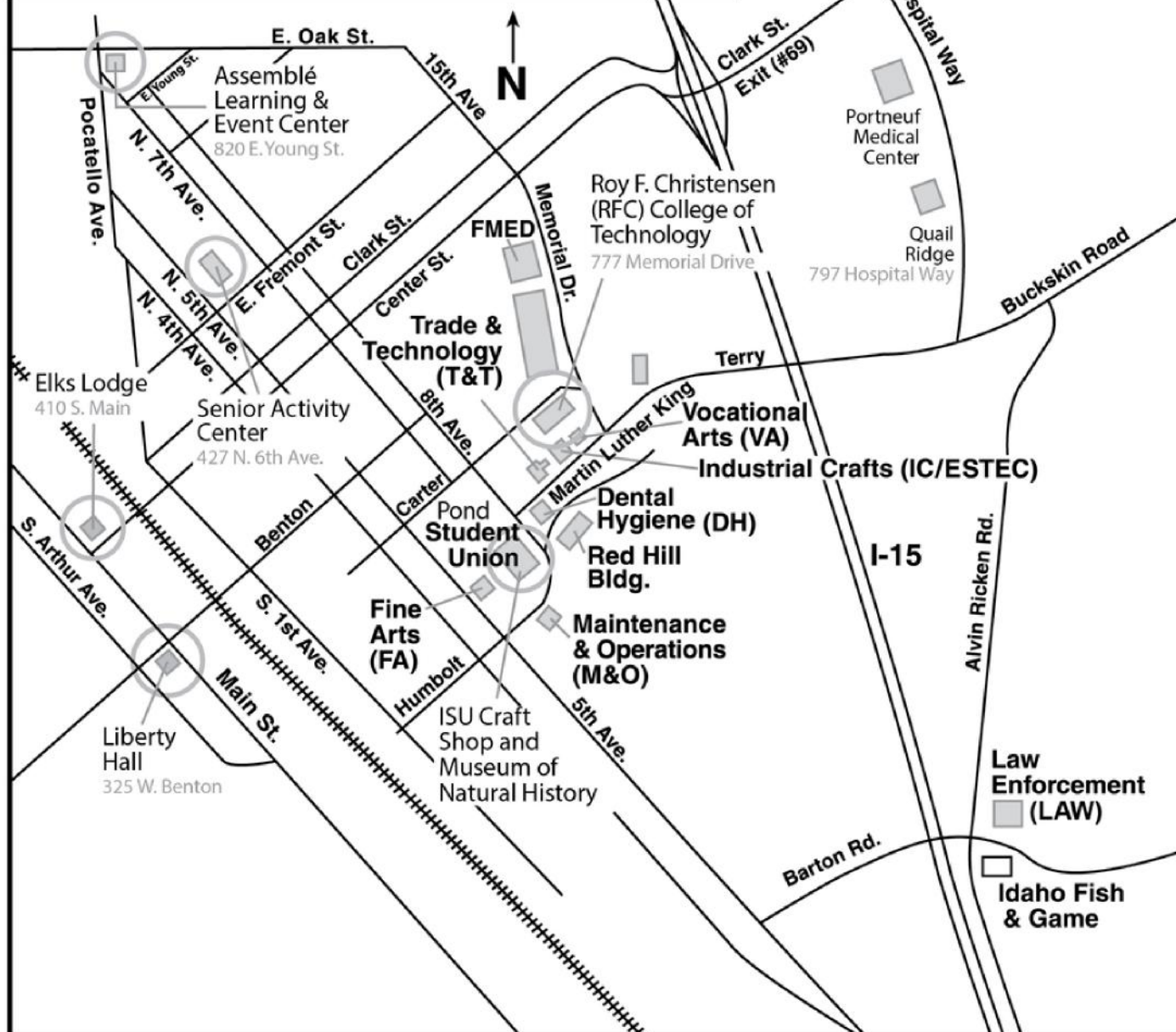
NEW KNOWLEDGE ADVENTURES

NKA

Fall 2024



NEW KNOWLEDGE ADVENTURES



NKA FACEBOOK PAGE



Submit pictures and information about NKA activities to the NKA Facebook Page at www.facebook.com/nkapocatello

LindaLee Furstenworth and **Christine Young** are the group moderators. Reach them using the messenger link on the Facebook page. Look for "Send a message" next to the visit group link.

Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Dear NKA Members,

I hope everyone had a great summer break and you're ready for cooler fall weather as the leaves on the trees begin to change color. If you have been a longtime NKA member or are new to our organization, I want to send you a hearty welcome back after the summer break.

As your new NKA Board President, let me share a few updates with you. Your NKA Board meets every month on the first Thursday from 10:00 to 11:30 a.m. at the Senior Activity Center in room 11. The NKA Board is eager for our members to get involved by participating on various committees, serving as a class instructor or facilitator, or considering to serve on the NKA Board.

NKA is an all-volunteer non-profit organization. Over nearly 3 decades, New Knowledge Adventures has continuously delivered a lifelong learning program to people aged 50+ in the Southeast Idaho region. Since its founding, NKA has been shaped by the Road Scholar model. So educational travel experiences are a cornerstone of the annual NKA services portfolio. I'm excited about the Fall NKA trip line-up that Travel Committee Chairperson, Katie Sierra has assembled. I hope to meet some of you on one of these trips!

The NKA curriculum development and the end-product, the Fall and Spring course catalogs, require a monumental team effort. Geoff Hogander, in his role as Curriculum Chairperson, has led this activity for the past 2 years. Kathy Flock is now serving as the co-chair for this committee and will take over the reins when Geoff retires from this role. I hope you all enjoy the catalog and appreciate the rigor and creativity that goes into delivering this fine product to our NKA community.

Also, the NKA leadership team has been working with CEWT IT services to improve the registration process so stay tuned! I'm thrilled about the wide-ranging topics of the 150+ Fall classes being offered. I am continually amazed by the energy and excitement that the volunteer instructors and NKA members bring to each class. It is an honor to serve as your 2024/25 NKA President.

Thanks in advance and see you in class.

Teresa Westfall, NKA President 2024/25

NKA 2024-2025 OFFICERS AND BOARD

OFFICERS:

President: **Teresa Westfall**

703-973-5074

President Elect: **Suzanne Johnson**

208-589-5122

Past President: **Christine Brower**

208-681-8483

Secretary: **Nancy Dafoe**

208-596-0491

Treasurer: **Phil Joslin**

208-251-1951

DIRECTORS-AT-LARGE:

Linda Fairchild (3-year term ending 6/30/2025)

208-251-2586

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

209-625-6160

Deanna Aslett (3-year term ending 6/30/2027)

208-390-0389

COMMITTEE CHAIRS:

Community Service: **Paula Jull**

208-406-9248

Curriculum: **Geoff Hogander**

208-232-3437

Curriculum Co-Chair: **Kathy Flock**

208-317-9159

Electronic Communications: **Linda Furstenwerth**

208-251-1996

History: **Trish Mooney**

208-220-1283

Publicity: **Virginia Robinson**

208-251-8007

Social: **SaDee Peterson**

208-241-6501

Travel: **Katie Sierra**

208-244-1418

CONTINUING ED. Management Assistant:

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

**Donate to our new building at:*

United Seniors Project

P.O. Box 4378

Pocatello, Idaho 83205

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, Phyliss 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	

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 middle of this catalog, sign the "Agreement and Release of Liability" form, choose classes and method of attendance, and return forms with registration fees. Or register online. Membership is by semester and fees are due each semester. For additional information, call 208-282-2789, M-F, 8 a.m. to 5 p.m.

NKA MEMBERSHIP CLASS REQUESTS

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

NOTICES

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

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.

Table of Contents **FALL 2024**

CLASSES LISTED ALPHABETICALLY BY TOPIC

ART, MUSIC & THEATER

<i>Australian Aboriginal Art and Music, the Digeridoo</i>	2
<i>Creating the ISCS –</i>	
<i>Pedro Giraudo Tango Quartet Album</i>	2
<i>NKA Christmas Party Skit</i>	2
<i>Preview to the Commercial Music Big Band –</i>	
<i>Stevie Wonder</i>	2
<i>Preview to the Marching Band Fest</i>	2
<i>Preview to the Play: The Imaginary Invalid</i>	2
<i>Preview to the Play: The Little Prince</i>	3
<i>Preview to the Symphony</i>	3

ISU CRAFT SHOP CLASSES

<i>Craft Shop Calligraphy</i>	3
<i>Craft Shop Fused Glass</i>	3
<i>Craft Shop Hand Building with Clay</i>	4
<i>Craft Shop Macrame Plant Hanger</i>	4
<i>Craft Shop Mosaic Stepping Stones</i>	4

CRAFTS & HOBBIES

<i>Barn Quilts</i>	4
<i>Beginners Beadwork Project</i>	4
<i>Beginning Crochet 101/102</i>	5
<i>Beginning and Intermediate Knitting</i>	5
<i>Beginning Looming</i>	5
<i>Beginning Tatting</i>	5
<i>Bird Feeder</i>	5
<i>Bunting Banner with Flags</i>	5
<i>Christmas Tray</i>	6
<i>Chunky Yarn Finger Knitting</i>	6
<i>Creative Cards for Birthday</i>	6
<i>Creative Cards for Christmas</i>	6
<i>Crochet/Knitting – Service Group</i>	6
<i>Crochet with Recycled Bags – Service Group</i>	6
<i>Fun with Crochet</i>	6
<i>Fused Glass Aspens</i>	6
<i>Fused Glass Christmas</i>	7
<i>Glass Blowing - Paperweight</i>	7
<i>Glass Blowing - Pendants</i>	7
<i>Metal Ring Pumpkins</i>	8
<i>Origami for Beginners</i>	8
<i>Origami Folders Anonymous</i>	8
<i>Origami Trek to Bethlehem</i>	8
<i>Quilling with Carol</i>	8
<i>Rag Rugs</i>	9
<i>Rock Art – Cactus Garden</i>	9
<i>Seasonal Décor</i>	9
<i>Snowman Wall Hanger</i>	9

<i>Steampunk Jewelry</i>	9
<i>Woodcarving, Beginning</i>	9
<i>Woodcarving, Advanced</i>	9

FITNESS & MOTION

<i>Fit and Fall Proof™</i>	10
<i>Hiking the Hills</i>	10
<i>Line Dancing: Starter</i>	10
<i>Line Dancing: Starter/Beginner</i>	10
<i>Line Dancing: Beginning 1</i>	10
<i>Line Dancing: Beginning 2</i>	10
<i>Line Dancing: Intermediate</i>	11
<i>Line Dancing “Oldies but Goodies”</i>	11
<i>Line Dancing: Advanced</i>	11
<i>Qigong</i>	11
<i>Square Dance</i>	11
<i>Tai Chi Chih Beginner</i>	11
<i>Tai Chi Chih Advanced</i>	11
<i>Water Aerobics in the Lava Hot Springs</i>	
<i>Indoor Pool</i>	12
<i>Yoga, Beginning Mat</i>	12
<i>Zumba Gold®</i>	12

FOOD & BEVERAGE

<i>Beer Tasting at Off the Rails</i>	12
<i>Bites of the World</i>	12
<i>Cinnamon Rolls at the Temple</i>	12
<i>Dutch Oven Cooking</i>	13
<i>Whiskey Pairing at the Yellowstone</i>	13
<i>Wine Pairing at PV's Uncorked</i>	13
<i>Wine Pairing at the Yellowstone</i>	13
<i>Wine Tasting at the Bru House</i>	13
<i>Wine Tasting at Café Tuscano</i>	13
<i>Wine Tasting at Gate City Coffee & Gifts</i>	14

GAMES

<i>Golf at Outback Golf Park</i>	14
<i>Introduction to Bridge</i>	14
<i>Intermediate/Introduction to Bridge</i>	14
<i>Lunch and Games</i>	14
<i>Mahjong</i>	15
<i>Team Trivia</i>	15
<i>Texas Hold'em Poker</i>	15

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

NEW KNOWLEDGE ADVENTURES

GENERAL INTEREST

<i>ABC's of USP for NKA</i>	15
<i>Adventures in Zambia</i>	15
<i>Applying Diversity into Your Pocatello Lifestyle</i>	15
<i>Beware! Elder Fraud Abuse is on the Rise</i>	15
<i>Book Exchange</i>	16
<i>The Camino de Santiago,</i> <i>Five Days on the Camino Frances</i>	16
<i>CASA Volunteers: Changing a Child's Story</i>	16
<i>Coffee, Tea, and Conversation</i>	16
<i>Conservation Through the Lens</i>	16
<i>Contemporary Topics in Religion</i>	16
<i>Conversational Spanish</i>	16
<i>C.R.A.S.E. – Civilian Response to Active</i> <i>Shooter Events</i>	16
<i>Do Not Let RMDs Catch You Off Guard –</i> <i>What You Need to Know</i>	17
<i>Everything You Need to Know to</i> <i>Keep Potatoes Healthy</i>	17
<i>Himalaya Adventure –</i> <i>Trekking to Everest Base Camp</i>	17
<i>Hot Topics</i>	17
<i>How Big of a Threat is the Rise of Christian</i> <i>Nationalism in the U.S. and Idaho?</i>	17
<i>How to Navigate Market Volatility</i>	17
<i>Medicare Updates and Using the</i> <i>Medicare Plan Finder</i>	17
<i>Monthly Social and Planning Fun</i>	18
<i>Navigating the Medicare Maze</i>	18
<i>Oprah Winfrey's Belief Series</i>	18
<i>Pocatello Regional Transit (PRT) Training</i>	18
<i>PROST and the Pocatello Comprehensive Plan 2040</i>	18
<i>Putting the Fun in Fundraising</i>	18
<i>Running a Family Popcorn Shop</i>	18
<i>The Salvation Army Volunteers –</i> <i>Changing Your Community</i>	19
<i>Situational Awareness and Home Security</i>	19
<i>Travelogue – Bike and Barge the Danube Passing</i> <i>Through Six European Countries</i>	19
<i>Travels to Luxembourg, Belgium, and the Netherlands</i>	19
<i>The Village: A Safe Teen Assessment Center</i>	19
<i>What Does a 31-Year Career in the FBI Look Like</i>	19

HEALTH & WELLNESS

<i>The Adoption of a Whole Food, Plant Based Lifestyle</i>	19
<i>Advancing Science: The Latest in Alzheimer's and</i> <i>Dementia Research</i>	20
<i>General Injury Care and Prevention for Older Adults</i>	20
<i>Guided Meditation and Breathwork (Pranayama)</i>	20
<i>Guided Meditation, Find Inner Radiance</i>	20
<i>Healthy Living 101</i>	20
<i>"I Lost My Brains"– Reclaiming My Aging Brain and</i> <i>Body with Brain Gym</i>	20

<i>Mindful Ways Through Difficult Times</i>	21
<i>Recognizing Who You've Always Been</i>	21
<i>Resources As You Age, The Area V Agency on Aging</i>	21
<i>Safe Medication Use in Older Adults</i>	21
<i>Sound Bath Music Bowls</i>	21
<i>Steps to Safety</i>	21
<i>Stop the Bleed</i>	22
<i>Vegetarian, Vegan, and Mediterranean Diet:</i> <i>Eating Plant Based Could Impact Your Health</i>	22

HISTORY

<i>Censorship of Franco</i>	22
<i>Emma Standrod: Pioneer, Socialite and Educator</i>	22
<i>The Farmerettes: How They Helped Us Win WWII</i>	22
<i>The Pocatello Land Run, Monuments, and</i> <i>other Footnotes to Local History</i>	22
<i>Riverboats, Steamboats, and American History</i>	22
<i>School Buildings in Pocatello</i>	23
<i>Tour of Brady Chapel and Cemetery</i>	23

NATURE, SCIENCE, & TECHNOLOGY

<i>Binocular Stargazing</i>	23
<i>Comets, Meteors and Asteroids, Oh My!</i>	23
<i>Craters of the Moon 100th Anniversary</i>	23
<i>Cutting the Cable or Satellite Cord</i>	23
<i>Edson Fichter Fall Walk and Talk</i>	24
<i>Flower Garden Through the Year</i>	24
<i>Libby for Beginners: Setting up the App on</i> <i>Your Phone or Tablet</i>	24
<i>Meteorites</i>	24
<i>Passwords and Computer Security</i>	24
<i>Skulls, etc.</i>	24
<i>Soil Health for your Garden</i>	25
<i>Valuing Our Aquifer and Drinking Water</i>	25
<i>Weather and Wildlife in Idaho</i>	25
<i>Your Tablet and You</i>	25

TRAVEL & FIELD TRIPS

<i>Annie at the Ziegfeld Theater and</i> <i>Ogden Square Christmas Lights</i>	26
<i>Melaleuca and the Museum of Idaho</i>	26
<i>Trailing of the Sheep – Ketchum, Idaho</i>	26

WRITING & LITERATURE

<i>Book Group and a Glass</i>	27
<i>Cowboy Poetry</i>	27
<i>Writing Creatively – Fiction and Non-Fiction</i>	27

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

Alphabetical Listing

A <i>ABCIUSPINKA: ABC's of USP for NKA</i>	15	D <i>Dutch Oven: Dutch Oven Cooking</i>	13
<i>Aboriginal Music: Australian Aboriginal Art and Music, the Digeridoo</i>	2	E <i>Elder Fraud: Beware! Elder Fraud Abuse is on the Rise</i>	15
<i>Alzheimer's: Advancing Science: The Latest in Alzheimer's and Dementia Research</i>	20	<i>Emma Standrod: Emma Standrod: Pioneer, Socialite and Educator</i>	22
<i>Aging Resources: Resources as You Age, The Area V Agency on Aging</i>	21	<i>Edson Fichter: Edson Fichter Fall Walk and Talk</i>	24
<i>Aquifer: Valuing Our Aquifer and Drinking Water</i>	25	F <i>Farmerettes: The Farmerettes: How They Helped Us Win WWII</i>	22
B <i>Barn Quilts</i>	4	<i>FBI Career: What Does a 31-Year Career in the FBI Look Like?</i>	19
<i>Beadwork Project: Beginners Beadwork Project</i>	4	<i>Finger Knitting: Chunky Yarn Finger Knitting</i>	6
<i>Beer Tasting: Beer Tasting at Off the Rails</i>	12	<i>Fit and Fall: Fit and Fall Proof™</i>	10
<i>Beg. Origami: Origami for Beginners</i>	8	<i>Flower Garden: Flower Garden Through the Year</i>	24
<i>Bird Feeder</i>	5	<i>Folders Anon: Origami Folders Anonymous</i>	8
<i>Birthday Cards: Creative Cards for Birthday</i>	6	<i>Franco: Censorship of Franco</i>	22
<i>Book Exchange</i>	16	<i>Fundraising: Putting the Fun in Fundraising</i>	18
<i>Book Group: Book Group and a Glass</i>	27	<i>Fused Glass: Craft Shop Fused Glass</i>	3
<i>Brady Chapel: Tour of Brady Chapel and Cemetery</i>	23	<i>Fused Xmas Glass: Fused Glass Christmas</i>	7
<i>Brain Gym: "I Lost My Brains" – Reclaiming My Aging Brain and Body with Brain Gym</i>	20	G <i>Giraud Quartet: Creating the ISCS – Pedro Giraud Tango Quartet Album</i>	2
<i>Bunting Banner: Bunting Banner with Flags</i>	5	<i>Glass Aspens: Fused Glass Aspens</i>	6
C <i>Calligraphy: Craft Shop Calligraphy</i>	3	<i>Glass Paperweight: Glass Blowing – Paperweight</i>	7
<i>Camino de Santiago: The Camino de Santiago, Five Days on the Camino Frances</i>	16	<i>Glass Pendants: Glass Blowing – Pendants</i>	7
<i>CASA: C.A.S.A. Volunteers: Changing a Child's Story</i>	16	H <i>Healthy Living 101</i>	20
<i>Christmas Cards: Creative Cards for Christmas</i>	6	<i>Hiking the Hills</i>	10
<i>Christmas Skit: NKA Christmas Party Skit</i>	2	<i>Himalaya: Himalaya Adventure – Trekking to Everest Base Camp</i>	17
<i>Christmas Tray</i>	6	<i>Home Security: Situational Awareness and Home Security</i>	19
<i>Cinnamon Rolls: Cinnamon Rolls at the Temple</i>	12	<i>Hot Topics</i>	17
<i>Clay Bldg: Craft Shop Hand Building with Clay</i>	4	I <i>Imaginary Invalid: Preview to the Play: The Imaginary Invalid</i>	2
<i>Coffee/Tea: Coffee, Tea, and Conversation</i>	16	<i>Injury Care: General Injury Care and Prevention for Older Adults</i>	20
<i>Comets/Meteors: Comets, Meteors and Asteroids, Oh My!</i>	23	<i>Inter. Bridge: Intermediate/Introduction to Bridge</i>	14
<i>Conservation/Lens: Conservation Through the Lens</i>	16	<i>Intro to Bridge: Introduction to Bridge</i>	14
<i>Cowboy Poetry</i>	27	K <i>Knitting: Beginning and Intermediate Knitting</i>	5
<i>CRASE: C.R.A.S.E. Civilian Response to Active Shooter Events</i>	16	L <i>Libby: Libby for Beginners: Setting up the App on Your Phone or Tablet</i>	24
<i>Craters/Moon: Craters of the Moon 100th Anniversary</i>	23	<i>Little Prince: Preview to the Play: The Little Prince</i>	3
<i>Creative Writing: Writing Creatively - Fiction and Non-Fiction</i>	27	<i>Ln. Dnc. Start/Beg: Line Dancing: Starter/Beginner</i>	10
<i>Crochet 101/102: Beginner Crochet 101/102</i>	5	<i>Ln. Dnc. Starter: Line Dancing: Starter</i>	10
<i>Crochet Fun: Fun with Crochet</i>	6	<i>Ln. Dnc. Beg. 1: Line Dancing: Beginning 1</i>	10
<i>Crochet/Bags: Crochet with Recycled Bags – Service Group</i>	6		
<i>Crochet/Knit Svc: Crochet/Knitting - Service Group</i>	6		
<i>Cutting Cable: Cutting the Cable or Satellite Cord</i>	23		

NEW KNOWLEDGE ADVENTURES

Ln. Dnc. Beg. 2: Line Dancing: Beginning 2.....	10	S Safe Medication: Safe Medication Use in Older Adults.....	21
Ln. Dnc. Inter: Line Dancing: Intermediate.....	11	Salvation Army: The Salvation Army of Volunteers –	
Ln. Dnc. Oldies: Line Dancing: “Oldies but Goodies”.....	11	Changing Your Community.....	19
Ln. Dnc. Adv: Line Dancing: Advanced.....	11	Seasonal Decor	9
Looming: Beginning Looming.....	5	Skulls, etc.	24
Lunch and Games	14	Snowman Wall Hanger	9
M Macrame: Craft Shop Macrame Plant Hanger.....	4	Soil Health: Soil Health for Your Garden.....	25
Mahjong	15	Sound Bath: Sound Bath Music Bowls.....	21
Marching Band: Preview to the Marching Band Fest.....	2	Spanish: Conversational Spanish.....	11
Market Volatility: How to Navigate Market Volatility.....	17	Square Dance	16
Medicare Maze: Navigating the Medicare Maze.....	18	Stargazing: Binocular Stargazing.....	23
Medicare Updates: Medicare Updates and Using the		Steampunk Jewelry	9
Medicare Plan Finder.....	17	Steps to Safety	21
Meditation: Guided Meditation, Find Inner Radiance.....	20	Stevie Wonder: Preview to the Commercial Music Big	
Melaleuca Trip: Melaleuca and the Museum of Idaho.....	26	Band – Stevie Wonder.....	2
Metal Ring Pumpkins	8	Stop the Bleed	22
Meteorites	24	Symphony: Preview to the Symphony.....	3
Mindful Ways: Mindful Ways Through Difficult Times.....	21	T Tai Chi Beg: Tai Chi Chih Beginner.....	11
Monthly Social: Monthly Social and Planning Fun.....	18	Tai Chi Adv: Tai Chi Chih Advanced.....	11
Mosaics: Craft Shop Mosaic Stepping Stones.....	4	Tatting: Beginning Tatting.....	5
O Oprah’s Beliefs: Oprah Winfrey’s Belief Series.....	18	Team Trivia	15
Origami Bethlehem: Origami Trek to Bethlehem.....	8	Texas Hold’em: Texas Hold’em Poker.....	15
Outback Golf: Golf at Outback Golf Park.....	14	Trailing of the Sheep: Trailing of the Sheep – Ketchum, Idaho.....	26
P Passwords: Passwords and Computer Security.....	24	Travelogue: Travelogue – Bike and Barge the Damube	
Pocatello Diversity: Applying Diversity into Your		Passing Through Six European Countries.....	19
Pocatello Lifestyle.....	15	Travels to Europe: Travels to Luxembourg, Belgium, and	
Pocatello Land Run: The Pocatello Land Run,		the Netherlands.....	19
Monuments, and Other Footnotes to Local History.....	22	V Vegetarian Diet: Vegetarian, Vegan, and Mediterranean	
Pocatello Schools: School Buildings in Pocatello.....	23	Diet: Eating Plant Based Could Impact Your Health.....	22
Popcorn Shop: Running a Family Popcorn Shop.....	18	The Village: The Village: A Safe Teen Assessment Center.....	19
Potatoes: Everything You Need to Know to Keep		W Water Aerobics: Water Aerobics in the Lava Hot Springs	
Potatoes Healthy.....	17	Indoor Pool.....	12
Pranayama: Guided Meditation and		Weather/Wildlife: Weather and Wildlife in Idaho.....	25
Breathwork (Pranayama).....	20	Whiskey/Yellowstone: Whiskey Pairing at the Yellowstone.....	13
PROSTiPlan 2040: PROST and the Pocatello		Whole Foods: The Adoption of a Whole Food,	
Comprehensive Plan 2040.....	18	Plant Based Lifestyle.....	19
PRT: Pocatello Regional Transit (PRT) Training.....	18	Wine/Bru House: Wine Tasting at the Bru House.....	13
Q Qigong	11	Wine/Gate City Coffee: Wine Tasting at Gate City Coffee.....	14
Quilling: Quilling with Carol.....	8	Wine/PV’s: Wine Pairing at PV’s Uncorked.....	13
R Rag Rugs	9	Wine/Tuscano: Wine Tasting at Café Tuscano.....	13
Recognizing You: Recognizing Who You’ve Always Been.....	21	Wine/Yellowstone: Wine Pairing at the Yellowstone.....	13
Religion Topics: Contemporary Topics in Religion.....	16	Woodcarving Beg: Woodcarving, Beginning.....	9
Religious Threats: How Big of a Threat is the Rise of		Woodcarving Adv: Woodcarving, Advanced.....	9
Christian Nationalism in the U.S. and Idaho?.....	17	World Bites: Bites of the World.....	12
Riverboats: Riverboats, Steamboats, and		Y Yoga: Yoga, Beginning Mat.....	12
American History.....	22	Your Tablet: Your Tablet and You.....	25
RMDs: Do Not Let RMDs Catch You Off Guard –		Z Zambia: Adventures in Zambia.....	15
What You Need to Know.....	17	Ziegfeld/Ogden: Annie at the Ziegfeld Theater and Ogden	
Rock Art: Rock Art – Cactus Garden.....	9	Square Christmas Lights.....	26
		Zumba Gold®	12

Adventures for the Fall of 2024

ART, MUSIC & THEATER

Australian Aboriginal Art and Music, the Digeridoo (#3370)

Thursday: October 3; 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, freelance musician and private lessons instructor of didgeridoo and trombone

Facilitator: Elizabeth Dyer (573-210-7588, dyer2158@gmail.com)

Creating the ISCS – Pedro Giraudo Tango Quartet Album (#3374)

Friday: November 8; 4:30 – 6:00 p.m.

Have you ever attended a concert and wished that you could capture the sound forever, or listened to a CD and wondered how it was made? Come to this class to learn how the Idaho State-Civic Symphony, the Pedro Giraudo Tango Quartet, and the faculty and students of the ISU Commercial Music Program collaborated to record the orchestra's first commercially released album! Two key members of the creative team will discuss aspects of the project, including preparations for the February 2024 performance, technical specs, and the involved process of recording, editing, releasing, and promoting the album. Listening to a recording will never be the same!

Location: ISU Fine Arts Building, Room 102

Instructors: Professor Jon Armstrong and Dr. Nell Flanders

Facilitator: Elizabeth Dyer (573-210-7588, dyer2158@gmail.com)

NKA Christmas Party Skit (#3303)

Tuesday: November 19, 26; December 3, & 10; 3:00 – 4:00 p.m.

We'll create and rehearse a fun, festive 10-minute performance for the NKA Christmas Party in the middle of December. NO memorization required. Expect levity.

Location: Liberty Hall

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

Class Limit: 12

Preview to the Commercial Music Big Band – Stevie Wonder (#3375)

Friday: October 25; 9:00 – 10:00 a.m.

Jon will present details about the performance happening later that day, October 25th at 7:30 PM in the Jensen Grand Concert Hall.

Location: Jensen Grand Concert Hall, SPAC, 1002 Sam Nixon Dr. Pocatello, ID

Instructor: Jon Armstrong, Director

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

Preview to the Marching Band Fest (#3379)

Thursday: October 10; Noon – 1:00 p.m.

Tom will present on the history of marching band and talk about his upcoming event, the ISU Marching Band Fest which is at Holt Arena on October 19th.

Location: ISU Fine Arts Building, Conference Room

Instructor: Tom Kloss, Director

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

Preview to the Play: *The Imaginary Invalid* (#3380)

Friday: September 27; Noon – 1:00 p.m.

In Molière's outrageous satire of medicine and its practitioners, the wealthy Argan, to put it mildly, enjoys poor health. Laxatives, suppositories, bloodlettings, and second and third opinions from the leading quacks are the order of his day—and hell on his wily, back-talking servant Toinette. His daughter Angélique is in love with the impoverished Cléante, but Argan wants to marry her to Thomas Diafoirus, a medical dunce who can assure his father-in-law a lifetime of health care.

(continues...)

(continued: *Preview to the Play: The Imaginary Invalid*)

Cléante disguises himself as a music teacher to gain access to his love, but Béline, Argan's mercenary second wife, threatens to expose them. A disguised Toinette sage advice from his brother Béralde, and a faked death scene finally teach Argan where to place his trust. The play ends with Argan's ceremonious Pig-Latin induction into the medical profession.

Play Dates: October 4, 5, 10, 11, & 12 at 7:30 in the Black Box Theatre

Location: Stephens Performing Arts Center—Black Box Theatre

Instructor: Jef Petersen, Director

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

Preview to the Play: *The Little Prince* (#3381)

Friday: November 8; Noon – 1:00 p.m.

The Little Prince may have returned to his own tiny planet to tend his Rose and look after his Sheep, but for a short-enchanted time he returns to us and comes alive on stage. This play tells the story of a world-weary and disenchanted Aviator whose sputtering plane strands him in the Sahara Desert, and a mysterious, regal "little man" who appears and asks him to "Please, sir, draw me a sheep." During their two weeks together in the desert, the Little Prince tells the Aviator about his adventures through the galaxy, how he met the lamplighter and the Businessman and the Geographer, and about his strained relationship with a very special flower on his own tiny planet. The Little Prince talks to everyone he meets: a garden of roses, the Snake and a Fox who wishes to be tamed. From each he gains a unique insight which he shares with the Aviator: "It is only with the heart that one can see rightly." "What is essential is invisible to the eye." At length, both the little man and the Aviator must go home—each with a new understanding of how to laugh, cry and love again.

Play Dates: November 15, 16, 21, 22 & 23 at 7:30 in the Bistline Theatre

Location: Stevens Performing Arts Center—Bistline Theatre

Instructor: Vanessa Ballam, Director

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

Preview to the Symphony (#3322)

**Friday: September 20; October 25;
November 22; 3:00 – 4:00 p.m.**

For the new 2024-2025 season, Dr. Nell Flanders introduces the new series of Echoes of Time and Place.

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.

Concert Schedule:

Leaving and Coming Back – Friday, September 27, 2024

Songs of the Land – Saturday, November 2, 2024

Joy to the World – Friday & Saturday, December 6 & 7, 2024

Location: ISU Fine Arts Building, Room 102

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

Facilitator: Elizabeth Dyer (573-210-7588, 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.

Craft Shop Calligraphy (#3243)

Tuesday: October 22; 12:30 – 2:30 p.m.

You've heard of the calligraphy that you learned back in school, but have you heard of Black Letter Calligraphy? Otherwise known as Gothic Script, or Old-Style Calligraphy. In this workshop you can learn the fundamentals of Black Letter and write in the fanciest fonts that your heart desires.

Location: ISU Craft Shop, 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: Sarah Austill

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

Class Limit: 14

Class Fee: Pre-pay \$10

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

Craft Shop Fused Glass (#3533)

Tuesday: November 5; 12:30 – 2:30 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.

(continues...)

(continued: *Craft Shop Fused Glass*)

Location: ISU Craft Shop, 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: 10

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.

Craft Shop Hand Building with Clay (#3599)

Tuesday: September 24; October 8; 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, 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.

Instructors: Brent Lowman and Mary Miller

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

Class Limit: 10

Class Fee: Pre-Pay \$35

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

Craft Shop Macrame Plant Hanger (#3385)

Tuesday: November 19; 12:30 – 2:30 p.m.

Materials provided and instruction in basic knot tying for creating a simple, but beautiful macrame plant hanger.

Location: ISU Craft Shop, 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: Jennifer Michel

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

Class Limit: 8

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.

Craft Shop Mosaic Stepping Stones (#3244)

Tuesday: September 10 & 17; 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, 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 \$20

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

CRAFTS & HOBBIES

Barn Quilts (#3489)

Wednesdays: September 11 – November 13; 10:00 – 11:30 a.m.

We will be painting quilt-like patterns on 2'x2' boards and learning a little bit about the tradition of barn quilts in America. All materials will be provided, but please bring something such as 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: \$30

Beginners Beadwork Project (#3386)

Tuesday: October 22 & 29; 10:30 a.m. – 12:30 p.m.

Learn how to make a beautiful pair of vibrant dangle earrings, utilizing Czech seed beads. We will have a third date for a make-up day to be announced.

Location: Shokota Pow-Wow Supply, 4990 Valenty Drive, Suite J, Chubbuck

Instructors: Georgette Running Eagle and Veldina Tissidimit

Facilitator: Linda Fairchild (208-251-2586)

Class Limit: 10

Class Fee: \$30

How to Pay: Please confirm your spot by sending a check payable to Linda Fairchild at 415 McKinley Ave., Pocatello, ID 83201 by **October 8th**.

Beginning Crochet 101/102 (#3309)*Tuesdays: October 1 – November 19; 10:00 – 11:30 a.m.*

Crochet 101 participants will learn basic crochet stitches and reading pattern instructions, with Rosita assisting. We will crochet a coaster, scrubby, dish cloth, and hat. Please bring 2 skeins of coordinating medium #4 cotton yarn for dish cloths, and one skein of #4 worsted yarn for the hat, size H/5 mm crochet hook, and stitch markers. Rosita will be leading Crochet 102 participants on their own projects, or projects provided, including granny squares, casserole cozies, Christmas socks, or Christmas towel toppers (bring your own kitchen towel).

Location: Senior Activity Center, Room 4**Instructors:** Linda Furstenwerth and Rosita Park**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)**Class Limit:** 15**Class Fee:** \$3 for printed materials**Beginning and Intermediate Knitting (#3135)***Tuesdays: September 10 – December 17; 1:30 – 3:30 p.m.*

Basic knowledge of casting on stitches, as well as knit and pearl required. You will need to bring size 8 or 9 knitting needles and cotton yarn or 4-ply acrylic. You may choose a project from the 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:** 14**Beginning Looming (#3389)***Tuesday: September 10, 17, & 24; 10:00 – 11:30 a.m.*

We will learn the basics of round and long looms and make a hat and scarf. If you have a loom (s) and a hook tool, please bring to class. You will also need yarn for your projects however, we will have extra looms, tools, and yarn available.

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:** \$3 for printed materials**Beginning Tatting (#3124)***Wednesdays: September 11 – October 23; 1:00 – 3:00 p.m.*

Basic techniques of tatting, including making chains, rings, picots, and weavers knots are taught 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**Bird Feeder (#3395)***Monday: October 14; Section 1: 4:00 p.m.**Section 2: 6:00 p.m.*

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you will make a bird feeder with a bottle and wood. The bird feeder will be painted. All supplies will be provided.

Location: Elwen Cottage, 334 N. Main Street**Instructor:** Wendy Vaughn**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)**Class Limit:** 18 per section**Class Fee:** \$10**Bunting Banner with Flags (#3397)***Monday: October 7; Section 1: 4:00 p.m.**Section 2: 6:00 p.m.*

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you will make a “Loving Life” bunting banner with five flags. All supplies will be provided.

Location: Elwen Cottage, 334 N. Main Street**Instructor:** Wendy Vaughn**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)**Class Limit:** 18 per section**Class Fee:** \$15

Christmas Tray (#3398)*Monday: December 9; Section 1: 4:00 p.m.**Section 2: 6:00 p.m.***BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class, you will decoupage a wooden tray for Christmas. All supplies will be provided.

Location: Elwen Cottage, 334 N. Main Street**Instructor:** Wendy Vaughn**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)**Class Limit:** 18 per section**Class Fee:** \$10**Chunky Yarn Finger Knitting (#3400)***Friday: September 20, 27; October 4: 1:00-2:30 p.m.*

This group will learn the basics of finger knitting and will have a lap throw of their own by the end of this class.

Location: Senior Center, Room 11**Instructor/Facilitator:** Tanya Victoria (709-409-1480, info@victoriachunkysnugs.com)**Class Limit:** 25**Class Fee:** \$40 for yarn due first day of class**Creative Cards for Birthday (#3356)***Tuesday: September 24; 1:00 -3:00 p.m.*

Participants will create four or five handmade birthday cards using stamps, dies, and embossing folders. Please bring small scissors.

Location: Senior Activity Center, Room 6**Instructor:** Diane Tauscher**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)**Class Limit:** 10**Class Fee:** \$10**Creative Cards for Christmas (#3960)***Thursday: November 7; 10:00 a.m. – Noon*

Participants will create four or five handmade Christmas cards using stamps, dies, and embossing folders. Please bring small scissors.

Location: Senior Activity Center, Room 6**Instructor:** Diane Tauscher**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)**Class Limit:** 10**Class Fee:** \$10**Crochet/Knitting - Service Group (#3196)***Tuesdays: September 10 – December 10; 1:30 - 3:00 p.m.*

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

Location: Senior Activity Center, Dining Room**Instructor/Facilitator:** Nancy Ellis (208-237-0995, Rnellis6050@gmail.com)**Class Limit:** 20**Crochet with Recycled Bags - Service Group (#3145)***Thursdays: September 12 – November 21; 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**Fun with Crochet (#3401)***Thursdays: September 12 – December 19; 1:30 – 3:00 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, hook, and yarn for the project you want to start with.

Location: Senior Activity Center, Room 11**Instructor:** Shanna Erickson**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)**Class Limit:** 14**Fused Glass Aspens (#3402)***Thursday: September 12; 6:00 – 8:00 p.m.*

Decorate a 4x8 glass piece with fused glass of varied shapes, sizes, and colors to create a unique fall gift for someone or for yourself.

(continues...)

(continued: *Fused Glass Aspens*)

This will be fired and ready for pick up on Monday, September 16th. Enjoy a glass of cheer and light snacks as you create your autumn project.

Location: 456 University Street

Instructors: Melissa Neiers and Faith Nolte, Glass Artists

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

Class Limit: 15

Class Fee: \$45

How to Pay: Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **August 29th**. 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 Christmas (#3407)

Thursday: December 12; 3:00 – 5:00 p.m.

Decorate a Christmas themed glass piece with fused glass of varied shapes, sizes, and colors to create a unique gift for someone, or for yourself. This will be fired and ready for pick up Monday, December 16th. Enjoy a glass of holiday cheer and light snacks as you create.

Location: 456 University Street

Instructors: Melissa Neiers and Faith Nolte, Glass Artists

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

Class Limit: 15

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**. 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 16; 7:30 – 8:30 p.m. – payment due by September 9

Section 2 – Monday: September 30; 7:30 – 8:30 p.m. – payment due by September 9

Section 3 – Monday: October 14; 7:30 – 8:30 p.m. – payment due by October 7

Section 4 – Monday: October 28; 7:30 – 8:30 p.m. – payment due by October 7

Section 5 – Monday: November 11; 7:30 – 8:30 p.m. – payment due by November 4

Section 6 – Monday: November 25; 7:30 – 8:30 p.m. – payment due by November 4

Section 7 – Monday: December 9; 7:30 – 8:30 p.m. – payment due by December 2

Section 8 – Monday: December 16; 7:30 – 8:30 p.m. – payment due by December 2

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 Street

Instructor: Sam Casper

Facilitator: MaryAnn Creighton (435-232-1887, creightm@yahoo.com)

Class Limit: 4 per section

Class Fee: \$35 (for one paperweight)

How to Pay: Please send check payable to MaryAnn Creighton at P.O. Box 4194, Pocatello, ID 83205. If payment is not received by due date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

Glass Blowing – Pendants (#3414)

Section 1 – Monday: September 16; 6:00 – 7:00 p.m. – payment due by September 9

Section 2 – Monday: September 30; 6:00 – 7:00 p.m. – payment due by September 9

Section 3 – Monday: October 14; 6:00 – 7:00 p.m. – payment due by October 7

Section 4 – Monday: October 28; 6:00 – 7:00 p.m. – payment due by October 7

Section 5 – Monday: November 11; 6:00 – 7:00 p.m. – payment due by November 4

Section 6 – Monday: November 25; 6:00 – 7:00 p.m. – payment due by November 4

Section 7 – Monday: December 9; 6:00 – 7:00 p.m. – payment due by December 2

Section 8 – Monday: December 16; 6:00 – 7:00 p.m. – payment due by December 2

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Create custom pendants in this beginning lamp working class. Poky Glass Art Studio artists will show you how to manipulate color, shape, and flow in glass.

(continues...)

(continued: Glass Blowing – Pendants)

Participants will make two to three 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 Street

Instructor: Sam Casper

Facilitator: MaryAnn Creighton (435-232-1887, creightm@yahoo.com)

Class Limit: 4 per section

Class Fee: \$40

How to Pay: Please send check payable to MaryAnn Creighton at P.O. Box 4194, Pocatello, ID 83205. If payment is not received by due date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

Metal Ring Pumpkins (#3416)

Monday: September 23; Section 1: 4:00 p.m.

Section 2: 6:00 p.m.

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Just in time for the fall season, you will make two pumpkins by decorating metal jar rings. All supplies will be provided.

Location: Elwen Cottage, 334 N. Main Street

Instructor: Wendy Vaughn

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

Class Limit: 18 per section

Class Fee: \$10

Origami for Beginners (#3148)

Thursday: September 19, 26; October 3 & 10; 1:30 – 3:30 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 single 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, Dining Room

Instructor: Kris Hansen

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

Class Limit: 10

Class Fee: \$5 for four two-hour classes

Origami Folders Anonymous (#3418)

Thursday: October 24, 31; November 7, 14; 1:30 – 3:30 p.m.

If you find yourself hopelessly addicted to transforming squares of paper into various little animals, flowers, and multiple units for kusudama, this class may be for you. Together we'll step it up a bit and learn some new models that are a little more difficult. We'll work on a more complicated animal, such as the 'outside reverse fold squirrel', elephant, or the Edwin Corry puppy dog. We could learn a new kusudama also, and maybe a new flower or box. Will you accept the challenge?

Location: Senior Activity Center, Dining Room

Instructor: Kris Hansen

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

Class Limit: 20

Class Fee: \$5 for four two-hour classes

Origami Trek to Bethlehem (#3062)

Thursday: December 5, 12, & 19; 1:30 – 3:30 p.m.

You are almost there – less than three weeks left until the birth of your precious baby! Then you hear the news: you must travel with your husband more than seventy miles, from your home to the town of Bethlehem to pay your taxes. No reprieve for your physical condition, or the fact that the child you are carrying is the most important and sacred baby ever to be born on this earth. Luckily you have a sweet and gentle donkey available to carry you. In origami, we'll represent the three iconic characters of this story with simple, elegant folds typical of classic origami designed by modern origami artist Barbara Furmanowicz. If this story is an important part of your Christmas celebration, you'll enjoy making this threesome to add to your collection of nativity sets or enjoy giving a set to favorite friends and relatives. You'll make a donkey, a lovely model of Mary designed to sit atop the donkey, and a model of Joseph to lead the donkey. Printed instructions and origami paper provided.

Location: Senior Activity Center, Dining Room

Instructor: Kris Hansen

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

Class Limit: 20

Class Fee: \$5 for three two-hour classes

Quilling with Carol (#3220)

Wednesday: November 6, 13, & 20; 1:00 – 3:00 p.m.

Make a Christmas angel card to share with that special someone or use as an ornament.

Location: Senior Activity Center, Room 6

Instructor: Carol Johnston

Facilitator: Angela Luckey (208-221-0200, ansaluck@gmail.com)

Class Limit: 10

Class Fee: \$5

Rag Rugs (#3295)**Tuesdays: September 24 – October 29; 1:00 – 2:30 p.m.**

Come and learn how to turn your old sheets into crocheted rag rugs like grandma used to make, just in time for Christmas gifts. Start saving your old, worn sheets now. You will learn a simple crochet stitch and how to make different sizes and shapes of these cozy, quaint rugs. **PLEASE BRING A SIZE Q CROCHET HOOK AND OLD SHEETS.**

Location: Senior Activity Center, Room 6
Instructor: Linda Lindley
Facilitator: Linda Fairchild (208-251-2586)
Class Limit: 20

Rock Art – Cactus Garden (#3168)**Tuesday: October 15; 1:30 – 3:30 p.m.**

With a little paint, we can turn rocks into a cactus garden. Join us in the magic!

Location: Senior Activity Center, Dining Room
Instructor: Suzanne Hong Johnson
Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)
Class Limit: 20
Class Fee: \$5 for rocks and paint, bring to class.

Seasonal Décor (#3146)**Thursday: November 7; 1:00 – 3:00 p.m.**

Participants will use chalk couture and reusable stencils to create a seasonal decoration for their family room, front porch, door, or anywhere for a holiday.

Location: Senior Activity Center, Room 6
Instructor: Annie Gardner, Owner of The Craft Shop in Blackfoot
Facilitator: Diane Tauscher (208-680-2393, dmt88bailey@q.com)
Class Limit: 10
Class Fee: \$10 for supplies, bring to class, no checks please.

Snowman Wall Hanger (#3419)

Monday: November 4; Section 1: 4:00 p.m.
Section 2: 6:00 p.m.

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Just in time for winter, you will make and paint a wooden snowman wall hanging. All supplies will be provided.

Location: Elwen Cottage, 334 N. Main Street
Instructor: Wendy Vaughn
Facilitator: Deanna Aslett (208-390-0389, ddaslett@gmail.com)
Class Limit: 18 per section
Class Fee: \$10

Steampunk Jewelry (#3953)

Monday: September 9; Section 1: 4:00 p.m.
Section 2: 6:00 p.m.

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

This class is back by popular demand. You will make two pieces of Steampunk jewelry. All supplies will be provided.

Location: Elwen Cottage, 334 N. Main Street
Instructor: Wendy Vaughn
Facilitator: Deanna Aslett (208-390-0389, ddaslett@gmail.com)
Class Limit: 18 per section
Class Fee: \$10

Woodcarving, Beginning (#3101)

Mondays, Wednesdays, and Fridays as desired: September 11 – December 13; 9:00 a.m. – Noon (Clean-up from 11:30 – Noon). It is STRONGLY advised to attend first class. After this first class, you may come any Monday, Wednesday, and Friday as desired.

Due to the rotary power tools and equipment in use, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks. Beginning Woodcarver classes are for those individuals who have little or no experience in woodcarving. Dremels, 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.

Instruction will be provided by advanced carvers present. Advisors Shorty Miller and Diane Porter will provide additional guidance when available.

Location: Home Depot Lumber Department, 4340 Hawthorne Road, 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 as desired: September 4 – December 13; 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 per their individual interests.

Related optional activities include participation in woodcarving competitions and displays.

Location: Home Depot Lumber Department, 4340 Hawthorne Road, Chubbuck

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

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

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

FITNESS & MOTION

Fit and Fall Proof™ (#3106)

Mondays and Wednesdays:

September 9 – November 13; 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 (208-851-0842, jsm22553@yahoo.com)

Class Limit: 30

Hiking the Hills (#3066)

Fridays: September 13 – November 22; 9:00 a.m.

We'll be hiking on trails in Southeast Idaho, mostly within 30 minutes of Pocatello. The location of each week's hike will be emailed a few days prior. The hikes will be a minimum of 4 miles in length round trip (please do not sign up if you are unable to hike at least this far).

Location: Southeast Idaho Trails

Instructor: Eileen Huestis

Facilitators: Debbie Shell (208-863-6710, dmshell1707@gmail.com) and Bill Kessler (909-374-1465, chevynomad55@gmail.com)

Line Dancing: Starter (#3013)

Mondays: September 9 – November 11; 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 then will be combined into simple and easy-to-learn dances. This will help memory and coordination, so that you get both physical and mental exercise. This class is for guys and gals and you do not need a partner. Please bring water if desired.

Location: Elks Lodge, 410 S. Main Street

Instructors: Judy Liday and Marcia Burton

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

Class Limit: 40

Line Dancing: Starter/Beginner (#3421)

Tuesdays: September 10 – November 12; 1:00 – 2:00 p.m.

The first part of this class will be tailored to those new to line dancing. Basic line dance steps, step patterns, and rhythms will be taught which will then be combined into simple and easy-to-learn dances. The second part of the class will involve slightly more complex steps and patterns but will be easy to learn. This will help 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. You may bring water.

Location: Bingham County Senior Center, 20 E. Pacific Street, Blackfoot

Instructors: Jeanie Potter, Eileen Huestis and Marcia Knight

Facilitators: Jeanie Potter (208-690-1366, pottjean@isu.edu), and Judy Liday (208-317-6664, lidayjam@gmail.com)

Class Limit: 20

Line Dancing: Beginning 1 (#3111)

Mondays: September 9 – November 11; 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 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 Street

Instructors: Penny Cooper, Diane Bilyeu and Shannon Sudweeks

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

Class Limit: 40

Line Dancing: Beginning 2 (#3112)

Mondays: September 9 – November 11; 2:05 – 3:00 p.m.

This class will build on what was taught in the Beginning 1 class. The line dances in this class are more complex than the dances in the Beginning 1 class, but they are still fun and relatively easy. Line dancing helps to build memory and coordination with physical and mental exercise. This class is for guys and gals, and you don't need a partner. Bring water if desired.

Location: Elks Lodge, 410 S. Main Street

Instructors: Kay Elsethagen and Carlyn Rice

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

Class Limit: 40

Line Dancing: Intermediate (#3113)*Tuesdays: September 10 – November 12; 9:30 – 10:25 a.m.*

Intermediate line dancing is for those who have completed the Beginning 2 Line Dance 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 Street
Instructor: Susan Cramer (208-237-8709, s.kramer1@gmail.com)
Facilitator: Judy Liday (208-317-6664, lidayjam@gmail.com)
Class Limit: 40

Line Dancing: "Oldies but Goodies" (#3110)*Tuesdays: September 10 – November 12; 10:35 – 11:30 a.m.*

This class is a combination of dances previously learned in the Beginner and Intermediate dance 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 Street
Instructors: Judy Liday and Marjean Waford
Facilitator: Judy Liday (208-317-6664, lidayjam@gmail.com)
Class Limit: 40

Line Dancing: Advanced (#3819)*Thursdays: September 12 – November 14; 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 Street, Pocatello
Instructor: Susan Cramer
Facilitator: Judy Liday (208-317-6664, lidayjam@gmail.com)
Class Limit: 40

Qigong (#3282)*Fridays: September 13 – December 13; 1:00 – 2:00 p.m.*

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 and Zoom
Instructor/Facilitator: Jim Mariani (208-851-0842, jsm22553@yahoo.com)
Class Limit: 12

Square Dance (#3105)*Fridays: September 6 – October 25**SECTION 1 – Basic & Mainstream: 6:00 – 7:30 p.m.**SECTION 2 – Introduction to Plus Level (for those who have completed Basic & Mainstream): 7:30 – 9:00 p.m.*

Learn the joy of square dance! No partner needed – we have several experienced dancers who dance male/female positions. You commit your time, and we'll all have fun! Wear comfortable dance shoes, a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, top square dance caller.

Location: Roy F. Christensen Bldg. 48 in the Tech Café sitting area
Instructor: Steve Sullivan, licensed square dance caller
Facilitator: Shirley Hockett (208-241-7317, shirleyhockett@isu.edu)
Class Limit: 100
Class Fee: Non-NKA members: \$5/person per evening

Tai Chi Chih Beginner (#3103)*Mondays: September 23 – December 16; 1:00 – 2:00 p.m.*

Tai Chi Chih (TCC) is described as "joy through movement." Emphasis is on moving meditation, breathing, physical balance and spiritual balance. We will be learning and practicing the 19 TCC disciplines. Dress in comfortable gym clothes.

Location: Liberty Hall 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 24 – December 12; 9:00 – 10:00 a.m.*

Meditation in motion. We practice the 19 Tai Chi Chih disciplines taught in the beginner's class, as well as several classical Qigong forms. Class limited to those who have previous experience or are willing to come early for tutoring. You may Zoom 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: 25

Water Aerobics in the Lava Hot Springs Indoor Pool (#3265)

Saturdays: September 14 – October 12; 9:00 – 10:00 a.m.

This exercise class uses the resistance of water to safely improve your strength, balance, flexibility, and endurance while creating muscle tone. Join us! We practice a fun and safe workout in Lava's indoor pool using the resistance of your own body, water buoys, and noodles. You bring your body; we'll supply the noodles and buoys. The warm water (approximately 86 degrees) allows you to exercise without putting strain on your joints. You don't even have to know how to swim! Organize a carpool and travel the 35 miles to Lava Hot Springs for this fun and engaging experience.

Location: Indoor Pool, 195 N. Center, Lava Hot Springs

Instructor/Facilitator: Brenda Ehrler, 500-hour registered yoga teacher (RYT), (801-554-9396, bl_ehrler@att.net)

Class Limit: 10

Class Fee: \$25 for 5 classes, pay at pool first day of class.

Yoga, Beginning Mat (#3717)

Thursdays: September 12 – October 17; 1:00 – 2:30 p.m.

Bring your yoga mat and yoga blocks to join this beginner yoga class. Each Asana (movement) class includes poses that will increase flexibility, and strength. We will practice forward folds, balance poses, twists, backbends, inversions, and lateral extensions to work the entire body. At the conclusion of each class, we will practice pranayama (breathing) and Vishoka meditation.

Location: Liberty Hall, Upstairs

Instructor/Facilitator: Brenda Ehrler (801-554-9396, bl_ehrler@att.net)

Class Limit: 24

Zumba Gold® (#3952)

Mondays: September 16 – November 4; 10:00 – 11:00 a.m.

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

Location: Assemble! Learning and Event Center, 820 E. Young Avenue

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

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

Class Limit: 40

FOOD & BEVERAGE

Beer Tasting at Off the Rails (#3422)

Monday: September 16; 10:30 a.m. – Noon

Participants will choose four 6-ounce beers to try. Finger foods will be provided. Additional samples available for 50 cents.

Location: Off the Rails Brewing, 228 S. Main Street

Instructor: Peyton Kiggins, owner

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

Class Limit: 30

Class Fee: \$20, includes gratuity.

How to Pay: Make check payable to Off the Rails Brewing. Send to Deanna Aslett, 2930 Summit Drive, Pocatello, ID 83201 by **September 9th**.

Bites of the World (#3423)

Thursday: September 26; October 17; November 14; 3:00 p.m.

Come and share your favorite recipes and bring a dish of your choice to share. You choose the month(s) you would like to share.

September 19: *Latin Inspired Dishes*

October 17: *French/Italian Dishes*

November 14: *Your Favorite Dishes or Desserts*

Location: Liberty Hall

Instructors/Facilitators: Jane Sampson (208-241-1376, sampsonjane935@gmail.com) and Mary Lou Powers (209-625-6160, marylou835@sbcglobal.net)

Class Limit: 25

Cinnamon Rolls at the Temple (#3424)

Thursday: November 7; 1:00 – 2:30 p.m.

Learn how to make cinnamon rolls from scratch and have fun while doing it. Make the sweet dough, shape it into rolls, add filling, and bake. These make a great holiday treat.

Location: Temple Emanuel, 318 N. 18th Street

Instructor: Dale Spencer

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

Class Limit: 20

Class Fee: none – donations accepted.

Dutch Oven Cooking (#3427)**Wednesday: September 25; 1:00 – 2:30 p.m.**

In this introductory course to Dutch oven cooking, every aspect of Dutch oven cooking will be covered before we do any cooking. Participants will learn about charcoal and heat, Dutch oven tools, different types of Dutch ovens, how to season them, etc.

A complimentary Dutch oven cookbook will be available to students. On the nights we cook, we will make a variety of things from breads to desserts, including main dishes and appetizers.

At the conclusion of the course, participants will be confident in their ability to cook a variety of things in a Dutch oven, both in cast iron and aluminum.

Location: 1624 Beth Street**Instructor:** Roger Rankin**Facilitator:** Angela Luckey (208-221-0200, luckange@isu.edu)**Class Limit:** 20**Class Fee:** \$25 for supplies, food, charcoal, etc.**Whiskey Pairing at the Yellowstone (#3429)****Wednesday: October 9; 5:00 – 7:00 p.m.**

Join friends at the historic Hotel Yellowstone Restaurant's 313 Whiskey Bar for a fun evening of whiskey pairing. This is Pocatello's first and only whiskey room and bar focused entirely on whiskey. There will be four whiskeys available for pairing with menu items selected to complement the attributes of each whiskey.

Location: 313 Whiskey Bar inside the Hotel Yellowstone, 230 W. Bonneville**Instructor:** Jennifer Erchul, owner**Facilitator:** Trish Mooney (208-220-1283, patricia.j.mooney@gmail.com)**Class Limit:** 50**Class Fee:** \$45, includes gratuity.

How to Pay: Please RSVP and send check payable to Trish Mooney at 5567 Turf Drive, Pocatello ID, 83204 by **September 28th**. If payment is not received by this date, wait-list members will be invited.

Wine Pairing at PV's Uncorked (#3943)**Tuesday: September 24; 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 Street**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 at 255 Fairmont Ave., Pocatello, ID 83201 by **Thursday, September 19th**.

Wine Pairing at the Yellowstone (#3642)**Thursday: November 7; 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.

Location: The Yellowstone Restaurant inside The Yellowstone Hotel, 230 W. Bonneville**Instructor:** Jennifer Erchul, owner**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)**Class Limit:** 50**Class Fee:** \$45, includes gratuity.

How to pay: Send check payable to Geoff Hogander at 255 Fairmont Ave., Pocatello ID 83201 by **October 31st**.

Wine Tasting at the Bru House (#3431)**Wednesday: September 18; 5:00 – 7:00 p.m.**

Meet up at the Bru House for a fun evening and a tasting of four different wines, each paired with a delicious appetizer. While you're there, you may find a locally made gift for yourself or someone special.

Location: Bru House, 502 N. Main Street**Instructor:** Sandy Madrid**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)**Class Limit:** 50**Class Fee:** \$15

How to Pay: Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **September 11th**. 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.

Wine Tasting at Café Tuscano (#3120)**Tuesday: October 15; 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

(continues...)

NEW KNOWLEDGE ADVENTURES

NKA MEMBERSHIP AND REGISTRATION FORM FALL 2024

PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES

☐ New Member ☐ Previous Member

Name: _____

Address: _____

City/State/Zip: _____

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

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

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

REGISTRATION OPENS ON AUGUST 28

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
\$ _____

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: _____

NEW KNOWLEDGE ADVENTURES

DAY ONE REGISTRATION FORM

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: cettrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.

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

ART, MUSIC & THEATER

- ☐ ☐ Australian Aboriginal Art and Music, the Digeridoo (#3370)
- ☐ Creating the ISCS – Pedro Giraudo Tango Quartet Album (#3374)
- ☐ NKA Christmas Party Skit (#3303)
- ☐ Preview to the Commercial Music Big Band – Stevie Wonder (#3375)
- ☐ Preview to the Marching Band Fest (#3379)
- ☐ Preview to the Play: *The Imaginary Invalid* (#3380)
- ☐ Preview to the Play: *The Little Prince* (#3381)
- ☐ Preview to the Symphony (#3322)

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.**

- ☐ Craft Shop Calligraphy **Pre-Pay \$10** (#3243)
- ☐ Craft Shop Fused Glass **Pre-Pay \$25** (#3533)
- ☐ Craft Shop Hand Building with Clay **Pre-Pay \$35** (#3599)
- ☐ Craft Shop Macrame Plant Hanger **Pre-Pay \$15** (#3385)
- ☐ Craft Shop Mosaic Stepping Stones **Pre-Pay \$20** (#3244)

CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- ☐ Barn Quilts (#3489)
- ☐ Beginners Beadwork Project (#3386)
- ☐ Beginning Crochet 101/102 (#3309)
- ☐ Beginning and Intermediate Knitting (#3135)
- ☐ Beginning Looming (#3389)
- ☐ Beginning Tatting (#3124)
- ☐ Bird Feeder (#3395)
- SECTION: ☐ 1 ☐ 2
- ☐ Bunting Banner with Flags (#3397)
- SECTION: ☐ 1 ☐ 2
- ☐ Christmas Tray (#3398)
- SECTION: ☐ 1 ☐ 2
- ☐ Chunky Yarn Finger Knitting (#3400)
- ☐ Creative Cards for Birthday (#3356)
- ☐ Creative Cards for Christmas (#3960)
- ☐ Crochet/Knitting - Service Group (#3196)
- ☐ Crochet with Recycled Bags – Service Group (#3145)
- ☐ Fun with Crochet (#3401)
- ☐ Fused Glass Aspens (#3402)
- ☐ Fused Glass Christmas (#3407)
- ☐ 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
- ☐ Metal Ring Pumpkins (#3416)
- SECTION: ☐ 1 ☐ 2
- ☐ Origami for Beginners (#3148)
- ☐ Origami Folders Anonymous (#3418)
- ☐ Origami Trek to Bethlehem (#3062)
- ☐ Quilling with Carol (#3220)
- ☐ Rag Rugs (#3295)
- ☐ Rock Art – Cactus Garden (#3168)
- ☐ Seasonal Décor (#3146)
- ☐ Snowman Wall Hanger (#3419)
- SECTION: ☐ 1 ☐ 2
- ☐ Steampunk Jewelry (#3953)
- SECTION: ☐ 1 ☐ 2
- ☐ Woodcarving, Beginning (#3101)
- ☐ Woodcarving, Advanced (#3558)

FITNESS & MOTION

- ☐ Fit and Fall Proof™ (#3106)
- ☐ Hiking the Hills (#3066)

- ☐ Line Dancing: Starter (#3013)
- ☐ Line Dancing: Starter/Beginner (#3421)
- ☐ Line Dancing: Beginning 1 (#3111)
- ☐ Line Dancing: Beginning 2 (#3112)
- ☐ Line Dancing: Intermediate (#3113)
- ☐ Line Dancing: "Oldies but Goodies" (#3110)
- ☐ Line Dancing: Advanced (#3819)
- ☐ ☐ Qigong (#3282)
- ☐ Square Dance (#3105)
- SECTION: ☐ 1 ☐ 2
- ☐ Tai Chi Chih Beginner (#3103)
- ☐ ☐ Tai Chi Chih Advanced (#3104)
- ☐ Water Aerobics in the Lava Hot Springs Indoor Pool (#3265)
- ☐ Yoga, Beginning Mat (#3717)
- ☐ Zumba Gold® (#3952)

FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Beer Tasting at Off the Rails (#3422)
- ☐ Bites of the World (#3423)
- ☐ Cinnamon Rolls at the Temple (#3424)
- ☐ Dutch Oven Cooking (#3427)
- ☐ Whiskey Pairing at the Yellowstone (#3429)
- ☐ 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)
- ☐ Wine Tasting at Gate City Coffee & Gifts (#3276)

GAMES

IN-PERSON | ZOOM (ALL CLASSES)

- ☐ Golf at Outback Golf Park (#3435)
- ☐ Introduction to Bridge (#3128)
- ☐ Intermediate/Introduction to Bridge (#3377)
- ☐ Lunch and Games (#3126)
- SECTION: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ Mahjong (#3125)
- ☐ ☐ Team Trivia (#3014)
- ☐ Texas Hold'em Poker (#3127)

GENERAL INTEREST

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

- ☐ ☐ ABC's of USP for NKA (#3436)
- ☐ ☐ Adventures in Zambia (#3440)
- ☐ ☐ Applying Diversity into Your Pocatello Lifestyle (#3442)
- ☐ ☐ Beware! Elder Fraud Abuse is on the Rise (#3445)
- ☐ Book Exchange (#3129)
- ☐ ☐ The Camino de Santiago, Five Days on the Camino Frances (#3448)
- ☐ ☐ CASA Volunteers: Changing a Child's Story (#3403)
- ☐ Coffee, Tea, and Conversation (#3286)
- ☐ ☐ Conservation Through the Lens (#3449)
- ☐ ☐ Contemporary Topics in Religion (#3451)
- ☐ Conversational Spanish (#3453)
- ☐ ☐ C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)
- ☐ ☐ Do Not Let RMDs Catch You Off Guard – What You Need to Know (#3293)
- ☐ ☐ Everything You Need to Know to Keep Potatoes Healthy (#3393)
- ☐ ☐ Himalaya Adventure – Trekking to Everest Base Camp (#3454)
- ☐ ☐ Hot Topics (#3827)
- ☐ ☐ How Big of a Threat is the Rise of Christian Nationalism in the U.S. and Idaho (#3455)
- ☐ ☐ How to Navigate Market Volatility (#3457)
- ☐ ☐ Medicare Updates and Using the Medicare Plan Finder (#3121)
- ☐ Monthly Social and Planning Fun (#3087)
- ☐ ☐ Navigating the Medicare Maze (#3905)
- ☐ ☐ Oprah Winfrey's Belief Series (#3977)
- ☐ Pocatello Regional Transit (PRT) Training (#3085)
- Section: ☐ 1 ☐ 2
- ☐ ☐ PROST and the Pocatello Comprehensive Plan 2040 (#3499)
- ☐ ☐ Putting the Fun in Fundraising (#3495)
- ☐ Running a Family Popcorn Shop (#3502)

- ☐ The Salvation Army Volunteers – Changing Your Community (#3504)
- ☐ ☐ Situational Awareness and Home Security (#3507)
- ☐ ☐ Travelogue – Bike and Barge the Danube Passing Through Six European Countries (#3508)
- ☐ ☐ Travels to Luxembourg, Belgium, and the Netherlands (#3509)
- ☐ The Village: A Safe Teen Assessment Center (#3297)
- ☐ ☐ What Does a 31-Year Career in the FBI Look Like? (#3511)

HEALTH & WELLNESS

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

- ☐ ☐ The Adoption of a Whole Food, Plant Based Lifestyle (#3513)
- ☐ ☐ Advancing Science: The Latest in Alzheimer's and Dementia Research (#3514)
- ☐ ☐ General Injury Care and Prevention for Older Adults (#3520)
- ☐ ☐ Guided Meditation, Find Inner Radiance (#3307)
- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ☐ Healthy Living 101 (#3522)
- ☐ "I Lost My Brains" – Reclaiming My Aging Brain and Body with Brain Gym (#3524)
- ☐ ☐ Mindful Ways Through Difficult Times (#3229)
- ☐ ☐ Recognizing Who You've Always Been (#3212)
- ☐ ☐ Resources As You Age, The Area V Agency on Aging (#3525)
- ☐ ☐ Safe Medication Use in Older Adults (#3526)
- ☐ Sound Bath Music Bowls (#3540)
- SECTION: ☐ 1 ☐ 2
- ☐ ☐ Steps to Safety (#3330)
- ☐ ☐ Stop the Bleed (#3333)
- ☐ ☐ Vegetarian, Vegan, and Mediterranean Diet: Eating Plant Based Could Impact Your Health (#3530)

HISTORY

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

- ☐ ☐ Censorship of Franco (#3541)
- ☐ ☐ Emma Standrod: Pioneer, Socialite and Educator (#3534)
- ☐ ☐ The Farmerettes: How They Helped Us Win WWII (#3536)
- ☐ ☐ The Pocatello Land Run, Monuments, and Other Footnotes to Local History (#3542)
- ☐ ☐ Riverboats, Steamboats, and American History (#3537)
- ☐ ☐ School Buildings in Pocatello (#3539)
- ☐ Tour of Brady Chapel and Cemetery (#3459)

NATURE, SCIENCE, & TECHNOLOGY

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

- ☐ ☐ Binocular Stargazing (#3782)
- ☐ ☐ Comets, Meteors and Asteroids, Oh My! (#3460)
- ☐ ☐ Craters of the Moon 100th Anniversary (#3469)
- ☐ ☐ Cutting the Cable or Satellite Cord (#3473)
- ☐ Edson Fichter Fall Walk and Talk (#3515)
- ☐ ☐ Flower Garden Through the Year (#3476)
- ☐ ☐ Libby for Beginners: Setting up the App on Your Phone or Tablet (#3102)
- ☐ Meteorites (#3122)
- ☐ ☐ Passwords and Computer Security (#3156)
- ☐ Skulls, etc. (#3157)
- ☐ ☐ Soil Health for Your Garden (#3478)
- ☐ ☐ Valuing Our Aquifer and Drinking Water (#3482)
- ☐ ☐ Weather and Wildlife in Idaho (#3483)
- ☐ ☐ Your Tablet and You (#3484)

TRAVEL & FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ Annie at the Ziegfeld Theater and Ogden Square Christmas Lights (#3485)
- ☐ Melaleuca and the Museum of Idaho (#3490)
- ☐ Trailing of the Sheep – Ketchum, Idaho (#3086)

WRITING & LITERATURE

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

- ☐ Book Group and a Glass (#3372)
- ☐ Cowboy Poetry (#3493)
- ☐ ☐ Writing Creatively – Fiction and Non-Fiction (#3136)

NEW KNOWLEDGE ADVENTURES

NKA MEMBERSHIP AND REGISTRATION FORM FALL 2024

PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES

☐ New Member ☐ Previous Member

Name: _____

Address: _____

City/State/Zip: _____

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

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

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

REGISTRATION OPENS ON AUGUST 28

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
\$ _____

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: _____

NEW KNOWLEDGE ADVENTURES

DAY TWO REGISTRATION FORM

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. You can also contact the facilitator for the class.

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

ART, MUSIC & THEATER

- ☐ ☐ Australian Aboriginal Art and Music, the Digeridoo (#3370)
- ☐ Creating the ISCS – Pedro Giraudo Tango Quartet Album (#3374)
- ☐ NKA Christmas Party Skit (#3303)
- ☐ Preview to the Commercial Music Big Band – Stevie Wonder (#3375)
- ☐ Preview to the Marching Band Fest (#3379)
- ☐ Preview to the Play: *The Imaginary Invalid* (#3380)
- ☐ Preview to the Play: *The Little Prince* (#3381)
- ☐ Preview to the Symphony (#3322)

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.**

- ☐ Craft Shop Calligraphy **Pre-Pay \$10** (#3243)
- ☐ Craft Shop Fused Glass **Pre-Pay \$25** (#3533)
- ☐ Craft Shop Hand Building with Clay **Pre-Pay \$35** (#3599)
- ☐ Craft Shop Macrame Plant Hanger **Pre-Pay \$15** (#3385)
- ☐ Craft Shop Mosaic Stepping Stones **Pre-Pay \$20** (#3244)

CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- ☐ Barn Quilts (#3489)
- ☐ Beginners Beadwork Project (#3386)
- ☐ Beginning Crochet 101/102 (#3309)
- ☐ Beginning and Intermediate Knitting (#3135)
- ☐ Beginning Looming (#3389)
- ☐ Beginning Tatting (#3124)
- ☐ Bird Feeder (#3395)
- SECTION: ☐ 1 ☐ 2
- ☐ Bunting Banner with Flags (#3397)
- SECTION: ☐ 1 ☐ 2
- ☐ Christmas Tray (#3398)
- SECTION: ☐ 1 ☐ 2
- ☐ Chunky Yarn Finger Knitting (#3400)
- ☐ Creative Cards for Birthday (#3356)
- ☐ Creative Cards for Christmas (#3960)
- ☐ Crochet/Knitting - Service Group (#3196)
- ☐ Crochet with Recycled Bags – Service Group (#3145)
- ☐ Fun with Crochet (#3401)
- ☐ Fused Glass Aspens (#3402)
- ☐ Fused Glass Christmas (#3407)
- ☐ 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
- ☐ Metal Ring Pumpkins (#3416)
- SECTION: ☐ 1 ☐ 2
- ☐ Origami for Beginners (#3148)
- ☐ Origami Folders Anonymous (#3418)
- ☐ Origami Trek to Bethlehem (#3062)
- ☐ Quilling with Carol (#3220)
- ☐ Rag Rugs (#3295)
- ☐ Rock Art – Cactus Garden (#3168)
- ☐ Seasonal Décor (#3146)
- ☐ Snowman Wall Hanger (#3419)
- SECTION: ☐ 1 ☐ 2
- ☐ Steampunk Jewelry (#3953)
- SECTION: ☐ 1 ☐ 2
- ☐ Woodcarving, Beginning (#3101)
- ☐ Woodcarving, Advanced (#3558)

FITNESS & MOTION

- ☐ Fit and Fall Proof™ (#3106)
- ☐ Hiking the Hills (#3066)

- ☐ Line Dancing: Starter (#3013)
- ☐ Line Dancing: Starter/Beginner (#3421)
- ☐ Line Dancing: Beginning 1 (#3111)
- ☐ Line Dancing: Beginning 2 (#3112)
- ☐ Line Dancing: Intermediate (#3113)
- ☐ Line Dancing: "Oldies but Goodies" (#3110)
- ☐ Line Dancing: Advanced (#3819)
- ☐ ☐ Qigong (#3282)
- ☐ Square Dance (#3105)
- SECTION: ☐ 1 ☐ 2
- ☐ Tai Chi Chih Beginner (#3103)
- ☐ ☐ Tai Chi Chih Advanced (#3104)
- ☐ Water Aerobics in the Lava Hot Springs Indoor Pool (#3265)
- ☐ Yoga, Beginning Mat (#3717)
- ☐ Zumba Gold® (#3952)

FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Beer Tasting at Off the Rails (#3422)
- ☐ Bites of the World (#3423)
- ☐ Cinnamon Rolls at the Temple (#3424)
- ☐ Dutch Oven Cooking (#3427)
- ☐ Whiskey Pairing at the Yellowstone (#3429)
- ☐ 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)
- ☐ Wine Tasting at Gate City Coffee & Gifts (#3276)

GAMES

IN-PERSON | ZOOM (ALL CLASSES)

- ☐ Golf at Outback Golf Park (#3435)
- ☐ Introduction to Bridge (#3128)
- ☐ Intermediate/Introduction to Bridge (#3377)
- ☐ Lunch and Games (#3126)
- SECTION: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ Mahjong (#3125)
- ☐ ☐ Team Trivia (#3014)
- ☐ Texas Hold'em Poker (#3127)

GENERAL INTEREST

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

- ☐ ☐ ABC's of USP for NKA (#3436)
- ☐ ☐ Adventures in Zambia (#3440)
- ☐ ☐ Applying Diversity into Your Pocatello Lifestyle (#3442)
- ☐ ☐ Beware! Elder Fraud Abuse is on the Rise (#3445)
- ☐ Book Exchange (#3129)
- ☐ ☐ The Camino de Santiago, Five Days on the Camino Frances (#3448)
- ☐ ☐ CASA Volunteers: Changing a Child's Story (#3403)
- ☐ Coffee, Tea, and Conversation (#3286)
- ☐ ☐ Conservation Through the Lens (#3449)
- ☐ ☐ Contemporary Topics in Religion (#3451)
- ☐ Conversational Spanish (#3453)
- ☐ ☐ C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)
- ☐ ☐ Do Not Let RMDs Catch You Off Guard – What You Need to Know (#3293)
- ☐ ☐ Everything You Need to Know to Keep Potatoes Healthy (#3393)
- ☐ ☐ Himalaya Adventure – Trekking to Everest Base Camp (#3454)
- ☐ ☐ Hot Topics (#3827)
- ☐ ☐ How Big of a Threat is the Rise of Christian Nationalism in the U.S. and Idaho (#3455)
- ☐ ☐ How to Navigate Market Volatility (#3457)
- ☐ ☐ Medicare Updates and Using the Medicare Plan Finder (#3121)
- ☐ Monthly Social and Planning Fun (#3087)
- ☐ ☐ Navigating the Medicare Maze (#3905)
- ☐ ☐ Oprah Winfrey's Belief Series (#3977)
- ☐ Pocatello Regional Transit (PRT) Training (#3085)
- Section: ☐ 1 ☐ 2
- ☐ ☐ PROST and the Pocatello Comprehensive Plan 2040 (#3499)
- ☐ ☐ Putting the Fun in Fundraising (#3495)
- ☐ Running a Family Popcorn Shop (#3502)

- ☐ The Salvation Army Volunteers – Changing Your Community (#3504)
- ☐ ☐ Situational Awareness and Home Security (#3507)
- ☐ ☐ Travelogue – Bike and Barge the Danube Passing Through Six European Countries (#3508)
- ☐ ☐ Travels to Luxembourg, Belgium, and the Netherlands (#3509)
- ☐ The Village: A Safe Teen Assessment Center (#3297)
- ☐ ☐ What Does a 31-Year Career in the FBI Look Like? (#3511)

HEALTH & WELLNESS

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

- ☐ ☐ The Adoption of a Whole Food, Plant Based Lifestyle (#3513)
- ☐ ☐ Advancing Science: The Latest in Alzheimer's and Dementia Research (#3514)
- ☐ ☐ General Injury Care and Prevention for Older Adults (#3520)
- ☐ ☐ Guided Meditation, Find Inner Radiance (#3307)
- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ☐ Healthy Living 101 (#3522)
- ☐ "I Lost My Brains" – Reclaiming My Aging Brain and Body with Brain Gym (#3524)
- ☐ ☐ Mindful Ways Through Difficult Times (#3229)
- ☐ ☐ Recognizing Who You've Always Been (#3212)
- ☐ ☐ Resources As You Age, The Area V Agency on Aging (#3525)
- ☐ ☐ Safe Medication Use in Older Adults (#3526)
- ☐ Sound Bath Music Bowls (#3540)
- SECTION: ☐ 1 ☐ 2
- ☐ ☐ Steps to Safety (#3330)
- ☐ ☐ Stop the Bleed (#3333)
- ☐ ☐ Vegetarian, Vegan, and Mediterranean Diet: Eating Plant Based Could Impact Your Health (#3530)

HISTORY

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

- ☐ ☐ Censorship of Franco (#3541)
- ☐ ☐ Emma Standrod: Pioneer, Socialite and Educator (#3534)
- ☐ ☐ The Farmerettes: How They Helped Us Win WWII (#3536)
- ☐ ☐ The Pocatello Land Run, Monuments, and Other Footnotes to Local History (#3542)
- ☐ ☐ Riverboats, Steamboats, and American History (#3537)
- ☐ ☐ School Buildings in Pocatello (#3539)
- ☐ Tour of Brady Chapel and Cemetery (#3459)

NATURE, SCIENCE, & TECHNOLOGY

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

- ☐ ☐ Binocular Stargazing (#3782)
- ☐ ☐ Comets, Meteors and Asteroids, Oh My! (#3460)
- ☐ ☐ Craters of the Moon 100th Anniversary (#3469)
- ☐ ☐ Cutting the Cable or Satellite Cord (#3473)
- ☐ Edson Fichter Fall Walk and Talk (#3515)
- ☐ ☐ Flower Garden Through the Year (#3476)
- ☐ ☐ Libby for Beginners: Setting up the App on Your Phone or Tablet (#3102)
- ☐ Meteorites (#3122)
- ☐ ☐ Passwords and Computer Security (#3156)
- ☐ Skulls, etc. (#3157)
- ☐ ☐ Soil Health for Your Garden (#3478)
- ☐ ☐ Valuing Our Aquifer and Drinking Water (#3482)
- ☐ ☐ Weather and Wildlife in Idaho (#3483)
- ☐ ☐ Your Tablet and You (#3484)

TRAVEL & FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ Annie at the Ziegfeld Theater and Ogden Square Christmas Lights (#3485)
- ☐ Melaleuca and the Museum of Idaho (#3490)
- ☐ Trailing of the Sheep – Ketchum, Idaho (#3086)

WRITING & LITERATURE

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

- ☐ Book Group and a Glass (#3372)
- ☐ Cowboy Poetry (#3493)
- ☐ ☐ Writing Creatively – Fiction and Non-Fiction (#3136)

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Mahjong • 1:30-4:00	3 Mahjong • 1:30-4:00	4 Woodcarving Adv • 9:00 Noon Oprah's Beliefs • 10:30-Noon	5	6 Pranayama • 9:00-9:30 Woodcarving Adv • 9:00 Noon Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00	7
8	9 Woodcarving Adv • 9:00 Noon Fit and Fall • 9:30-10:30 CRASE • 10:30-Noon Ln Dnc Starter • Noon-12:50 Aging Resources • 100-2:30 Ln Dnc Beg 1 • 100-1:55 Ln Dnc Beg 2 • 2:05-3:00 Steampunk Jewelry -Section 1 • 4:00 -Section 2 • 6:00	10 Ln Dnc Inter • 9:30-10:25 Looming • 10:00-11:30 Flower Garden • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 Mosaics • 12:30-2:30 Ln Dnc Start/Beg • 100-2:00 Team Trivia • 100-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Mahjong • 1:30-4:00	11 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Fit and Fall • 9:30-10:30 Barn Quilts • 10:00-11:30 Coffee/Tea • 10:00-11:00 Oprah's Beliefs • 10:30-Noon Passwords • 100-2:30 Tattooing • 100-3:00 Texas Holdem • 2:30-4:30	12 Ln Dnc Adv • 9:30-11:00 Crochet/Bags • 10:00-11:30 Mindful Ways • 10:00-11:30 ABC/USP/NA • 10:30-Noon Edson Fichter • 10:30-2:30 Outback Golf • 100 Yoga • 100-2:30 Crochet Fun • 1:30-3:00 Glass Aspens • 6:00-8:00	13 Hiking the Hills • 9:00 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Cutting Cable • 10:30-Noon Qigong • 100-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00	14 Water Aerobics • 9:00-10:00 am
15	16 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Fit and Fall • 9:30-10:30 Zumba Gold • 10:00-11:00 Beer Tasting • 10:30-Noon Stargazing • 10:30-Noon Ln Dnc Starter • Noon-12:50 Ln Dnc Beg 1 • 100-1:55 Pocatello University • 100-3:00 Ln Dnc Beg 2 • 2:05-3:00 Glass Pendant -Section 1 • 6:00-7:00 Paperweight -Section 1 • 7:30-8:30	17 Ln Dnc Inter • 9:30-10:25 Looming • 10:00-11:30 Spanish • 10:30-11:30 Riverboats • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 Mosaics • 12:30-2:30 Ln Dnc Start/Beg • 100-2:00 Team Trivia • 100-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Mahjong • 1:30-4:00 Monthly Social • 3:00-4:30	18 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Fit and Fall • 9:30-10:30 Barn Quilts • 10:00-11:30 Coffee/Tea • 10:00-11:00 Oprah's Beliefs • 10:30-Noon PRT - Section 1 • 100-2:30 Stop the Bleed • 100-2:30 Tattooing • 100-3:00 Texas Holdem • 2:30-4:30 Wine/Bru House • 5:00-7:00	19 Ln Dnc Adv • 9:30-11:00 Crochet/Bags • 10:00-11:30 Mindful Ways • 10:00-11:30 Fundraising • 10:30-Noon Medicare Maze • 100-2:30 Yoga • 100-2:30 Beg. Origami • 1:30-3:30 Crochet Fun • 1:30-3:00	20 Hiking the Hills • 9:00 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Lunch & Games -Section 1 • Noon-3:00 Finger Knitting • 100-2:30 Qigong • 100-2:00 Symphony • 3:00-4:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00	21 Water Aerobics • 9:00-10:00 am
22	23 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Fit and Fall • 9:30-10:30 Zumba Gold • 10:00-11:00 Craters/Moon • 10:30-Noon Ln Dnc Starter • Noon-12:50 Ln Dnc Beg 1 • 100-1:55 Tai Chi Beg • 100-2:00 Creative Writing • 2:00-4:00 Ln Dnc Beg 2 • 2:05-3:00 Metal Ring Pumpkins -Section 1 • 4:00 -Section 2 • 6:00 Popcorn Shop • 6:30-7:30	24 Tai Chi Adv • 9:00-10:00 Ln Dnc Inter • 9:30-10:25 Looming • 10:00-11:30 Spanish • 10:30-11:30 Hot Topics • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 Clay Building • 12:30-2:30 Birthday Cards • 100-3:00 Ln Dnc Start/Beg • 100-2:00 Rag Rugs • 100-2:30 Salvation Army • 100-2:30 Team Trivia • 100-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Mahjong • 1:30-4:00 Wine/Pt's • 6:00-8:00	25 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Fit and Fall • 9:30-10:30 Barn Quilts • 10:00-11:30 Coffee/Tea • 10:00-11:00 Oprah's Beliefs • 10:30-Noon Healthy Living 101 • Noon-1:30 Dutch Oven Cooking • 100-2:30 Safe Medication • 100-2:30 Tattooing • 100-3:00 Texas Holdem • 2:30-4:30	26 Tai Chi Adv • 9:00-10:00 Ln Dnc Adv • 9:30-11:00 Crochet/Bags • 10:00-11:30 Mindful Ways • 10:00-11:30 Market Volatility • 10:30-Noon Libby App • 100-2:30 Yoga • 100-2:30 Beg. Origami • 1:30-3:30 Crochet Fun • 1:30-3:00 World Bites • 3:00 Brady Chapel • 5:30	27 Hiking the Hills • 9:00 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Emma Standrod • 10:30-Noon Imaginary Invalid • Noon-1:00 Finger Knitting • 100-2:30 Qigong • 100-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00	28 Water Aerobics • 9:00-10:00 am
29	30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00 Noon Fit and Fall • 9:30-10:30 Zumba Gold • 10:00-11:00 Alzheimer's • 10:30-Noon Ln Dnc Starter • Noon-12:50 Ln Dnc Beg 1 • 100-1:55 Tai Chi Beg • 100-2:00 Creative Writing • 2:00-4:00 Ln Dnc Beg 2 • 2:05-3:00 Glass Pendant -Section 2 • 6:00-7:00 Glass Paperweight -Section 2 • 7:30-8:30	FALL TRAVEL				
October 4 – Trailing of the Sheep – Ketchum November 13 – Melaleuca and the Museum of Idaho December 14 – Ziegfeld Theater – Ogden						

October 4 – Trailing of the Sheep – Ketchum
November 13 – Melaleuca and the Museum of Idaho
December 14 – Ziegfeld Theater – Ogden

OCTOBER 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Tai Chi Adv • 9:00-10:00
Intro to Bridge • 9:30-10:25
Ln Dnc Inter • 9:30-10:25
Crochet 101/102 • 10:00-11:30
Injury Care • 10:30-11:30
Spanish • 10:30-11:30
Ln Dnc Oldies • 10:35-11:30
Ln Dnc Start/Beg • 10:00-2:00
Rag Rugs • 10:00-2:30
Team Trivia • 10:00-2:30
Crochet/Knit Svc • 1:30-3:00
Knitting • 1:30-3:30
Mahjong • 1:30-4:00
Religion Topics • 3:00-4:30

2
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Barn Quilts • 10:00-11:30
Coffee/Tea • 10:00-11:00
Oprah's Beliefs • 10:30-Noon
Cowboy Poetry • 10:00-2:30
Tattooing • 1:00-3:00
Texas Hold'em • 2:30-4:30

3
Tai Chi Adv • 9:00-10:00
Ln. Dnc Adv. • 9:30-11:00
Crochet/Bags • 10:00-11:30
Aboriginal Music • 10:30-Noon
Vegetarian Diet • 10:00-2:30
Yoga • 10:00-2:30
Beg. Origami • 1:30-3:30
Crochet Fun • 1:30-3:00
Book Group • 3:00-4:30

4
Trailing of the Sheep • 7:30
Hiking the Hills • 9:00
Pranayama • 9:00-9:30
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Finger Knitting • 10:00-2:30
Qigong • 10:00-2:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

5
Water Aerobics • 9:00-10:00 am

6

7
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Zumba Gold • 10:00-11:00
Travelogue • 10:30-Noon
Ln Dnc Starter • Noon-12:50
Ln Dnc Beg 1 • 10:00-1:55
Tai Chi Beg • 10:00-2:00
Creative Writing • 2:00-4:00
Ln Dnc Beg 2 • 2:05-3:00
Bunting Banner
-Section 1 • 4:00
-Section 2 • 6:00

8
Tai Chi Adv • 9:00-10:00
Intro to Bridge • 9:30-10:25
Ln Dnc Inter • 9:30-10:25
Crochet 101/102 • 10:00-11:30
PROS/IFran 2040 • 10:30-Noon
Ln Dnc Oldies • 10:35-11:30
Clay Building • 12:30-2:30
Ln Dnc Start/Beg • 10:00-2:00
Rag Rugs • 10:00-2:30
Team Trivia • 10:00-2:30
Crochet/Knit Svc • 1:30-3:00
Knitting • 1:30-3:30
Mahjong • 1:30-4:00
Religion Topics • 3:00-4:30

9
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Barn Quilts • 10:00-11:30
Coffee/Tea • 10:00-11:00
Oprah's Beliefs • 10:30-Noon
Sound Bath • 10:00-2:30
Tattooing • 10:00-3:00
Texas Hold'em • 2:30-4:30
Whiskey/Yellowstone • 5:00-7:00

10
Tai Chi Adv • 9:00-10:00
Ln. Dnc Adv. • 9:30-11:00
Crochet/Bags • 10:00-11:30
Religious Threats • 10:30-Noon
Marching Band • Noon-1:00
Medicare Updates • 10:00-2:30
Yoga • 10:00-2:30
Beg. Origami • 1:30-3:30
Crochet Fun • 1:30-3:00
Skittles, etc. • 2:00-4:00

11
Hiking the Hills • 9:00
Pranayama • 9:00-9:30
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Qigong • 10:00-2:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

12
Water Aerobics • 9:00-10:00 am

13

14
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Elder Fraud • 10:30-11:00
Zumba Gold • 10:00-11:00
Ln Dnc Starter • Noon-12:50
Ln Dnc Beg 1 • 10:00-1:55
Tai Chi Beg • 10:00-2:00
Creative Writing • 2:00-4:00
Ln Dnc Beg 2 • 2:05-3:00
Bird Feeder
-Section 1 • 4:00
-Section 2 • 6:00
Gloss Pendant -Section 3 • 6:00-7:00
Monthly Social • 3:00-4:30 Sec 1 • 2:00-4:00 pm
Religion Topics • 3:00-4:30 Sec 2 • 5:00-7:00 pm

15
Tai Chi Adv • 9:00-10:00
Intro to Bridge • 9:30-10:25
Ln Dnc Inter • 9:30-10:25
Crochet 101/102 • 10:00-11:30
Your Tablet • 10:30-Noon
Ln Dnc Oldies • 10:35-11:30
Ln Dnc Start/Beg • 10:00-2:00
Rag Rugs • 10:00-2:30
Team Trivia • 10:00-2:30
Crochet/Knit Svc • 1:30-3:00
Mahjong • 1:30-4:00
Knitting • 1:30-3:30
Rock Art • 1:30-3:30
Monthly Social • 3:00-4:30 Sec 1 • 2:00-4:00 pm
Religion Topics • 3:00-4:30 Sec 2 • 5:00-7:00 pm

16
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Barn Quilts • 10:00-11:30
Coffee/Tea • 10:00-11:00
Oprah's Beliefs • 10:30-Noon
Sound Bath • 10:00-2:30
Tattooing • 10:00-3:00
Texas Hold'em • 2:30-4:30

17
Tai Chi Adv • 9:00-10:00
Ln. Dnc Adv. • 9:30-11:00
Crochet/Bags • 10:00-11:30
Pocahontas Schools • 10:30-Noon
The Village • 10:30-Noon
PRT-Section 2 • 10:00-2:30
Yoga • 10:00-2:30
Crochet Fun • 1:30-3:00
World Bites • 3:00
Brain Gym • 4:00-5:30

18
Hiking the Hills • 9:00
Pranayama • 9:00-9:30
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Camino Santiago • 10:30-Noon
Lunch & Games
-Section 2 • Noon-3:00
Qigong • 10:00-2:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

19

20

21
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Zumba Gold • 10:00-11:00
CASA • 10:30-Noon
Ln Dnc Starter • Noon-12:50
Ln Dnc Beg 1 • 10:00-1:55
Tai Chi Beg • 10:00-2:00
Creative Writing • 2:00-4:00
Ln Dnc Beg 2 • 2:05-3:00

22
Tai Chi Adv • 9:00-10:00
Intro to Bridge • 9:30-10:25
Ln Dnc Inter • 9:30-10:25
Crochet 101/102 • 10:00-11:30
Beadwork Project • 10:30-12:30
Ln Dnc Oldies • 10:35-11:30
Calligraphy • 12:30-2:30
Ln Dnc Start/Beg • 10:00-2:00
Rag Rugs • 10:00-2:30
Team Trivia • 10:00-2:30
Crochet/Knit Svc • 1:30-3:00
Knitting • 1:30-3:30
Mahjong • 1:30-4:00

23
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Barn Quilts • 10:00-11:30
Coffee/Tea • 10:00-11:00
Recognizing You • 10:30-Noon
Meditation • 10:00-2:30
Tattooing • 10:00-3:00
Texas Hold'em • 2:30-4:30

24
Tai Chi Adv • 9:00-10:00
Ln. Dnc Adv. • 9:30-11:00
Crochet/Bags • 10:00-11:30
Solt Health • 10:30-Noon
Crochet Fun • 1:30-3:00
Folders Anon. • 1:30-3:30
Brain Gym • 4:00-5:30

25
Hiking the Hills • 9:00
Pranayama • 9:00-9:30
Stevie Wonder • 9:00-10:00
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Qigong • 10:00-2:00
Symphony • 3:00-4:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

26

27

28
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Zumba Gold • 10:00-11:00
Ln Dnc Starter • Noon-12:50
Ln Dnc Beg 1 • 10:00-1:55
Tai Chi Beg • 10:00-2:00
Creative Writing • 2:00-4:00
Ln Dnc Beg 2 • 2:05-3:00
Glass Pendant
-Section 4 • 6:00-7:00
Glass Paperweight
-Section 4 • 7:30-8:30

29
Tai Chi Adv • 9:00-10:00
Intro to Bridge • 9:30-10:25
Ln Dnc Inter • 9:30-10:25
Crochet 101/102 • 10:00-11:30
Beadwork Project • 10:30-12:30
Hot Topics • 10:30-Noon
Ln Dnc Oldies • 10:35-11:30
Ln Dnc Start/Beg • 10:00-2:00
Rag Rugs • 10:00-2:30
Team Trivia • 10:00-2:30
Crochet/Knit Svc • 1:30-3:00
Knitting • 1:30-3:30
Mahjong • 1:30-4:00

30
Woodcarving Beg • 9:00-Noon
Woodcarving Adv • 9:00-Noon
Fit and Fall • 9:30-10:30
Barn Quilts • 10:00-11:30
Coffee/Tea • 10:00-11:00
Texas Hold'em • 2:30-4:30

31
Tai Chi Adv • 9:00-10:00
Ln. Dnc Adv. • 9:30-11:00
Crochet/Bags • 10:00-11:30
Comets/Meteors • 10:30-Noon
Travels to Europe • 10:00-2:30
Crochet Fun • 1:30-3:00
Folders Anon. • 1:30-3:30

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Hiking the Hills • 9:00 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00	2
3	4 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall • 9:30-10:30 Zumba Gold • 10:00-11:00 Ln Dnc Starter • Noon-12:50 Ln Dnc Beg 1 • 1:00-1:55 Tai Chi Beg • 1:00-2:00 Creative Writing • 2:00-4:00 Ln Dnc Beg 2 • 2:05-3:00 Snowman Wall Hanger -Section 1 • 4:00 -Section 2 • 6:00	5 Tai Chi Adv • 9:00-10:00 Inter. Bridge • 9:30-Noon Ln Dnc Inter • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Home Security • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 Fused Glass • 12:30-2:30 Ln Dnc Start/Beg • 1:00-2:00 Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30	6 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall • 9:30-10:30 Barn Quilts • 10:00-11:30 Coffee/Tea • 10:00-11:00 Pocahontas Land Run • 10:30-Noon Conservation/Lens • 1:00-2:30 Quilting • 1:00-3:00 Texas Hold'em • 2:30-4:30	7 Tai Chi Adv • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Christmas Cards • 10:00-11:30 Crochet/Bags • 10:00-11:30 Zambia • 10:30-Noon Cinnamon Rolls • 1:00-2:30 RMD's • 1:00-2:00 Seasonal Decor • 1:00-3:00 Crochet Fun • 1:30-3:00 Folgers Anon. • 1:30-3:30 Book Group • 3:00-4:30 Wine/Yellowstone • 5:00-7:00	8 Hiking the Hills • 9:00 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Little Prince • Noon-1:00 Lunch & Games -Section 3 • Noon-3:00 Qigong • 1:00-2:00 Giraud Quartet • 4:30-6:00	9
10	11 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall • 9:30-10:30 Ln Dnc Starter • Noon-12:50 Ln Dnc Beg 1 • 1:00-1:55 Tai Chi Beg • 1:00-2:00 Creative Writing • 2:00-4:00 Ln Dnc Beg 2 • 2:05-3:00 Glass Pendant -Section 5 • 6:00-7:00 Glass Paperweight -Section 5 • 7:30-8:30	12 Tai Chi Adv • 9:00-10:00 Inter. Bridge • 9:30-Noon Ln Dnc Inter • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Farmerettes • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 Ln Dnc Start/Beg • 1:00-2:00 Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30	13 Metaleuca Trip • 8:00 am Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall • 9:30-10:30 Barn Quilts • 10:00-11:30 Coffee/Tea • 10:00-11:00 Steps to Safety • 10:30-Noon FBI Career • 1:00-2:30 Quilting • 1:00-3:00 Texas Hold'em • 2:30-4:30	14 Tai Chi Adv • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet/Bags • 10:00-11:30 Himalaya • 10:30-Noon Crochet Fun • 1:30-3:00 Folgers Anon. • 1:30-3:30 Meteorites • 2:00-4:00 World Bites • 3:00	15 Hiking the Hills • 9:00 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00	16
17	18 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Potatoes • 10:30-Noon Tai Chi Beg • 1:00-2:00 Creative Writing • 2:00-4:00	19 Tai Chi Adv • 9:00-10:00 Inter. Bridge • 9:30-Noon Crochet 101/102 • 10:00-11:30 Macrame • 12:30-2:30 Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Christmas Skit • 3:00-4:00 Monthly Social • 3:00-4:30	20 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Coffee/Tea • 10:00-11:00 Franco • 11:00-Noon Whole Foods • 1:00-2:30 Quilting • 1:00-3:00 Texas Hold'em • 2:30-4:30	21 Tai Chi Adv • 9:00-10:00 Crochet/Bags • 10:00-11:30 Idaho Weather • 10:30-Noon Crochet Fun • 1:30-3:00	22 Hiking the Hills • 9:00 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Book Exchange • 10:30-Noon Qigong • 1:00-2:00 Symphony • 3:00-4:00	23 Wine/Gate City Coffee • 5:00-7:00
24	25 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Tai Chi Beg • 1:00-2:00 Creative Writing • 2:00-4:00 Glass Pendant -Section 6 • 6:00-7:00 Glass Paperweight -Section 6 • 7:30-8:30	26 Tai Chi Adv • 9:00-10:00 Inter. Bridge • 9:30-Noon Hot Topics • 10:30-Noon Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Christmas Skit • 3:00-4:00	27 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Coffee/Tea • 10:00-11:00 Texas Hold'em • 2:30-4:30	28 Thanksgiving	29 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00	30

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Tai Chi Beg • 1:00-2:00 Creative Writing • 2:00-4:00	3 Tai Chi Adv • 9:00-10:00 Inter Bridge • 9:30-Noon Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Christmas Skit • 3:00-4:00	4 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Coffee/Tea • 10:00-11:00 Texas Hold'em • 2:30-4:30	5 Tai Chi Adv • 9:00-10:00 Crochet Fun • 1:30-3:00 Orig. Bethlehem • 1:30-3:30 Book Group • 3:00-4:30	6 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00	7
8	9 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Tai Chi Beg • 1:00-2:00 Creative Writing • 2:00-4:00 Christmas Tray -Section 1 • 4:00 -Section 2 • 6:00 Glass Pendant -Section 7 • 6:00-7:00 Glass Paperweight -Section 7 • 7:30-8:30	10 Tai Chi Adv • 9:00-10:00 Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Christmas Skit • 3:00-4:00	11 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Coffee/Tea • 10:00-11:00 Aquifer • 1:00-2:30 Texas Hold'em • 2:30-4:30	12 Tai Chi Adv • 9:00-10:00 Crochet Fun • 1:30-3:00 Orig. Bethlehem • 1:30-3:30 Fused Glass Xmas • 3:00-5:00	13 Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Qigong • 1:00-2:00	14 Ziegfeld/Ogden • 8:30 am
15	16 Tai Chi Beg • 1:00-2:00 Glass Pendant -Section 8 • 6:00-7:00 Glass Paperweight -Section 8 • 7:30-8:30	17 Team Trivia • 1:00-2:30 Knitting • 1:30-3:30 Monthly Social • 3:00-4:30	18 Texas Hold'em • 2:30-4:30	19 Crochet Fun • 1:30-3:00 Orig. Bethlehem • 1:30-3:30	20 Lunch & Games -Section 4 • Noon-3:00	21
22	23	24	25	26	27	28
29	30	31				

(continued: Wine Tasting at Café Tuscano)

Allow Café Tuscano to pamper you and your friends while you taste some great wines. The wines will be paired with light appetizers to highlight the qualities of each wine. Please sign up for the section you prefer to attend.

Location: Café Tuscano, 2231 E. Center Street

Instructor: Allyson Burnham

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

Class Limit: 42

Class Fee: \$30 – pays for wines, appetizers, and gratuity.

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

Wine Tasting at Gate City Coffee & Gifts (#3276)

Saturday: November 23; 5:00 – 7:00 p.m.

Enjoy a relaxing evening with friends before the holidays begin. Taste a selection of wines provided by Terry Cappell and try one of the decadent desserts available for purchase. Gate City Coffee & Gifts has expanded and has a great selection of Idaho gifts and local arts and crafts for any special person in your life.

Location: Gate City Coffee & Gifts, 320 W. Center Street

Instructor: Terry Cappell with host Bill Kelvie

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

Class Limit: 35

Class Fee: \$12

How to Pay: Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **November 15th**. 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.

GAMES**Golf at Outback Golf Park (#3435)**

Thursday: September 12; 1:00 p.m.

Can't golf, but would still like to hit those golf balls? This will be a fun afternoon to get together and play miniature golf, or just hit balls at the driving range. Have a few laughs and enjoy yourself!

Location: The Outback Golf Park, 1665 Pocatello Creek Road

Instructor: Kathy Seibert

Facilitator: Teresa Timpson (208-251-5831, timptl@outlook.com)

Class Limit: 20

Class Fee: \$5 for miniature golf, \$5 for driving range.

Introduction to Bridge (#3128)

Tuesday: October 1, 8, 15, 22, & 29; 9:30 a.m. – Noon

Never played? A beginner? Need a refresher? Then join us! A deck of cards, instruction, and learning! We will discuss different bidding strategies and responses each week, and then play and discuss hands related to the topic. No Trump, Majors, Minors.... We have it all!

Location: Senior Activity Center, Room 11

Instructor: Peggy Vogt

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

Class Fee: \$5 for handouts and materials

Intermediate/Introduction to Bridge (#3377)

Tuesdays: November 5 – December 3; 9:30 a.m. – Noon

Let's get competitive when bidding bridge hands. We will discuss opening preemptive bids, weak 2 bids, overcalls, takeout doubles, and killer opening leads! After discussing each strategy, we will play and analyze hands related to the topic. Join us for a "friendly" game of bridge. Must have basic knowledge of bridge bidding.

Location: Senior Activity Center, Room 11

Instructor: Peggy Vogt

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

Class Fee: \$5 for handouts and materials

Lunch and Games (#3126)

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. You will receive a phone call each month to verify your attendance for the class. 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 20; Noon – 3:00 p.m.

Section 2 – Friday, October 18; Noon – 3:00 p.m.

Section 3 – Friday, November 8; Noon – 3:00 p.m.

Section 4 – Friday, December 20; Noon – 3:00 p.m.

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

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

Class Limit: 80

Class Fee: \$20 per lunch to be paid at the door (This fee covers lunch, beverage, dessert, gratuity, and room fee, etc.)

Mahjong (#3125)***Tuesdays: September 3 – October 29; 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 4**Instructor:** Lucy Bonman**Facilitator:** Anita Rounds (208-251-1848, roundsaa@gmail.com)**Team Trivia (#3014)*****Tuesdays: September 10 – December 17; 1:00 – 2:30 p.m.***

Why scratch your head alone? We'll form teams right on the spot. Play for bragging rights only; expect much fun!

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 11 – December 18; 2:30 – 4:30 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, Small Room**Instructors/Facilitators:** Carol Harsch (208-251-2761, charsch7@aol.com) and Charlie Lines (208-251-0689)**Class Limit:** 24**GENERAL INTEREST****ABC's of USP for NKA (#3436)*****Thursday: September 12; 10:30 a.m. – Noon***

United Seniors Project, Inc. (USP), a nonprofit group, was started to find a home for NKA and other senior groups. The vision is to enrich lives through lifelong learning and healthy aging. The USP Lifelong Learning Center: A Gathering Place will provide space for the Southeast Idaho senior community to come together to learn, celebrate, and foster their physical, mental, social, and emotional health.

Find out the story of this group, what they have been doing, where USP is now in that effort, how it will benefit NKA, and what you can do to help.

Location: Liberty Hall and Zoom**Instructors:** Phil Joslin and USP Board Members**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)**Adventures in Zambia (#3440)*****Thursday: November 7; 10:30 a.m. – Noon***

Join Harry Morse and Geoff Hogander as they tour national parks, visit Victoria Falls, fish the mighty Zambezi River and hunt on game ranches. A comparison of game ranches to purely wild hunting will be drawn from a previous adventure on the North Luangwa River National Park. Photos of elephants from a visit to Chobe National Park in the north of beautiful Botswana and home to Africa's largest elephant population. The Park comprises more than 10,000km² of rich ecosystems, diverse landscapes, and an abundance of wildlife and birdlife around the Chobe River.

Location: Liberty Hall and Zoom**Instructor:** Harry Morse, Outdoor writer**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)**Applying Diversity into Your Pocatello Lifestyle (#3442)*****Monday: September 16; 1:00 – 3:00 p.m.***

Fiestas, pow-wows, and pioneer days are some examples of cultural events held annually. Music, dance, food, and parades provide entertainment and dining. Costumes worn or displayed are then boxed or closeted until the same time, day, and month of the following year. Prejudices and biased attitudes return and once again, some community members may judge others via race, appearance, education, religion, age, gender, rural vs. urban, economic and career status, etc. This workshop will address overcoming differences and adding diversity to your life to "Guess Who's Coming to Lunch."

Location: Liberty Hall and Zoom**Instructor:** Andy Guerra**Facilitator:** Linda Fairchild (208-251-2586)**Beware! Elder Fraud Abuse is on the Rise (#3445)*****Monday: October 14; 10:30 a.m. – Noon***

Join Teresa Westfall, former ISU College of Technology Instructor to learn about the most common financial scams targeting older people and prevention techniques.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)

Book Exchange (#3129)*Friday: November 22; 10:30 a.m. – Noon*

Each participant will bring up to five books to be exchanged (good reads only please). Participants are encouraged to explain why they chose these books, and why they would like to share them with others.

Location: Liberty Hall**Instructor/Facilitator:** Linda Fairchild (208-251-2586)**The Camino de Santiago, Five Days on the Camino Frances (#3448)***Friday: October 18; 10:30 a.m. - Noon*

Information about the Camino de Santiago in Spain. Historical and cultural information about the different Caminos, the pilgrimage to Santiago de Compostela, the pilgrims then and today with added information and photos from my own pilgrimage on the Camino Frances in 2023. Practical information for planning the journey will also be provided.

Location: Liberty Hall and Zoom**Instructor:** Gesine Hearn, Professor of Sociology, ISU**Facilitator:** Ann Hunter (208-233-1981, annhunter@isu.edu)**C.A.S.A. Volunteers: Changing a Child's Story (#3403)***Monday: October 21; 10:30 a.m. - Noon*

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

Location: Liberty Hall and Zoom**Instructor:** Leslie Schei**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)**Coffee, Tea, and Conversation (#3286)***Wednesdays: September 11 – December 11; 10:00 – 11:00 a.m.*

Have a sip and conversation. Catch up with old friends and make some new friends. No topic too big or small (but no politics or religion, please).

Location: Bru House Coffee Shop, 502 N. Main Street**Instructors/Facilitators:** Jane Sampson (208-241-1376, sampsonjane935@gmail.com) and Mary Lou Powers (209-625-6160, marylou835@sbcglobal.net)**Conservation Through the Lens (#3449)***Wednesday: November 6; 1:00 – 2:30 p.m.*

Summer Jackson is a noted wildlife and landscape photographer from Eastern Idaho. Through her exquisite photography, she will explore the rich history of public lands and National Parks in the Greater Yellowstone Area, focusing on conservation efforts that have and continue to protect endangered/threatened wildlife and the habitats that sustain them.

Location: Liberty Hall and Zoom**Instructor:** Summer Jackman**Facilitator:** Donna Boe (208-233-5651, donnahboe@gmail.com)**Contemporary Topics in Religion (#3451)***Tuesday: October 1, 8, & 15; 3:00 – 4:30 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.

Location: Liberty Hall and Zoom**Instructor:** Wayne Shipman**Facilitator:** Tony Seikel (208-775-3183, seikel@isu.edu)**Conversational Spanish (#3453)***Tuesday: September 17, 24; October 1; 10:30 – 11:30 a.m.*

Learn how to communicate Spanish using everyday language. This class will center around the participant's reasons for wanting to learn the language. We will address greetings, ordering at a restaurant, or any other motive for learning. Through learning the language, we will also address some cultural aspect related to language usage.

Location: Senior Activity Center, Room 6**Instructor/Facilitator:** Angela Luckey, Ed.D.**Class Limit:** 20**C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)***Monday: September 9; 10:30 a.m. - Noon*

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 and Sgt. Jackson, Pocatello Police Dept.**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)

Do Not Let RMDs Catch You Off Guard – What You Need to Know (#3293)*Thursday: November 7; 1:00 – 2:00 p.m.*

This one-hour class will focus on Required Minimum Distributions (RMDs) for all retirement plans and will show examples of how RMDs are computed and at what age plan participants must take them. The workshop will also distinguish between inherited IRAs and regular IRAs, and how the rules are different in determining RMDs. Options for the RMDs including QCDs – Qualified Charitable Distributions will also be discussed, as well as an update of retirement plan regulations for 2024. A question/answer session will follow. George is a Certified Financial Planner, and his son Orie holds an MBA.

Location: Liberty Hall and Zoom**Instructors:** George and Orie Katsilometes**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)**Everything You Need to Know to Keep Potatoes Healthy (#3393)***Monday: November 18; 10:30 a.m. – Noon*

We will be discussing common symptoms that one can find on their potatoes in the store. We will then dive deeper into the molecular biology of fungal pathogens and DNA extractions.

Location: Liberty Hall and Zoom**Instructors:** Katie and Alan Malek**Facilitator:** Linda Fairchild (208-251-2586)**Himalaya Adventure – Trekking to Everest Base Camp (#3454)***Thursday: November 14; 10:30 a.m. – Noon*

An overview of my trip to Nepal which included visits to World Heritage sites in Kathmandu, the dedication of a school financed by Pocatello doctor Fahim Rahim, a 122-mile (round trip) trek to Everest Base Camp, flying in a helicopter at 20,000 feet in the Kumbu region of the Himalayas and a land trip to Pokhara, hear the Annapurna Region of Nepal.

Location: Liberty Hall and Zoom**Instructor:** Gail Dutton**Facilitator:** Geoff Hogander (208) 232-3437**Hot Topics (#3827)***Tuesday: September 24; October 29;
November 26; 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)**How Big of a Threat is the Rise of Christian Nationalism in the U.S. and Idaho? (#3455)***Thursday: October 10; 10:30 a.m. – Noon*

Join Idaho Senator James Ruchti, Assistant Minority Leader, who will explore how the U.S. Constitution's First Amendment protects religious freedom. Free exercise of religion and prohibiting the government establishment of religion are two of the core components of the First Amendment. This protection is under threat and the law is still being shaped in this area, at both the federal and state levels. With multiple U.S. Supreme Court rulings coming soon, the future of religious liberty in the United States is uncertain. Idaho is at the epicenter of the American Redoubt, where white Christian nationalists seek to take over local governments. Recent examples in Coeur d'Alene, Moscow, and Meridian will be discussed.

Location: Liberty Hall and Zoom**Instructor:** James D. Ruchti**Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)**How to Navigate Market Volatility (#3457)***Thursday: September 26; 10:30 a.m. – Noon*

Join us as we discuss the factors that contribute to market volatility, how it behaves, and strategies you can follow to help you more confidently navigate through volatile markets.

Location: Liberty Hall and Zoom**Instructor:** Sara Petersen**Facilitator:** Linda Fairchild (208-251-2586)**Medicare Updates and Using the Medicare Plan Finder (#3121)***Thursday: October 10; 1:00 – 2:30 p.m.*

The Idaho Department of Insurance/SHIBA will be providing Medicare updates for 2025, as well as training and demonstration on how to use the Medicare.gov Plan Finder to compare Part D Prescription Drug Plans and Part C Medicare Advantage Plans during the Open Enrollment Period for 2025 coverage.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Helen Mayberry, Idaho Department of Insurance/SHIBA (208-236-6350, helen.mayberry@doi.idaho.gov)

Monthly Social and Planning Fun (#3087)

Tuesday: September 17; October 15; November 19; December 17; 3:00 – 4:30 p.m.

Have you been wanting to do activities but don't want to go solo? Let's get together for coffee and treats at SAC and see what activities we can do with members outside of NKA classes. Make new friends and get together doing something interesting. Maybe go to a play with a group, go on a trip with a few people, or even attend a concert out of town. Come with ideas or get ideas there and sign up for fun.

Location: Senior Activity Center, Dining Room

Instructor/Facilitator: Christine Brower

(208-681-8483, christinebrower@hotmail.com)

Class Limit: 75

Navigating the Medicare Maze (#3905)

Thursday: September 19; 1:00 – 2:30 p.m.

Are you turning 65 soon? Already enrolled in Medicare but want to know more about it? Come join us to learn about Parts A, B, C – Medicare Advantage Plans, D- Prescription Drug Plans, and Medicare Supplements.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Helen Mayberry, Idaho Department of Insurance/SHIBA (208-236-6350, helen.mayberry@doi.idaho.gov)

Oprah Winfrey's Belief Series (#3977)

Wednesdays: September 4 – October 16; 10:30 a.m. – Noon

Oprah Winfrey and her staff have put together a series of the most compelling and thoughtful stories of belief and faith from around the world. On each day, three of the stories will be examined. During this seven-week period you will see incredible, inspirational stories of faith and beliefs.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Virginia Kelly (208-232-7417, ginnykelly@gmail.com)

Pocatello Regional Transit (PRT) Training (#3085)

Section 1 – Wednesday: September 18; 1:00 – 2:30 p.m.

Section 2 – Thursday: October 17; 1:00 – 2:30 p.m.

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Have you ever ridden the PRT bus around Pocatello? Would you like to learn a route and the rules? If so, then this training is for you!

Learn many things PRT has to offer our senior citizens.

Location: Bus Depot off W. Bonneville St. by the Train Depot—parking will be in the area across from the Elks Lodge, S. Harrison, and W. Whitman St. Do not park in the Bus Depot Parking Area.

Instructor: Laurie Keys, Mobility Manager, SICOG—Safe Routes to School Coordinator

Facilitator: Teresa Timpson (208-251-5831, timptl@outlook.com)

Class Limit: 15

PROST and the Pocatello Comprehensive Plan 2040 (#3499)

Tuesday: October 8; 10:30 a.m. – Noon

Join Jim Anglesey, City of Pocatello Long Range Senior Planner, to discuss the city's long-range vision for Pocatello. In this session we will explore the Pocatello Comprehensive Plan and the PROST (Pocatello Recreation, Open Space, Trails) Plan, which lay the foundation of this vision and provide strategic direction so that the community's amenities meet the public's current and emerging needs.

Location: Liberty Hall and Zoom

Instructor: Jim Anglesey

Facilitator: Teresa Westfall (703-973-5074, teresawestfall@isu.edu)

Putting the Fun in Fundraising (#3495)

Thursday: September 19; 10:30 a.m. – Noon

This class was first held during the Spring Semester of 2024, where ideas were solicited from NKA members for new fundraisers supporting the United Seniors Project (USP). One new fundraiser coming out of this class was the USP Pi Day event that was held on March 14, 2024. Anyone is welcome to attend this class and encouraged to become a part of the fundraising committee. Last semester, the committee had fun sharing ideas and getting to know each other while planning, organizing, and making events a reality. Please join us!

Location: Liberty Hall and Zoom

Instructors/Facilitators: Anita Rounds (208-251-1848, roundsaa@gmail.com) and Deanna Aslett (208-390-0389, ddaslett@gmail.com)

Running a Family Popcorn Shop (#3502)

Monday: September 23; 6:30 – 7:30 p.m.

Why does someone start a popcorn shop? What is it like working with three generations? How do you make so many flavors of popcorn? What does it take to keep a small business successful?

Location: The Popcorn Shop, 421 E. Oak

Instructor: Christy Kelshaw

Facilitator: Linda Fairchild (208-251-2586)

Class Limit: 25

Class Fee: \$5

The Salvation Army of Volunteers – Changing Your Community (#3504)*Tuesday: September 24; 1:00 – 2:30 p.m.*

Come and learn more about the history of the Salvation Army and what they are doing in your community. Learn about who the Salvation Army serves, and what it takes. There are many ways that you can help regardless of physical or financial restrictions. Learn how you can get involved with what the Salvation Army is doing and make a difference in the lives of those around you.

Location: Salvation Army Building, 400 N. 4th Avenue**Instructors:** Captains Ernie and Sara Evans**Facilitator:** Nancy Orthel (208-220-3992, nancyorthel@gmail.com)**Class Limit:** 60**Situational Awareness and Home Security (#3507)***Tuesday: November 5; 10:30 a.m. – Noon*

Discussion on safety and awareness when in public. Things to look for and being aware. Best practices for home security.

Location: Liberty Hall and Zoom**Instructor:** Lt. Derek Daniels, Pocatello Police Dept.**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)**Travelogue – Bike and Barge the Danube Passing Through Six European Countries (#3508)***Monday: October 7; 10:30 a.m. - Noon*

Join Teresa Westfall as she tours Europe with 20 of her friends on bikes as they sail through six countries, beginning in Passau, Germany then Austria, Hungary, Slovakia, Croatia, and Serbia. This 15-day cruise includes many UNESCO World Heritage Sites. We will visit a Trappist monastery, castle ruins, palaces, baroque gardens, cathedrals, and art galleries.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)**Travels to Luxembourg, Belgium, and the Netherlands (#3509)***Thursday: October 31; 1:00 – 2:30 p.m.*

Cathy McPherson's trip in May/June this year with her sister is being presented. It will be a slide show and discussion of their simple travel experiences. You are welcome to join and see a bit of this region of Europe.

Location: Liberty Hall and Zoom**Instructor:** Cathy McPherson**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)**The Village: A Safe Teen Assessment Center (#3297)***Thursday: October 17; 10:30 a.m. – Noon*

The Village is a division of the Bannock County Juvenile Justice Department and the 6th District Courts. It offers support and guidance for the youth in our community. This is an opportunity to learn more about Juvenile Justice, Safe Teen Assessment Centers, and their role in screening/assigning and finding resources to help families in our community. Participants will also be given a tour of The Village.

Location: The Village, 345 N. 5th Avenue**Instructor:** Todd Mauger, Director**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)**Class Limit:** 40**What Does a 31-Year Career in the FBI Look Like? (#3511)***Wednesday: November 13; 1:00 – 2:30 p.m.*

Join Teresa Westfall, retired FBI Computer Scientist, review her career highlights working across different agencies in a variety of job positions beginning in 1986, and ending in 2017.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)**HEALTH & WELLNESS****The Adoption of a Whole Food, Plant Based Lifestyle (#3513)***Wednesday: November 20; 1:00 – 2:30 p.m.*

After getting a surprisingly negative CT Cardiac Scan in June of 2023, we made a hard pivot to a plant based, whole food diet. The results have been quite significant. We will share why, the changes we have seen in many medical parameters (data), the good, and not so good aspects of the experience and the hacks we have learned to make it more sustainable.

Location: Liberty Hall and Zoom**Instructors/Facilitators:** Timothy and Sheri Forhan (208-760-0693, tforhan@gmail.com)

Advancing Science: The Latest in Alzheimer's and Dementia Research (#3514)

Monday: September 30; 10:30 a.m. - Noon

Alzheimer's is an escalating health crisis. More than 6 million Americans are living with the disease, and over 11 million individuals are their caregivers. Tremendous gains have been made in understanding the science and basic biology underlying Alzheimer's and other Dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions. The Alzheimer's Association® is a global leader in research, mobilizing the field to advance the vision of a world without Alzheimer's and all other Dementia.

Join Us to Learn More About:

- The landscape of Alzheimer's and Dementia science
- Risk factors for Alzheimer's and all other Dementia
- Highlights in early detection and diagnosis
- Recent advances in clinical trials, treatments, and lifestyle interventions

Location: Liberty Hall and Zoom

Instructor: Jody Cornilsen, Regional Outreach Manager, Alzheimer's Association®

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

General Injury Care and Prevention for Older Adults (#3520)

Tuesday: October 1; 10:30 a.m. - Noon

This course will provide information to help prevent injuries when performing activities of daily living such as gardening, shoveling snow, or other exercise. We will 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 towel if you want to sit on the floor. We will also demonstrate how to do the same stretches in chairs, if that works better.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Dani Moffit, Professor, Athletic Trainer

Guided Meditation, Find Inner Radiance (#3307)

Wednesday: October 23; 1:00 - 2:30 p.m.

Discover a guided meditation from the yoga perspective. This is an ancient meditation that has the power to change your life. Learn how to experience *gyotishmati*, Sanskrit for intrinsic luminosity of our core being.

This meditation is easy to learn, accessible to anyone and timely in our challenging life conditions. This powerful meditation can be practiced sitting in a chair. It is especially available to those who would like to meditate but worry about their ability to quiet their mind.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Brenda Ehrler (801-554-9396, bl_ehrler@att.net)

Class Limit: 50

Guided Meditation and Breathwork (Pranayama) (#3521)

Fridays: September 6 - December 13; 9:00 - 9:30 a.m.

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

Healthy Living 101 (#3522)

Wednesday: September 25; Noon - 1:30 p.m.

Clinicians from Portneuf Medical Center will discuss how to live a healthy life, and how you can improve your quality of life as you age through diet, exercise, and finding a purpose in life. This class is free to anyone in the public. Lunch will be provided for those who register for the class.

Location: City Center Campus, 1001 N. 7th Avenue, Training Level

Instructor: PMC Clinicians

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

Class Limit: 50

"I Lost My Brains" - Reclaiming My Aging Brain and Body with Brain Gym (#3524)

Thursday: October 17 & 24; 4:00 - 5:30 p.m.

The brain and body can always recover and learn to grow, but knowing how to get there is key. Challenges we have with memory, stress shutting us down, organization, focus, emotional flexibility, sensory overload, balance, and comprehension don't have to be permanent. Let me teach you how to help yourself. We will be doing applied brain development using physical movements, which can be adapted to all abilities to integrate and develop brain and body function. Wear flexible clothing and bring a water bottle. This academic class is hands-on and movement based. It is adaptable to all physical abilities whether you can sit or stand.

Location: Liberty Hall

Instructor/Facilitator: LaDawn Henry, PTA and Brain Gym 26 Movement Facilitator (208-709-1464, progress1possible@gmail.com)

Class Limit: 30

Mindful Ways Through Difficult Times (#3229)*Thursday: September 12, 19, & 26; 10:00 – 11:30 a.m.*

How can we maintain our balance when the world seems to be in conflict and contention? This course will help us develop habits of calming our nervous systems, bringing mindful awareness to the situation, and responding with kindness and skill to whatever gets thrown our way. Participants will learn mindfulness meditation practices, stress reduction practices, and ways to maintain healthy relationships. Participants can join in person or over Zoom.

Location: Portneuf Sangha, 424 W. Lewis and Zoom**Instructors:** Paula and Tony Seikel**Facilitator:** Barbara Bain (208-317-2103, bainbarb@isu.edu)**Class Limit:** 25**Recognizing Who You've Always Been (#3212)***Wednesday: October 23; 10:30 a.m. - Noon*

What would you do if you were given the User's Manual for YOU? Would you read it? Would you use the information to change your life? Or would it stay unopened on your bedside table? The Human Design System is such a User's Manual. It is not a belief system – so there is nothing to believe. Two weeks prior to the class, call or email us your date, time of day, and location of your birth and we'll present to you your unique map when you check in. See how the planets, stars, and sun lined up perfectly just for you on the day you were born!

Location: Liberty Hall and Zoom**Instructors:** Mike and Bebe Wenig**Facilitator:** Bebe Wenig (951-847-8319, wenigone@sbcglobal.net)**Resources As You Age, The Area V Agency on Aging (#3525)***Monday: September 9; 1:00 – 2:30 p.m.*

We will discuss services provided by the "Area V Agency on Aging", and other resources that are available to seniors in our community.

Examples include:

- Information, assistance, and referrals needed as we age.
- In-Home services, such as Homemaker and Home Delivered Meals.
- Respite and caregiver services.
- Adult Protective Services, including exploitation.
- Social isolation and loneliness.

Location: Liberty Hall and Zoom**Instructor:** Gina Hubbard**Facilitator:** Teresa Timpson (208-251-5831, timptl@outlook.com)**Safe Medication Use in Older Adults (#3526)***Wednesday: September 25; 1:00 – 2:30 p.m.*

This class will discuss basic pearls of medication management in older adults. Specific topics covered include aging and medication use, strategies to improve medication adherence, strategies to reduce costs of medications, common medication-related issues in older adults, medication reviews and deprescribing.

Location: Liberty Hall and Zoom**Instructor:** John Holmes, PharmD, MPH**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)**Sound Bath Music Bowls (#3540)***Section 1 – Wednesday: October 9; 1:00 – 2:30 p.m.**Section 2 – Wednesday: October 16; 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 bowls, he has incorporated the sound of gongs. This combination affects different energy centers in the body, 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, seating is okay, but lying is preferred by most.

Location: Liberty Hall**Instructor:** Phil Dugas**Facilitator:** Brenda Ehrler (801-554-9396, bl_ehrler@att.net)**Class Limit:** 15**Steps to Safety (#3330)***Wednesday: November 13; 10:30 a.m. - Noon*

This class is centered around 16 key safety messages (8 Fire and 8 Fall Prevention). It was developed by experts at the national and local levels. The goal of the presentation is to teach attendees what they can do in their home to reduce the risk of fire and/or falls.

Location: Liberty Hall and Zoom**Instructor:** Kim Stouse, Pocatello Fire Dept.**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)

Stop the Bleed (#3333)*Wednesday: September 18; 1:00 – 2:30 p.m.*

This course will teach participants how to stop bleeding based on various parts of the body. This lesson is like the White House Initiative Stop the Bleed course.

Location: Liberty Hall and Zoom**Instructors:** Kim Stouse, Pocatello Fire Dept., and Jordan Johnson, Pocatello Police Dept.**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)**Vegetarian, Vegan, and Mediterranean Diet: Eating Plant Based Could Impact Your Health (#3530)***Thursday: October 3; 1:00 – 2:30 p.m.*

Have you ever wondered if a Vegetarian, Vegan, and Mediterranean diet could benefit your health? In this lecture, we will be discussing the following questions: What are these healthy diets? Why would one want/need to be on one of these diets? What are the pros and cons of each? Where can I find recipes and more information about these diets?

Location: Liberty Hall and Zoom**Instructor:** Sari Landers, graduate student in Nutrition/Dietetics at ISU**Facilitator:** Angela Luckey (208-221-0200, luckange@isu.edu)**HISTORY****Censorship of Franco (#3541)***Wednesday: November 20; 11:00 a.m. – Noon*

In this class, we'll discuss "Insane Women" (1971) by Rafael Moreno Alba, one of the most controversial films during the Franco regime. We'll cover two main topics: the censorship of the violent and anticlerical scenes set in a women's asylum where patients are physically and verbally abused. We'll also examine the significance of a doctor who comes to cure the patients of the madness and lethargy caused by the oppression they experience in the asylum, comparable to that experienced by Spanish society during Franco's dictatorship.

Location: Liberty Hall and Zoom**Instructors:** Eduardo Graillet and Caleb Dorcheus**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)**Emma Standrod, Pioneer, Socialite, and Educator (#3534)***Friday: September 27; 10:30 a.m. – Noon*

Unlike her fellow Pocatellan Minnie Howard, Emma Standrod is neither as well-known nor as charismatic. But Mrs. Standrod has a compelling story as well. Come listen to Kathryn Lopez Luker share information about this early member of Pocatello society.

Location: Liberty Hall and Zoom**Instructor:** Kathryn Lopez Luker, Marshall Public Library**Facilitator:** Linda Fairchild (208-251-2586)**The Farmerettes: How They Helped Us Win WWII (#3536)***Tuesday: November 12; 10:30 a.m. – Noon*

Most people think of Rosie the Riveter when remembering women in the work force during WWII, but many of her lesser-known compatriots were operating farms. Called "Farmerettes", they were trained to operate farm equipment to grow crops and tend livestock to support the war effort. This presentation will tell their story.

Location: Liberty Hall and Zoom**Instructor:** F.C. "Chuck" Humphrey, PhD, Lt. Col. US Army (Retired)**Facilitator:** Jane Humphrey (208-238-3584, jehumphre7@gmail.com)**The Pocatello Land Run, Monuments, and Other Footnotes to Local History (#3542)***Wednesday: November 6; 10:30 a.m. - Noon*

On June 17, 1902, Pocatello experienced a land rush like the famous Oklahoma land run of April 22, 1889. How it came about, and the politics and federal actions involved were unique to this valley. In addition to the land run, there are other little-known events, memorials or structures that preserve or characterize the history of our town. The evidence is all around and provides visual footnotes to that story.

Location: Liberty Hall and Zoom**Instructor:** Arlen Walker**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Riverboats, Steamboats, and American History (#3537)***Tuesday: September 17; 10:30 a.m. – Noon*

A brief look at the influence of river traffic on American history.

Location: Liberty Hall and Zoom**Instructor:** Mike Doellman**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)

School Buildings in Pocatello (#3539)**Thursday: October 17; 10:30 a.m. - Noon**

"There will never be enough children in Pocatello to fill an eight-room stone school." This quote from an early 1890's publication prior to building the Westside School (now Pocatello High) on North Arthur Ave. between Lander and Fremont Streets was soon proved wrong by the rapid growth of the city. The ever-increasing population required construction of school buildings in other neighborhoods. This pictorial history of Pocatello's school buildings includes rarely seen views of neighborhoods which changed and adapted during the 135 years since the founding of the city. Experience the history of our city from a different perspective.

Location: Liberty Hall and Zoom**Instructor:** Arlen Walker**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Tour of Brady Chapel and Cemetery (#3459)****Thursday: September 26; 5:30 p.m.**

Frank Paradise Jr. was the major architect working in the Pocatello area between 1914-1934. His design work is an important part of Pocatello's history and is seen in numerous buildings, such as the Church-White building, the Memorial Building, and the Valentine Building as well as many of the other major buildings in downtown Pocatello, and in neighboring cities as well. The Brady Chapel is the sole known example of his working in the Gothic Style. We will cover a history of the chapel and a brief history of James H. Brady. Afterwards, you can walk in the cemetery at your leisure. Papers for a self-guided scavenger hunt will be available.

Location: Brady Chapel, 1520 South 5th Street**Instructor:** Latecia Herzog**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)**Class Limit:** 40**Class Fee:** Donations for Brady Chapel accepted.**NATURE, SCIENCE & TECHNOLOGY****Binocular Stargazing (#3782)****Monday: September 16; 10:30 a.m. - Noon**

Did you have a telescope as a child? Remember seeing the moon, Jupiter and its moons, the Orion Nebula, and the Pleiades?

There is also the Coathanger, Delphinus the dolphin, the Andromeda galaxy (the closest galaxy to us), and a double star in the handle of the Big Dipper. There's a lot to see if you only look. With your binoculars, one or two websites showing the sights of the week, and a sky map, the universe will be yours! We'll also discuss, "Why not telescope?"

Location: Liberty Hall and Zoom**Instructor/ Facilitator:** Brian Kauffmann (208-317-4094, bbkauffmann@gmail.com)**Comets, Meteors and Asteroids, Oh My! (#3460)****Thursday: October 31; 10:30 a.m. - Noon**

Space is large, yet our solar system is chock full of debris, some dangerously massive. At any moment, a sizable meteor could explode in the atmosphere, causing significant damage. Chelyabinsk, anyone? A major impact is just around the corner—or is it? We'll look closely at near earth objects, other potential impactors, and the latest efforts to keep our planet safe.

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)**Craters of the Moon 100th Anniversary (#3469)****Monday: September 23; 10:30 a.m. - Noon**

This talk will discuss Dr. Boe's many years of hiking and photographing this iconic National Monument and Preserve. His experiences and love of the Craters goes way beyond what he captured through his lens.

Location: Liberty Hall and Zoom**Instructor:** Dr. Roger Boe**Facilitator:** Trent Stephens (208-240-4994, stephentrent7@gmail.com)**Cutting the Cable or Satellite Cord (#3473)****Friday: September 13; 10:30 a.m. - Noon**

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

Location: Liberty Hall and Zoom**Instructor/Facilitator:** Brian Kauffmann (208-317-4094, bbkauffmann@gmail.com)

Edson Fichter Fall Walk and Talk (#3515)**Thursday: September 12; 1:00 – 2:30 p.m.**

Join us at Edson Fichter Nature Area to learn the background, nature, purpose, and future of the area. See what plants are growing in the fall. There will be some walking involved and you can continue exploring on your own after the class. Check the weather and dress accordingly. Meet at the amphitheater just left of the main path.

Location: Edson Fichter Nature Area, 6011 Arapahoe
Instructor: Maria Pacioretty, Wildlife Habitat Biologist for the Idaho Fish & Game

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

Class Limit: 30

Flower Garden Through the Year (#3476)**Tuesday: September 10; 10:30 a.m. – Noon**

Lance Wakley is the lead gardener for the Lava Hot Springs Foundation. He designs and maintains the beauty of the sunken gardens and the hot pool gardens. Lance will share his strategy for transforming a mostly annual garden into a perennial masterpiece. The visitors to Idaho's world-famous destination are amazed by the beauty of the gardens. Lance will share the photos and names of the plants he selected, and why he chose them. He has created an endless display of beauty, peace, and serenity.

Location: Liberty Hall and Zoom

Instructor: Lance Wakley

Facilitator: Brenda Ehrler (801-554-9396, bl_ehrler@att.net)

Libby for Beginners: Setting up the App on your Phone or Tablet (#3102)**Thursday: September 26; 1:00 – 2:30 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 is the class 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 and Zoom

Instructor: Jackie Wood, Marshall Public Library

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

Class Limit: 25

Meteorites (#3122)**Thursday: November 14; 2:00 – 4:00 p.m.**

Learn about the variety of meteorites and see the collection at the Idaho Museum of Natural History.

Location: Idaho Museum of Natural History, museum classroom, 698 E. Dillon Street. 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) and Teresa Henderson (208-282-3168, hendtere@isu.edu)

Class Limit: 30

Class Fee: None for the class. There will be a \$2.00 charge if you wish to tour the Museum's current display in the main gallery.

How to pay: Pay the cashier at the museum entrance

Passwords and Computer Security (#3156)**Wednesday: September 11; 1:00 – 2:30 p.m.**

We will be discussing passwords, how to store them, and keeping them updated for computer security. Basic computer security focuses on protecting computer systems from unauthorized access and use. For our personal computers, this can include steps like installing antivirus software, and using a password generator to protect the data you share online.

Location: Liberty Hall and Zoom

Instructor: Gary North

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

Skulls, etc. (#3157)**Thursday: October 10; 2:00 – 4:00 p.m.**

Physical to digital. Using our virtualization lab to scan and digitize our collections. Tour the Idaho virtualization lab to see how it's done. See the equipment and the future of our collections.

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

Instructor: Tim Gomes, Manager of the Idaho Virtualization Lab

Facilitators: Geoff Hogander (208-232-3437, ghogande@yahoo.com) and Teresa Henderson (208-282-3168, hendtere@isu.com)

Class Limit: 60

Soil Health for Your Garden (#3478)**Thursday: October 24; 10:30 a.m. – Noon**

Soil is alive! There are more microbes in a handful of healthy soil than there are people on the planet. Microbes can feed plants, mine for nutrients, and improve water-holding capacity. How do you feed these microbes and make them work for you? You will learn the basic principles of soil health and why they are important. We will also be learning simple and easy ways to improve soil health in your garden and flower beds.

Location: Liberty Hall and Zoom**Instructors:** Trudy Pink and George Hitz**Facilitator:** Linda Fairchild (208-251-2586)**Valuing Our Aquifer and Drinking Water (#3482)****Wednesday: December 11; 1:00 – 2:30 p.m.**

A brief overview of the Lower Portneuf Aquifer, the sole source of our Pocatello drinking water, and the vulnerabilities throughout the valley below the Portneuf Gap. Strategies to protect our precious drinking water formally through a Sensitive Aquifer Designation will be discussed.

Location: Liberty Hall and Zoom**Instructors:** Sue Skinner and Shannon Ansley**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)**Weather and Wildlife in Idaho (#3483)****Thursday: November 21; 10:30 a.m. - Noon**

We'll explore some of the weather extremes in Idaho, the changes in seasons, and some of the many connections between weather and wildlife, including seasonal bird migration and the subnivean world (life under the snow).

Location: Liberty Hall and Zoom**Instructor:** Tim Axford**Facilitator:** Mari Tusch (208-317-6301, mtusch47@gmail.com)**Your Tablet and You (#3484)****Tuesday: October 15; 10:30 a.m. – Noon**

Come learn about the ins and outs of your tablet. Bring your tablets, your questions, and be ready to learn! The class will have an emphasis on Apple and Android products.

Location: Liberty Hall and Zoom**Instructors:** Jeff Hough and Kristi Davenport**Facilitator:** Linda Fairchild (208-251-2586)**Class Limit:** 20**TRAVEL****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.

Annie at the Ziegfeld Theater and Ogden Square Christmas Lights (#3485)

Saturday: December 14; Check in: 8:30 a.m.; Depart 9:00 a.m.—returning at approximately 8:00 p.m.

Travel to Ogden Utah, stopping for an early lunch at Chuck-a-rama before arriving at the Ziegfeld Theater to attend the matinee production of the Musical Annie, which takes place in 1930's New York City. Following the performance, we will travel to Ogden Square to enjoy the beautiful Christmas light display.

Activity Level: Easy

Departure Location & Address: Pocatello Regional Transport (PRT) 5815 S. 5th Avenue

Parking is available on site. There are restrooms inside the terminal.

Facilitators: Nadine Howard (775-843-2743) and Sue Miller (208-993-1133)

Class Limit: 40

Class Fee: \$76 – This includes bus, bus driver tip, snacks, water, and lunch.

How to Pay: Make checks payable to NKA and send to Sandra Babb at 389 Adams St., Chubbuck, ID 83202 (208-238-2034) by **November 14th**.

Melaleuca and the Museum of Idaho (#3490)

Wednesday: November 13; Check in: 8:00 a.m.; Depart: 8:30 a.m.—returning at approximately 5:30 p.m.

Travel to Idaho Falls for a tour of Melaleuca, the largest wellness shopping club in North America, with over 450 wellness products. After touring Melaleuca, we will have lunch at Chuck-a-rama. Following lunch, we will travel to the Museum of Idaho to see the exhibit of “Above and Beyond” the history of flight.

Activity Level: Easy

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

Facilitators: Nadine Howard (775-843-2743) and Sue Miller (208-993-1133)

Class Limit: 40

Class Fee: \$52 – This includes bus, bus driver tip, snacks, water, and lunch.

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 13th**.

Trailing of the Sheep – Ketchum, Idaho (#3086)

Friday: October 4 – Sunday: October 6; Check in: 7:30 a.m.; Depart: 8:00 a.m. – returning at approximately 5:00 p.m. Sunday

Travel to Hailey, ID for lunch at the Senior Center. Travel to the National Point Qualifying Sheepdog Trails at 2400 Buttercup Road. Border Collies, at the direction of their handlers, maneuver sheep through a specified course. There are craft booths and Basque food. (Bring your lawn chairs). At 3:00 p.m., travel to Ketchum for the famous “Love of Lamb” dinner, where you wander around town to top restaurants to share the best of American Lamb Baaaa-ites. Saturday will be the Folk Life Fair at the park in Hailey, which will include lunch.

(continues...)

(continued: *Trailing of the Sheep – Ketchum, Idaho*)

At 3:30 p.m., travel to Sun Valley for a self-guided tour. Saturday night will be a nice dinner at a local restaurant. Sunday is the Trailing of the Sheep Parade.

Activity Level: Moderate

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

Instructors: Sue Miller and May Hong

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

Class Limit: 54

Class Fee: \$360/double occupancy or \$491/single occupancy

How to Pay: Make checks payable to NKA and send to Sandra Babb at 389 Adams St., Chubbuck, ID 83202 (208-238-2034) by **September 4th**.

WRITING & LITERATURE

Book Group and a Glass (#3372)

**Thursday: October 3; November 7;
December 5; 3:00 – 4:30 p.m.**

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

October 3 – *The Secret Life of Sunflowers* –
by Marta Molnar

November 7 – *The Heaven and Earth Grocery Store* –
by James McBride

December 5 – *In the Garden of Beasts* –
by Erik Larson

Location: Café Tuscano, 2231 E. Center Street

Facilitators: Ann Smith (208-251-5812) and 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 20th**.

Cowboy Poetry (#3493)

Wednesday: October 2; 1:00 – 2:30 p.m.

The grassroots beginning, or history of cowboy poetry will be discussed. Notable cowboy poets will be discussed and some of their poems will be read.

Students will discuss with the instructor, the tenants of writing a cowboy poem. The outcome will be that students will write their own cowboy poetry. We will collect these, form a booklet, and make all of them available to the participants.

Location: Liberty Hall

Instructor: Roger Rankin

Facilitator: Angela Luckey (208-221-0200, luckange@isu.edu)

Class Fee: \$10

Writing Creatively – Fiction and Non-Fiction (#3136)

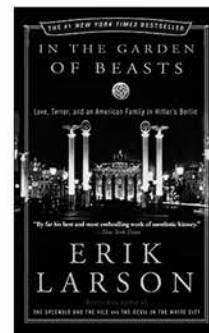
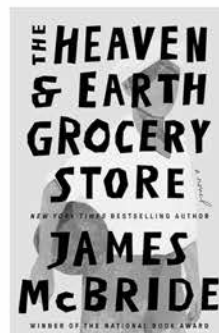
Mondays: September 23 – December 9; 2:00 – 4:00 p.m.

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

Location: Liberty Hall and Zoom

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

Class Limit: 12



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

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 Employment Program Medicare Improvements for Parents 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

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

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

NOTES



**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
WEB: cetrain.isu.edu/nka

NKA learning tree logo by Erica Lothspeich