



January is a time to take stock in the year past and set a course for the new year with a focus on physical and mental health. NKA is here to help you navigate, and course correct if needed towards fitness goals, mindfulness practices, and social engagements this spring semester.

The NKA spring catalog distribution was held Jan. 2 from 10-12 at Liberty Hall. The expectation was that about 350 catalogs would be distributed in-person and the remaining 200 would be sent via USPS bulk mail on Jan. 3. Thank you, Kathy Flock and Geoff Hogander, for an outstanding catalog production process. Our ISU CEWT partner noted this spring catalog effort was the smoothest and most efficient in the 27-year history of NKA. Go team NKA!!

Please spend a week perusing all the fine offerings by our volunteer instructor cadre before **class registration opens on January 15**. Again, NKA has exceeded the previous year's class offerings with over 153 classes this semester. For fitness, you have 19 unique classes with many sessions. Under the Health & Wellness category for mindfulness practices there are meditation and yoga. The number of opportunities for social engagements from travel, crafts, games, art, music, theater and lectures is abundant, with over 88 unique classes in these categories. In summary, NKA offers a lot of choices for your well-being.




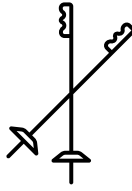
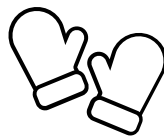

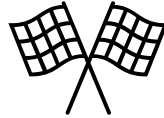
Use the NKA spring catalog as a map to build a plan for improved physical and mental health for 2025. Remember the **course catalog is available online beginning Jan. 2** in a read-only format to help you plan AND you can **pay your membership dues beginning Jan. 2**. Day 1 class registration opens Jan. 15 with a limit of 20 classes. Day 2 class registration begins Jan. 16 with an unlimited number of classes open for your enrollment. If a class limit is reached, be sure to register to be added to the waitlist. This wait list is closely managed and we make every effort to accommodate all our senior students/members.

These courses wouldn't be possible without the herculean effort of the volunteer instructors and facilitators which comprises about 130 folks. We can never say thank you enough, so in addition to a thank you note card mailed USPS, NKA has added a fall 2024 instructor and facilitator meet and greet reception to the calendar for Saturday, Jan. 11th near the ISU CEWT office. The NKA Directors-at-Large Linda Fairchild, Marylou Powers, and Deanna Aslett coordinated this gesture of appreciation with ISU/CEWT's Shirley Hockett. If you're a fall 2024 instructor/facilitator, or board member and plan to attend, text an RSVP to Linda Fairchild at 208-251-2586 as refreshments will be provided.

As a current NKA member, you are receiving the NKA President's newsletter each month. Please feel free to forward this to any interested friends and family members. My hope for the 2024/25 NKA board year is to break as many records as possible to grow and improve NKA. Our current membership is about 550 and we are on track with your help to meet and exceed 600 paid members before June 2025. Consider recruiting a new member and help NKA reach this last pre-covid milestone of 600 NKA members!

I wish you a happy and successful 2025! – Teresa Westfall NKA President 2024/25

**January 2025 New Knowledge Adventure's key activities and collaborative partnership events**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	31 New Years Eve	1 New Years Day	2 - <b>NKA Spring Catalog Distribution</b> 10 - 12 Liberty Hall & USP Social, NKA Board meeting 12:30 LH <b>NKA online membership fee opens.</b>	3 <b>Remember - NKA online</b> catalog available in read-only until Jan. 15 then open for registration.  1 <sup>st</sup> Friday Art Walk 5-8	4
5 City Rec. Women's learn to XC 9:30-12 Nordic Center	6 	7	8	9	10 American Legion Steak Night 5-8p \$10 senior	11 <b>NKA fall 2024 Instructor &amp; Facilitator</b> appreciation reception 1-3@CEWT
12 City Rec. XC Ski & Yoga 8 - 10:30 am Nordic Center 	13 City Rec. Full Moon Snowshoe 6-8 pm Nordic Center / ISU college classes begin	14 	15 - <b>Day 1 NKA class registration</b> opens with limit up to 20 classes  AARP mthly meeting & lunch SAC 12p	16 - <b>Day 2 NKA class registration</b> opens with no limit/unlimited number of classes	17 	18 City Rec. Free! XC & snowshoe 9-5 Nordic Center Sponsored by ICCU  Poke Fest 1-4 Zoo Idaho & Off the Rails
19	20  MLK Holiday	21 NKA spring class calendar begins!  	22	23	24  	25 Nordic Center Potato Cup ski race 9-5. Come watch & bring a thermos of hot cocoa. Visit yurt and get warm by the fire.
26 City rec. day trip to XC Soda Springs then to soak at Lava Hot Springs	27	28	29	30 I Am, He Said Celebrating Neil Diamond 7:30 pm Stephens PAC	31	1