

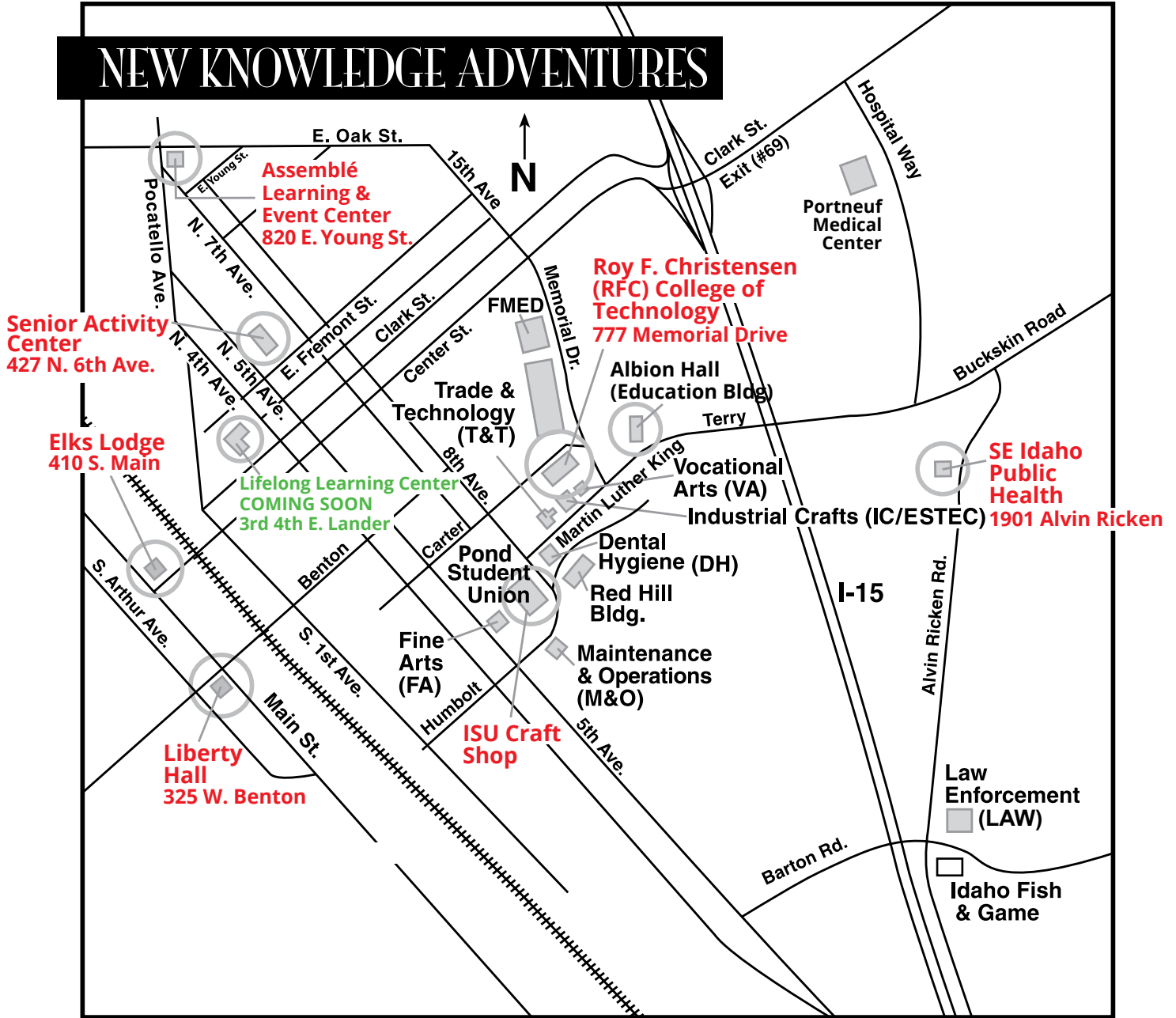
NEW KNOWLEDGE ADVENTURES

# NKA

Spring 2025



# NEW KNOWLEDGE ADVENTURES



## NKA FACEBOOK PAGE



Submit pictures and information about NKA activities to the NKA Facebook Page at [www.facebook.com/nkapocatello](http://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 New Knowledge Adventures (NKA) Members,

I hope everyone had a great Fall semester enjoying NKA activities and now you're ready to dive into the Spring catalog and peruse all the adventures we bring your way. With the Holidays over and the colder weather settling in, I know I look forward to my NKA Spring class line-up. I send you a sincere welcome back after the Winter/Holiday break.

In terms of continuous improvement efforts, I want to commend ISU/CEWT staff with making several improvements to the online registration process between Spring 2024 and Fall 2024. The processing capacity was increased significantly, in addition to several other tweaks to the system. The overwhelming feedback from members for 2024 Fall online registration was a much more user-friendly experience and no members were forced off the system during online registration due to bottlenecks. In January 2025, NKA members will find a new feature in their student account that will allow them to cancel most classes online, rather than send an email or make a phone call to CEWT. For notice that a member will be missing individual class, a courtesy email to [cetrain@isu.edu](mailto:cetrain@isu.edu) is still requested. Thanks to the close collaboration between NKA and CEWT support staff, the online registration improvement plan has been a resounding success!

Also, with a focus toward providing a wide variety and quantity of courses each semester, NKA is offering over 150+ courses again for Spring 2025. However, we are having some growing pains. So, this class offering an increase of over 20% from the 2023-2024 year has created challenges for our NKA all-volunteer non-profit organization. Some of our courses have been offered continuously for decades, while others are a one-time, first of their kind. For some of our courses, they are offered by an experienced NKA instructor who also serves as their own classroom facilitator. However, for NKA to continue to offer this variety and quantity of courses, we need more members to step-up and step-in to serve as a classroom facilitator.

The classroom facilitator's role is relatively straightforward. We request an attendance record for every class session, and CEWT provides the attendance roster to the facilitator about 3 days before the class period. Please contact Kathy Flock or me if you are willing to help us out. We will schedule a brief training meeting with you. You can choose which category of classes and instructor you prefer to support as an NKA facilitator.

Finally, the 2024-25 NKA Board of Directors term ends this Spring, with nominations and then an election at the May 19, 2025, General Meeting, which is a luncheon at Juniper Hills Country Club. Give some thought to serving on the board and let your favorite board member know. One of the three Directors-at-large, and the President-elect board positions are open for nominations every year. The NKA Board Member term is from July 1 to June 30.

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

### NKA MEMBERSHIP CLASS REQUESTS

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

### NOTICES

- INSTRUCTORS, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or activity without jeopardizing the health or safety of the members, other participants, or the instructor.
- FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Some fees will need to be paid either at the first class or prior to the class.
- The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect to the policy or position of NKA governing board.
- PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out.

### PARKING

Parking on ISU campus is *free only after 4 p.m.* For daytime classes on campus, you need a parking permit (General Lots), which is good for the year. Permit through NKA is **\$5.50**; permit will be mailed with the registration receipt, or buy one in person at the CEWT office. NKA permits are not transferable to others and are to be used for NKA classes only. Misuse may result in a ticket. Neither NKA or CEWT shall be held liable for any violation of parking regulations.

### BUS TRANSPORTATION

For bus stops: 208-234-ABUS; [pocatellotransit.com](http://pocatellotransit.com)

## ASSUMPTION OF RISK

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

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

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

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

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

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

# Table of Contents

**SPRING 2025**

CLASSES LISTED ALPHABETICALLY BY TOPIC

**ART, MUSIC & THEATER**

<i>Didgeridoo: Australian Aboriginal Art &amp; Music</i> .....	2
<i>NKA Annual Meeting Skit</i> .....	2
<i>Preview to "The Clean House"</i> .....	2
<i>Preview to "The Lightning Thief: The Percy Jackson Musical"</i> .....	2
<i>Preview to "Mary Poppins, the Musical"</i> .....	2
<i>Preview to the Symphony</i> .....	3

**ISU CRAFT SHOP CLASSES**

<i>Craft Shop Calligraphy</i> .....	3
<i>Craft Shop Fused Glass Night Light</i> .....	3
<i>Craft Shop Hand Building with Clay</i> .....	3
<i>Craft Shop Mosaic Stepping Stones</i> .....	3

**CRAFTS & HOBBIES**

<i>Barn Quilt Painting</i> .....	4
<i>Beginning and Intermediate Knitting</i> .....	4
<i>Build Your Own Gnome</i> .....	4
<i>Create a Vision Board for 2025</i> .....	4
<i>Creating a Fused Glass Butterfly</i> .....	4
<i>Creating a Fused Glass Owl</i> .....	5
<i>Creative Cards for Valentines Day &amp; Birthdays</i> .....	5
<i>Crochet 101/102</i> .....	5
<i>Crochet/Knitting – Service Group</i> .....	5
<i>Crochet with Recycled Bags – Service Group</i> .....	5
<i>Flowers with L.D.</i> .....	5
<i>Fun with Crochet</i> .....	5
<i>Glass Blowing – Paperweights</i> .....	6
<i>Glass Blowing – Pendants</i> .....	6
<i>Idaho Paint Pour</i> .....	6
<i>Knitting on Looms 2</i> .....	6
<i>Origami for Beginners</i> .....	7
<i>Origami Simple Kusudama</i> .....	7
<i>Origami Advanced Kusudama</i> .....	7
<i>Origami Octagon Challenge</i> .....	7
<i>Painting with Acrylics</i> .....	7
<i>Pinecone Flowers</i> .....	8
<i>Quilling with Carol</i> .....	8
<i>Rag Rugs</i> .....	8
<i>Spring Bunny Butt in a Pot</i> .....	8
<i>Suncatcher or Beaded Eyeglass Chain</i> .....	8
<i>Woodcarving, Beginning</i> .....	8
<i>Woodcarving, Advanced</i> .....	9

**FITNESS & MOTION**

<i>Cross-country Ski Day at Nordic Center</i> .....	9
---	---

<i>Fit and Fall Proof®</i> .....	9
<i>Guided Snowshoeing at the Nordic Center</i> .....	9
<i>Line Dancing: Blackfoot Starter Class</i> .....	9
<i>Line Dancing: Starter</i> .....	9
<i>Line Dancing: Beginning 1</i> .....	10
<i>Line Dancing: Beginning 2</i> .....	10
<i>Line Dancing: Intermediate</i> .....	10
<i>Line Dancing "Oldies but Goodies"</i> .....	10
<i>Line Dancing: Advanced</i> .....	10
<i>Qigong</i> .....	10
<i>Snowshoeing the Hills</i> .....	10
<i>Square Dance</i> .....	11
<i>Strength Training, an Introduction</i> .....	11
<i>T'ai Chi Chih, Advanced</i> .....	11
<i>Walk Audit</i> .....	11
<i>Walking the Greenway</i> .....	11
<i>Water Aerobics in the Lava Hot Spring Indoor Pool</i> .....	11
<i>Zumba Gold</i> .....	12

**FOOD & BEVERAGE**

<i>Beer Tasting at Off the Rails Brewing</i> .....	12
<i>Beer Tasting and Tour of Jim Dandy Brewing</i> .....	12
<i>Egg Rolls, Shanghai Café/Hong Kong Cuisine</i> .....	12
<i>The Art of Making Anna-damn-a-Bread</i> .....	12
<i>Whiskey Pairing at the Yellowstone</i> .....	12
<i>Wine Pairing at PV's Uncorked</i> .....	12
<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 and Gifts</i> .....	13
<i>Wine Tasting – "Smell Vocabulary"</i> .....	13
<i>World Bites</i> .....	13

**GAMES**

<i>Bridge 1 – Introduction</i> .....	14
<i>Bridge 2 – Intermediate</i> .....	14
<i>Join the Wave to Senior Games</i> .....	14
<i>Lunch and Games</i> .....	14
<i>Mahjong</i> .....	14
<i>Team Trivia</i> .....	14
<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**

**GENERAL INTEREST**

*Adventures in Africa*..... 15  
*Alaskan Fishing Adventure*..... 15  
*Austria and Germany Travelogue*..... 15  
*Budgeting on a Fixed Income*..... 15  
*C.A.S.A. Volunteers: Changing a Child’s Story*..... 15  
*Coffee, Tea and Conversation*..... 15  
*C.R.A.S.E. – Civilian Response to Active Shooter Events*..... 15  
*Feeding Idahoans Through Collaboration*..... 15  
*Grant Writing 101*..... 16  
*Hidden Gems and Places to Visit in Southeast Idaho*..... 16  
*Hot Topics*..... 16  
*Life After Netflix*..... 16  
*Monthly Social and Planning*..... 16  
*Neighborhood and Community Revitalization*..... 16  
*Nostalgia with Elvis*..... 17  
*Proactive vs. Reactive Programs for Youth in Pocatello*..... 17  
*The Psychology of Chance Encounters and Fortuitous Events*..... 17  
*Running a Family Popcorn Shop*..... 17  
*Tarot for Self-Reflection and Personal Growth*..... 17  
*Two Weeks in Ecuador and the Galapagos*..... 17  
*USP: Turning a Vision into a Reality*..... 17  
*USP: Update*..... 17  
*Venmo – Everyone Wants Me to Use It – What the Heck Is It?*..... 18  
*Visiting all of America’s National Parks*..... 18  
*A World of Knowledge at your Fingertips* ..... 18

**HEALTH & WELLNESS**

*A Beginners Guide to Learning Astrology*..... 18  
*All Together Now: Appreciating Our Interconnection with Everything*..... 18  
*Alternative Healing Modalities 101*..... 18  
*Breathwork Detox*..... 19  
*Easy Plant Based Meals for Health*..... 19  
*Guided Meditation*..... 19  
*Guided Meditation and Breathwork (Pranayama)*..... 19  
*Healthy City, USA*..... 19  
*Nutrition for Longevity*..... 19  
*Practices to Heal Your Body Naturally*..... 19  
*Promoting Cognitive Health in Older Age*..... 20  
*Reclaim Your Health Naturally*..... 20  
*Rife Technology and Therapy and Your Health*..... 20  
*Sound Bath Music Bowls*..... 20  
*Steps to Safety*..... 20  
*Stop the Bleed*..... 20

**HISTORY**

*The Constitution and the Supreme Court*..... 21  
*Fort Hall Replica, Bannock County Museum and Pocatello Junction*..... 21  
*Indian Boarding Schools: Terrors & Dreams*..... 21  
*Pocatello Notables: What They Did and Where They Lived*..... 21  
*Printing and the Reformation*..... 21  
*Triangle Update*..... 21  
*A Visual Walk Through Pocatello History*..... 21  
*Why I LOVE the Movie “1776”*..... 21  
*Women in the Revolutionary War*..... 22

**NATURE, SCIENCE, & TECHNOLOGY**

*Amphibians and the Wetlands of the Greater Yellowstone Ecosystem*..... 22  
*Anatomically Correct but Socially Incorrect Valentines*..... 22  
*Artificial Intelligence: Promise and Peril*..... 22  
*Astronomy: Planets and Moons*..... 22  
*Birdwatching in Southeast Idaho*..... 22  
*Cyber Security for Seniors*..... 23  
*Flower Garden, Your Questions Answered*..... 23  
*Intro to Windows 11*..... 23  
*iPhone/Smartphone Photography – Level 1*..... 23  
*iPhone/Smartphone Photography – Level 2*..... 23  
*Lake Idaho and Lake Bonneville*..... 23  
*Libby for Beginners: An Introductory Course*..... 23  
*Our Wonderous Wildflowers*..... 24  
*Pets and Wildlife Safety (PAWS)*..... 24  
*The Plants of Cherry Springs Nature Area*..... 24  
*Water Quality – An Overview and Related Issues for Idaho*..... 24  
*Where Did Your Immune Cells Go to School?*..... 24  
*Wind and Solar, What is Their Part in the Electric System?*..... 24

**TRAVEL & FIELD TRIPS**

*“Chicago” at the Eccles Theater, Logan UT*..... 25  
*Hill Aerospace Museum/Hogle Zoo*..... 25  
*Jackson Elk Refuge*..... 26  
*Plant Walk at Cherry Springs Nature Area*..... 26

**WRITING & LITERATURE**

*Book and a Glass*..... 26  
*“Sweet” Nursery Rhymes & Hidden Messages*..... 26  
*Writing Creatively – Fiction and Non-Fiction*..... 26

**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** *African Adventure: Adventures in Africa* ..... 15  
*AI: Artificial Intelligence: Promise and Peril* ..... 22  
*Alaska Fishing: Alaskan Fishing Adventure* ..... 15  
*All Together: All Together Now: Appreciating Our Interconnection with Everything* ..... 18  
*Alt. Healing: Alternative Healing Modalities 101* ..... 18  
*Amphibians: Amphibians and the Wetlands of the Greater Yellowstone Ecosystem* ..... 22  
*Anatomically Correct: Anatomically Correct but Socially Incorrect Valentines* ..... 22  
*Anna Bread: The Art of Making Anna-damn-a-Bread* ..... 12  
*Astrology: A Beginners Guide to Learning Astrology* ..... 18  
*Astronomy: Astronomy: Planets and Moons* ..... 22  
*Austria and Germany Travelogue* ..... 15
- B** *Barn Quilts: Barn Quilt Painting* ..... 4  
*Beer Tasting: Beer Tasting and Tour of Jim Dandy Brewing* ..... 12  
*Beer Tasting: Beer Tasting at Off the Rails Brewing* ..... 12  
*Birdwatching: Birdwatching in Southeast Idaho* ..... 22  
*Body Healing: Practices to Heal Your Body Naturally* ..... 19  
*Book Group: Book and a Glass* ..... 26  
*Breathwork: Breathwork Detox* ..... 19  
*Bridge 1: Bridge 1 – Introduction* ..... 14  
*Bridge 2: Bridge 2 – Intermediate* ..... 14  
*Budgeting: Budgeting on a Fixed Income* ..... 15
- C** *Calligraphy: ISU Craft Shop Calligraphy* ..... 3  
*CASA: C.A.S.A. Volunteers: Changing a Child's Story* ..... 15  
*Cherry Springs Plants: The Plants of Cherry Springs Nature Area* ..... 24  
*Cherry Springs Walk: Plant Walk at Cherry Springs Nature Area* ..... 26  
*Chicago/Logan: Chicago at the Eccles Theater, Logan UT* ..... 25  
*Clean House: Preview to the Play "The Clean House"* ..... 2  
*Coffee/Tea: Coffee, Tea and Conversation* ..... 15  
*Cognitive Health: Promoting Cognitive Health in Older Age* ..... 20  
*Constitution: The Constitution and the Supreme Court* ..... 21  
*CRASE: C.R.A.S.E Civilian Response to Active Shooter Events* ..... 15  
*Creative Cards: Creative Cards for Valentine's Day & Birthdays* ..... 5  
*Creative Writing: Writing Creatively - Fiction and Non-Fiction* ..... 26  
*Crochet 101/102* ..... 5  
*Crochet/Bags: Crochet with Recycled Bags Service Group* ..... 5  
*Crochet Fun: Fun with Crochet* ..... 5  
*Crochet/Knit Svc: Crochet/Knitting - Service Group* ..... 5  
*Cyber Security: Cyber Security for Seniors* ..... 23
- D** *Didgeridoo: Didgeridoo: Australian Aboriginal Art & Music* ..... 2
- E** *Ecuador: Two Weeks in Ecuador and the Galapagos* ..... 17  
*Egg Rolls: Egg Rolls, Shanghai Café/Hong Kong Cuisine* ..... 12  
*Elk Refuge: Jackson Elk Refuge* ..... 26  
*Elvis: Nostalgia with Elvis* ..... 17
- F** *Feeding Idaho: Feeding Idahoans Through Collaboration* ..... 15  
*Fit & Fall: Fit and Fall Proof®* ..... 9  
*Flower Garden: Flower Garden, Your Questions Answered* ..... 23  
*Flowers/LD: Flowers with L.D.* ..... 5  
*Fort Hall Replica: Fort Hall Replica, Bannock County Museum and Pocatello Junction* ..... 21
- G** *Glass Butterfly: Creating a Fused Glass Butterfly* ..... 4  
*Glass Night Light: Craft Shop Fused Glass Night Light* ..... 3  
*Glass Owl: Creating a Fused Glass Owl* ..... 5  
*Glass Paperweight: Glass Blowing – Paperweight* ..... 6  
*Glass Pendant: Glass Blowing – Pendants* ..... 6  
*Gnomes: Build Your Own Gnome* ..... 4  
*Grant Writing: Grant Writing 101* ..... 16  
*Greenway: Walking the Greenway* ..... 11
- H** *Hand Building: Hand Building with Clay* ..... 3  
*Healthy City, USA* ..... 19  
*Hidden Gems: Hidden Gems and Places to Visit in Southeast Idaho* ..... 16  
*Hill Aerospace/Hill Aerospace Museum/Hogle Zoo* ..... 25  
*Hot Topics* ..... 16
- I** *Idaho Paint Pour* ..... 6  
*I Love 1776: Why I Love the Movie 1776* ..... 21  
*Immune Cells: Where Did Your Immune Cells Go to School?* ..... 24  
*Indian Schools: Indian Boarding Schools: Terrors & Dreams* ..... 21  
*iPhone Photos -1: iPhone/Smartphone Photography – Level 1* ..... 23  
*iPhone Photos -2: iPhone/Smartphone Photography – Level 2* ..... 23
- K** *Knitting: Beginning and Intermediate* ..... 4  
*Knitting on the Looms 2* ..... 6
- L** *Lake Idaho: Lake Idaho and Lake Bonneville* ..... 23  
*Libby App: Libby for Beginners: An Introductory Course* ..... 23  
*Life After Netflix* ..... 16

# NEW KNOWLEDGE ADVENTURES

<i>Lightning Thief: Preview to The Lightning Thief: The Percy Jackson Musical</i> .....	2	<i>Ski Day: Cross-Country Ski Day at Nordic Center</i> .....	9
<i>Ln. Dnc. Adv: Line Dancing: Advanced</i> .....	10	<i>Snowshoeing: Guided Snowshoeing at the Nordic Center</i> .....	9
<i>Ln. Dnc. Beg. 1: Line Dancing: Beginning 1</i> .....	10	<i>Snowshoeing the Hills</i> .....	10
<i>Ln. Dnc. Beg. 2: Line Dancing: Beginning 2</i> .....	10	<i>Sound Bowls: Sound Bath Music Bowls</i> .....	20
<i>Ln. Danc. Blackfoot Starter: Line Dancing: Blackfoot Starter Class</i> .....	9	<i>Spring Bunny: Spring Bunny Butt in a Pot</i> .....	8
<i>Ln. Dnc. Inter: Line Dancing: Intermediate</i> .....	10	<i>Square Dance</i> .....	11
<i>Ln. Dnc. Oldies: Line Dancing: "Oldies but Goodies"</i> .....	10	<i>Steps to Safety</i> .....	20
<i>Ln. Dnc. Starter: Line Dancing: Starter</i> .....	9	<i>Stop the Bleed</i> .....	20
<i>Lunch and Games</i> .....	14	<i>Strength Training</i> .....	11
<b>M</b> <i>Mahjong</i> .....	14	<i>Suncatchers: Suncatcher or Beaded Eyeglass Chain</i> .....	8
<i>Mary Poppins: Preview to "Mary Poppins, the Musical"</i> .....	2	<i>Symphony: Preview to the Symphony</i> .....	3
<i>Meditation: Guided Meditation</i> .....	19	<b>T</b> <i>Tai Chi Adv: Advanced T'ai Chi Chih</i> .....	11
<i>Meditation Pranayama: Guided Meditation and Breathwork (Pranayama)</i> .....	19	<i>Tarot: Tarot for Self-Reflection and Personal Growth</i> .....	17
<i>Monthly Social: Monthly Social and Planning</i> .....	16	<i>Team Trivia</i> .....	14
<i>Mosaic Stones: Craft Shop Mosaic Stepping Stones</i> .....	3	<i>Texas Hold'em: Texas Hold'em Poker</i> .....	15
<b>N</b> <i>National Parks: Visiting all of America's National Parks</i> .....	18	<i>Triangle Update</i> .....	21
<i>Natural Healing: Practices to Heal Your Body Naturally</i> .....	19	<b>U</b> <i>USP Fundraising: USP: Turning a Vision into a Reality</i> .....	17
<i>Neighborhood and Community Revitalization</i> .....	16	<i>USP: Update</i> .....	17
<i>NKA Skit: NKA Annual Meeting Skit</i> .....	2	<b>V</b> <i>Venmo: Venmo – Everyone Wants Me to Use It – What the Heck Is It?</i> .....	18
<i>Nursery Rhymes: "Sweet" Nursery Rhymes &amp; Hidden Messages</i> .....	26	<i>Vision Board: Create a Vision Board for 2025</i> .....	4
<i>Nutrition: Nutrition for Longevity</i> .....	19	<b>W</b> <i>Walk Audit</i> .....	11
<b>O</b> <i>Origami: Advanced Kusudama</i> .....	7	<i>Water Aerobics: Water Aerobics in the Lava Hot Spring Pool</i> .....	11
<i>Origami: Origami for Beginners</i> .....	7	<i>Water Quality: Water Quality – An Overview and Related Issues for Idaho</i> .....	24
<i>Origami Octagon: Origami Octagon Challenge</i> .....	7	<i>Whiskey Pairing: Whiskey Pairing at the Yellowstone</i> .....	12
<i>Origami: Simple Kusudama</i> .....	7	<i>Wildflowers: Our Wonderous Wildflowers</i> .....	24
<b>P</b> <i>Painting/Acrylics: Painting with Acrylics</i> .....	7	<i>Wind and Solar: Wind and Solar, what is Their Part in the Electric System</i> .....	24
<i>PAWS: Pets and Wildlife Safety (PAWS)</i> .....	24	<i>Windows II: Intro to Windows II</i> .....	23
<i>Pinecone Flowers</i> .....	8	<i>Wine/Bru House: Wine Tasting at the Bru House</i> .....	13
<i>Plant Based Meals: Easy Plant Based Meals for Health</i> .....	19	<i>Wine/Gate City: Wine Tasting at Gate City Coffee and Gifts</i> .....	13
<i>Pocatello History: A Visual Walk Through Pocatello History</i> .....	21	<i>Wine/PV's: Wine Pairing at PV's Uncorked</i> .....	12
<i>Poky Notables: Pocatello Notables: What They Did and Where They Lived</i> .....	21	<i>Wine/Tuscano: Wine Tasting at Café Tuscano</i> .....	13
<i>Popcorn Shop: Running a Family Popcorn Shop</i> .....	17	<i>Wine Vocabulary: Wine Tasting - "Smell Vocabulary."</i> .....	13
<i>Printing and the Reformation</i> .....	21	<i>Wine/Yellowstone: Wine Pairing at the Yellowstone</i> .....	13
<i>Psych Encounters: The Psychology of Chance Encounters and Fortuitous Events</i> .....	17	<i>Women/War: Women in the Revolution War</i> .....	22
<b>Q</b> <i>Qigong</i> .....	10	<i>Woodcarving Beg: Woodcarving, Beginning</i> .....	8
<i>Quilling: Quilling with Carol</i> .....	8	<i>Woodcarving Adv: Woodcarving, Advanced</i> .....	9
<b>R</b> <i>Rag Rugs</i> .....	8	<i>World Bites</i> .....	13
<i>Reclaim Your Health Naturally</i> .....	20	<i>World of Knowledge: A World of Knowledge at your Fingertips</i> .....	18
<i>Rife Technology: Rife Technology and Therapy and Your Health</i> .....	20	<b>Y</b> <i>Youth Programs: Proactive vs. Reactive Programs for Youth in Pocatello</i> .....	17
<b>S</b> <i>Senior Games: Join the Wave to Senior Games</i> .....	14	<b>Z</b> <i>Zumba Gold</i> .....	12

# Adventures for the Spring of 2025

## ART, MUSIC & THEATER

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

**Monday: March 3; 10:30 a.m. - Noon**

In this class you will learn about how the didgeridoo is made, played, Australian Aboriginal 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 trombone and didgeridoo artist, seller, and music educator

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

### NKA Annual Meeting Skit (#3303)

**Wednesdays: April 30 – May 14; 3:00 – 4:00 p.m.**

This class is an abbreviated version of Reader's Theater. We'll create, rehearse and perform a 5–10-minute skit to entertain NKA members at the annual meeting (date TBD). Annual meeting skits tend to be comedic in nature. Expect to have fun during the rehearsals and performance. No memorization needed. Lines will be read.

**Location:** Liberty Hall

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

**Class Limit:** 20

### Preview to the Play *The Clean House* (#3384)

**Friday: January 31; Noon – 1:00 p.m.**

*The Clean House* is a thought-provoking play that revolves around a Brazilian housekeeper named Matilde, who would rather be a comedian than clean. The play explores themes of love, loss, and the pursuit of happiness through unconventional means. It also delves into the complexities of human relationships and the blurred lines between comedy and tragedy. With its unique blend of

humor and emotion, “The Clean House” offers a poignant and insightful look into the human experience. This preview will detail the creative process of the production.

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

**Instructor:** Jef Petersen and ISU Theatre faculty

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

### Preview to *The Lightning Thief: The Percy Jackson Musical* (#3391)

**Friday: April 4; Noon – 1:00 p.m.**

“*The Lightning Thief: The Percy Jackson Musical*” is a captivating theatrical adaptation of Rick Riordan’s bestselling novel. The play follows Percy Jackson, a teenage demigod, as he embarks on a thrilling quest to prevent a war among the gods. Filled with humor, adventure, and relatable characters, the musical takes audiences on a mythological journey while addressing themes of friendship, identity and self-discovery. With its energetic music and engaging storytelling, *The Lightning Thief* offers an entertaining and empowering experience for audiences of all ages. This preview will detail the creative process of the production.

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

**Instructor:** Tara Young and ISU Theatre faculty

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

### Preview to *Mary Poppins, the Musical* (#3425)

**Friday: March 28; 5:00 – 6:00 p.m.**

The Palace Theater’s production of *Mary Poppins, the Musical* is based on the books by P.L. Travers and the classic Walt Disney film. We’re introduced to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense she teaches the family members how to value each other and themselves through many magical and memorable adventures.

**Location:** Palace Theater, 158 E. Chubbuck Rd., Chubbuck

**Instructor:** Sherri Dienstfrey-Swanson, Director

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

**Class Limit:** 50

**Preview to the Symphony (#3322)**

*Friday: February 14; February 28; April 18; 3:00 – 4:00 p.m.*

Dr. Nell Flanders continues the symphony concert series *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](http://www.thesymphony.us).

**Symphony Performance Dates:**

*February 21 – Heroic Aspirations*

*March 7 – New Music Concert at the Purpose Center*

*April 25 – Memories and Mysteries*

**Location:** Idaho State University Campus, Fine Arts Building, Room 102

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

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

**ISU CRAFT CLASSES**

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

**Craft Shop Calligraphy (#3243)**

*Tuesday: February 11; 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, 911 S. 8th St. 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](mailto: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 Night Light (#3533)**

*Section 1 - Tuesday: January 21; 12:30 – 2:30 p.m.*

*Section 2 - Tuesday: April 8; 12:30 – 2:30 p.m.*

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

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

**Location:** ISU Craft Shop, 911 S. 8th St. lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Mary Miller

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

**Class Limit:** 8

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

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

**Craft Shop Hand Building with Clay (#3599)**

*Tuesday: April 1 & 15; 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, 911 S. 8th St. 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](mailto:christinebrower@hotmail.com))

**Class Limit:** 10

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

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

**Craft Shop Mosaic Stepping Stones (#3244)**

*Tuesday: March 11 & 18; 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

*(continues...)*

*(continued: Craft Shop Mosaic Stepping Stones)*

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, 911 S. 8th St. lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Mary Miller

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

**Class Limit:** 8

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

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

**CRAFTS & HOBBIES**

**Barn Quilt Painting (#3489)**

*Wednesdays: January 22 – March 26; 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 – please pay at first class

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

*Tuesdays: January 21 – May 27; 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

**Build Your Own Gnome (#3546)**

*Monday: February 10; 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 be building your own gnome. All materials will be supplied by Elwen Cottage.

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

**Instructor:** Wendy Vaughn, Owner

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

**Class Limit:** 12 per section

**Class Fee:** \$12 – please bring to class

**Create a Vision Board for 2025 (#3583)**

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

Do you have goals and aspirations for 2025? Do you want to feel peace, joy and happiness? If your answer is yes, register for this class and let's create a vision board to help you find goal fulfillment! Bring your hopes, dreams, goals, ideas, old magazines, printed pictures of loved ones (if you want to use real pictures on your vision board), and I'll supply the encouragement. Your class fee includes poster board, glue and scissors.

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

**Instructor/Facilitator:** Brenda Ehrler, 500-hour registered yoga (RYT), and certified Vishoka Meditation Teacher (801-554-9396, bl\_ehrler@att.net)

**Class Limit:** 15

**Class Fee:** \$3 for supplies – please bring to class

**Creating a Fused Glass Butterfly (#3547)**

*Thursday: April 17; 6:00 – 8:00 p.m.*

Decorate a butterfly shaped glass piece with colorful glass of varied shapes and sizes to create a unique gift for yourself or someone else. Enjoy a drink and light snacks while you create.

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

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

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

**Class Limit:** 16

**Class Fee:** \$45

**How to Pay:** Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **April 3rd**. 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.

**Creating a Fused Glass Owl (#3548)***Thursday: March 13; 3:00 – 5:00 p.m.*

Decorate an owl shaped glass piece with colorful glass of varied shapes and sizes to create a unique gift for yourself or someone else. Enjoy a drink and light snacks while you create.

**Location:** 456 University St., Pocatello**Instructors:** Melissa Neiers and Faith Nolte, Glass Artists**Facilitator:** Chris Brower (208-681-8483, christinebrower@hotmail.com)**Class Limit:** 16**Class Fee:** \$45

**How to Pay:** Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **February 27th**. If payment is not received by this date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

**Creative Cards for Valentines & Birthdays (#3739)***Tuesday: January 28; 1:00 – 3:00 p.m.*

Participants will create 4-5 handmade cards; 2 for Valentine's Day (or an alternative), and 2-3 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 – Please bring to class**Crochet 101/102 (#3309)***Tuesdays: March 4 – May 6; 10:00 – 11:30 a.m.*

Crochet 101 participants will learn basic crochet stitches and reading pattern instructions. We will crochet a coaster, scrubby, dish cloth and hat. Supplies needed are 2 balls of coordinating medium #4 cotton yarn for dish cloths, and one skein #4 worsted yarn for the hat, size H/5mm crochet hook, and stitch markers. Linda will bring a spring project and will also help with personal projects. Anyone who attended crochet 101 last semester who didn't finish their projects can bring them to this class. We do have extra yarn available.

**Location:** Senior Activity Center, Room 6**Instructors:** Linda Furstenwerth and Rosita Park**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)**Class Limit:** 15**Class Fee:** \$3 for crochet 101 packet, pay at first class**Crochet/Knitting - Service Group (#3196)***Tuesdays: January 14 – May 27; 1:30 – 3:00 p.m.*

A service project crocheting and knitting lap blankets for the PMC cancer center. Yarn is provided for these projects. BYO hooks and needles 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: January 23 – April 24; 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 6**Instructors:** Linda Furstenwerth and Rosita Park**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)**Class Limit:** 15**Flowers with L.D. (#3487)***Wednesday: April 16; 1:30 – 3:00 p.m.*

L.D. will walk us through the creation of a beautiful floral arrangement to welcome Spring.

**Location:** Senior Activity Center, Dining Room**Instructor:** L.D. Wolfley, owner of Flowers by L.D.**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)**Class Limit:** 30**Class Fee:** \$55

**How to Pay:** Make check payable to Flowers by L.D. Send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201 by **April 7th**.

**Fun with Crochet (#3401)***Thursdays: January 23 – May 22; 1:30 – 3:00 p.m.*

Knowledge of crochet basics is a plus, but not necessary. Come and make animals, scrubbies, headbands, 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

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

*Section 1 – Monday: January 13; 7:30 – 8:30 p.m. – payment due by **January 6***  
*Section 2 – Monday: January 27; 7:30 – 8:30 p.m. – payment due by **January 6***  
*Section 3 – Monday: February 10; 7:30 – 8:30 p.m. – payment due by **February 3***  
*Section 4 – Monday: February 24; 7:30 – 8:30 p.m. – payment due by **February 3***  
*Section 5 – Monday: March 10; 7:30 – 8:30 p.m. – payment due by **March 3***  
*Section 6 – Monday: March 24; 7:30 – 8:30 p.m. – payment due by **March 3***  
*Section 7 – Monday: April 14; 7:30 – 8:30 p.m. – payment due by **April 7***  
*Section 8 – Monday: April 28; 7:30 – 8:30 p.m. – payment due by **April 7***

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

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

**Location:** Poky Glass Art Studio, 515 N. Main St., Pocatello  
**Instructor:** Sam Casper  
**Facilitator:** MaryAnn Creighton (435-232-1887, creightm@yahoo.com)  
**Class Limit:** 4 per section  
**Class Fee:** \$40 (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: January 13; 6:00 – 7:00 p.m. – payment due by **January 6***  
*Section 2 – Monday: January 27; 6:00 – 7:00 p.m. – payment due by **January 6***  
*Section 3 – Monday: February 10; 6:00 – 7:00 p.m. – payment due by **February 3***  
*Section 4 – Monday: February 24; 6:00 – 7:00 p.m. – payment due by **February 3***  
*Section 5 – Monday: March 10; 6:00 – 7:00 p.m. – payment due by **March 3***

*Section 6 – Monday: March 24; 6:00 – 7:00 p.m. – payment due by **March 3***  
*Section 7 – Monday: April 14; 6:00 – 7:00 p.m. – payment due by **April 7***  
*Section 8 – Monday: April 28; 6:00 – 7:00 p.m. – payment due by **April 7***  
*ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE*

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

**Idaho Paint Pour (#3550)**

*Monday: March 10; 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 be pouring paint on a piece of wood cut into the shape of Idaho. Elwen Cottage will provide the materials.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello  
**Instructor:** Wendy Vaughn, Owner  
**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)  
**Class Limit:** 12 per section  
**Class Fee:** \$10 – please bring to class

**Knitting on Looms 2 (#3551)**

*Tuesdays: January 21 – February 25; 10:00 – 11:30 a.m.*

We will continue on from the basic round loom knit hats and long loom scarf, to learning more stitches and designs. Please bring your looms, hook, yarn, needle and pattern (if you have a project in mind). We do have extra looms, hooks, needles and yarn available for your use as well as available patterns. It's best if you've taken the (continues...)

*(continued Knitting on Looms 2)*

the beginning class (Beginning Looming) or have had some experience on the round or long looms, but want to learn more. If you did not attend the Beginning Looming class and would like the packet with instructions, please let me know before the first class.

**Location:** Senior Activity Center, Room 6  
**Instructors:** Linda Furstenwerth and Rosita Park  
**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)  
**Class Limit:** 10  
**Class Fee:** \$3 for beginner packet – bring to class

**Origami for Beginners (#3148)**

*Thursday: February 6, 13, 20, & 27; 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. This class is designed for BEGINNERS, so if you've always wanted to give it a try, this is your opportunity. 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 – please bring to first day of class

**Origami Simple Kusudama (#3155)**

*Thursday: March 13 & 20; 1:30 – 3:30 p.m.*

Fold a specifically designed unit, perhaps shaped like a star or flower, with special tabs and pockets. Then fold 29 more identical units and fit them together by sliding the tabs of each unit into the pockets of other units to form an amazing sphere. Centuries ago, these “medicine balls” contained fragrant medicines and herbs and were believed to help ward off evil and sickness. Specially designed two-sided paper adds to the fun and beauty.

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

**Origami Advanced Kusudama (#3585)**

*Thursday: April 10 & 17; 1:30 – 3:30 p.m.*

This class will focus on the Sea Star Kusudama for advanced folders. Fold 30 identical units and fit them together by sliding tabs of each unit into pockets of the other units to form an amazing sphere. Centuries ago, these “medicine balls” contained fragrant medicines and herbs and were believed to help ward off evil and sickness. Specially designed two-sided paper adds to the fun and beauty.

**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 paper – please bring first day of class

**Origami Octagon Challenge (#3283)**

*Thursday: May 1 & 15; 1:30 – 3:30 p.m.*

In the first two-hour class on May 1, learn to fold the famous 8-module octagon box and how to create four distinct symmetrical patterns from the same print. Then you will complete your boxes as “homework” and return two weeks later on May 15 to share your results.

**Location:** Senior Activity Center, Dining Room  
**Instructor:** Kris Hansen  
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)  
**Class Limit:** 15  
**Class Fee:** \$10 for paper – please bring first day of class

**Painting with Acrylics (#3198)**

*Section 1 – Friday: May 9; 10:00 a.m. – Noon*

*Section 2 – Monday: May 12; 10:00 a.m. – Noon*

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

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

**Location:** Liberty Hall  
**Instructor:** Deanna Eveland, Artist  
**Facilitator:** Brenda Ehrler (801-554-9396, bl\_ehrler@att.net)  
**Class Limit:** 20  
**Class Fee:** \$20 for supplies  
**How to Pay:** Please send check payable to Brenda Ehrler at P.O. Box 582, Lava Hot Springs, ID 83246 by **March 24th**. 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.



**Pinecone Flowers (#3553)**

*Monday: May 12; Section 1: 4:00 p.m.  
Section 2: 6:00 p.m.*

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

April showers bring May flowers. In this class, you will be making flowers with pinecones. All materials will be supplied by Elwen Cottage.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello  
**Instructor:** Wendy Vaughn, Owner  
**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)  
**Class Limit:** 12 per section  
**Class Fee:** \$10 – please bring to class

**Quilling with Carol (#3220)**

*Wednesdays: March 19, 26; April 2, 9; 1:00 – 3:00 p.m.*

Hop into spring with Carol, learning to quill a card to share for Easter just around the corner. We will be making Easter eggs.

**Location:** Senior Activity Center, Room 11  
**Instructor:** Carol Johnston  
**Facilitator:** Angela Luckey (208-221-0200, luckange@isu.edu)  
**Class Limit:** 10  
**Class Fee:** \$5 for supplies – please bring to first class

**Rag Rugs (#3295)**

*Wednesdays: February 12 – March 26; 1:00 – 2:30 p.m.*

Come and learn how to turn your old sheets into crocheted rag rugs like grandma used to make. 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 AT LEAST 3 OR 4 OLD SHEETS.

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

**Spring Bunny Butt in a Pot (#3554)**

*Monday: March 24; 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 and just in time for spring, you'll be crafting a bunny butt in a flowerpot with spring silk flowers. Pom poms will be used to create a bunny bottom, tail and ears. All materials will be supplied by Elwen Cottage.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello  
**Instructor:** Wendy Vaughn, Owner  
**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)  
**Class Limit:** 12 per section  
**Class Fee:** \$12 – please bring to class

**Suncatcher or Beaded Eyeglass Chain (#3555)**

*Monday: April 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 have a choice to create either a sun catcher or a beaded eye glass chain. You will be working with small pieces and parts. After signing up for the class, please let the facilitator know which item you choose to work on. All materials will be provided by Elwen Cottage.

**Location:** Elwen Cottage, 334 N. Main St., Pocatello  
**Instructor:** Wendy Vaughn, Owner  
**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)  
**Class Limit:** 16 per section  
**Class Fee:** \$10 – please bring to class

**Woodcarving, Beginning (#3101)**

*Mondays, Wednesdays, and Fridays as desired: January 29 – May 30; 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.

**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: January 22 – May 30; 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 other 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

**Cross-country Ski Day at Nordic Center (#3556)**

*Thursday: February 20; 2:00 – 4:00 p.m.*

Join NKA members for a fun afternoon of cross-country skiing. Know your limits, you need to be able to get up if/when you fall. Rental equipment will be available or bring your own. The fee is all inclusive, no parking charge or rental fees.

**Location:** East Mink Creek Nordic Center, E. Fork Mink Rd., Pocatello

**Instructor:** Cary Rhodes, Outdoor Recreation Manager

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

**Class Limit:** 15

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

**Fit and Fall Proof® (#3106)**

*Mondays and Wednesdays: January 22 – May 21; 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

**Guided Snowshoeing at the Nordic Center (#3261)**

*Monday: January 27; February 3 & 10; 1:00 – 4:00 p.m.*

*Day 1: Nordic Center, park at Nordic Center*

*Day 2: Scout Mountain, park at winter gate*

*Day 3: TBD based on snow conditions*

Join other NKA members on 3 guided progressive snowshoe outings at the Nordic Center. Dress for the weather by layering and be sure to bring a water bottle as well. The fee is all inclusive. There will be no parking charge or rental fees.

**Location:** East Mink Creek Nordic Center, E. Fork Mink Creek Rd., Pocatello

**Instructor:** Cary Rhodes, Outdoor Recreation Manager

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

**Class Limit:** 15

**Class Fee:** \$10 per session – bring cash or check to class

**Line Dancing: Blackfoot Starter Class (#3421)**

*Tuesdays: January 28 – April 8; 12:45 – 1:45 p.m. (No class March 25 – Spring Break)*

If you are new to line dancing, this is the place to “start”. Basic line dance steps, step patterns, and rhythms will be taught, which will then be combined into simple easy-to-learn dances. 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 St., Blackfoot

**Instructors:** Jeanie Potter; Eileen Huestis; Marcia Knight

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

**Class Limit:** 10

**Line Dancing: Starter (#3013)**

*Mondays: January 27 – April 7; Noon – 12:50 p.m. (No class March 24 – Spring Break)*

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

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

**Instructors:** Judy Liday and Marcia Burton

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

**Class Limit:** 40

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

*Mondays: January 27 – April 7; 1:00 – 1:55 p.m. (No class March 24 – Spring Break)*

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. Please bring water if desired.

**Location:** Elks Lodge, 410 S. Main St., Pocatello  
**Instructors:** Penny Cooper and Diane Bilyeu  
**Facilitator:** Judy Liday (208-317-6664, lidayjam@gmail.com)  
**Class Limit:** 40

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

*Mondays: January 27 – April 7; 2:05 – 3:00 p.m. (No class March 24 – Spring Break)*

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

**Location:** Elks Lodge, 410 S. Main St., Pocatello  
**Instructors:** Kay Elsethagen and Carlyn Rice  
**Facilitator:** Kay Elsethagen (208-233-2945, robandkays@msn.com)  
**Class Limit:** 40

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

*Tuesdays: January 28 – April 8; 9:30 – 10:25 a.m. (No class March 25 – Spring Break)*

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 St., Pocatello  
**Instructor:** Susan Cramer  
**Facilitator:** Judy Liday (208-317-6664, lidayjam@gmail.com)  
**Class Limit:** 40

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

*Tuesdays: January 28 – April 8; 10:35 – 11:30 a.m. (No class March 25 – Spring Break)*

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 St., Pocatello  
**Instructor/Facilitator:** Judy Liday (208-317-6664, lidayjam@gmail.com)  
**Class Limit:** 40

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

*Thursdays: January 30 – April 10; 9:30 – 11:00 a.m. (No class March 27 – Spring Break)*

If you like a little more challenge to your line dancing, we encourage those who have completed the Beginning/Intermediate classes and are familiar with most line dance steps, to join our Advanced line dance class. We teach new dances and review/reteach oldies and then incorporate different songs/rhythms. These dances are geared toward introducing additional steps/turns to slightly more complicated dances. Bring water if desired.

**Location:** Elks Lodge, 410 S. Main St., Pocatello  
**Instructor:** Susan Cramer  
**Facilitator:** Judy Liday (208-317-6664, lidayjam@gmail.com)  
**Class Limit:** 40

**Qigong (#3282)**

*Fridays: January 31 – May 23; 1:00 – 2:00 p.m. (No class February 7)*

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

**Snowshoeing the Hills (#3570)**

*Fridays: January 17 – March 21; 9:30 a.m.*

We'll be snowshoeing on trails in SE Idaho, mostly within 30 minutes of Pocatello. You will need to provide your own snowshoes. The location of each week's hike will be emailed a few days prior. The hikes will be 4 to 5 miles in length roundtrip. No dogs allowed. These hikes are just for people.

**Location:** SE Idaho Trails  
**Instructor:** Eileen Huestis  
**Facilitators:** Debbie Shell (208-863-6710, dmshell1707@gmail.com) and Bill Kessler (909-374-1465, chevynomad55@gmail.com)

**Square Dance (#3105)***Fridays: January 24 – April 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. Dance dates are subject to change.

**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:** 32**Class Fee:** Non-NKA members: \$5/person per evening**Strength Training, an Introduction (#3557)***Monday: March 31; April 7, 14, & 21; 1:00 – 2:30 p.m.*

Many people shy away from strength training because they believe it takes a lot of effort. If your doctor has been recommending it, here is your chance to be a good patient. Bring a mat, a pair of three- or five-pound weights, or even two cans of soup to join this intro class. We will put on some music for 20-30 minutes and discover a weight training routine to build muscle and bone strength. You can pick the amount of effort you are willing to put into your exercise. Come join us and have some fun!

**Location:** Liberty Hall, Upstairs**Instructor/Facilitator:** Brenda Ehrler 500 hour RYT (registered yoga teacher) (801-554-9396, bl\_ehrler@att.net)**Class Limit:** 24**Tai Chi Chih Advanced (#3104)***Tuesdays and Thursdays: January 21 – May 29; 9:00 - 10:00 a.m. (No class March 25 & 27 - Spring Break)*

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**Walk Audit (#3565)***Wednesday: May 7; 1:00 – 2:30 p.m.*

Molly Beseris has facilitated several walking audits throughout the region. A Walk Audit is an activity in which participants observe and evaluate the walkability of an area to identify and document if and how pedestrians can safely travel along a street, navigate an intersection, and get from Point A to B to C and so on. After the presentation, we'll spend the last 30 – 40 minutes on a short walk in the Liberty Hall neighborhood to talk about what we've learned. Bring your walking shoes!

**Location:** Liberty Hall and Zoom**Instructor:** Molly Beseris**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)**Class Limit:** 15**Walking the Greenway (#3115)***Fridays: April 4 – May 23; 10:00 – 11:30 a.m.*

Each Friday we'll meet at the trailhead for a walking adventure. The first walk will be the Sacajawea Trail. Please be on time. The next week's trail will be announced. If you need the location of the trail for that week, please call or text LoLane.

**Location:** TBA**Instructor/Facilitator:** LoLane Andra (208-241-5282, lolane\_andra@yahoo.com)**Water Aerobics in the Lava Hot Spring Indoor Pool (#3265)***Saturdays: March 29 – April 26; 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:** 12**Class Fee:** \$25 for 5 classes – please bring to first day of class

**Zumba Gold® (#3952)**

*Mondays: January 27 – March 17; 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 geared for seniors. It’s exercise in disguise for all men and women!

**Location:** Assemble’ Learning and Event Center, 820 E. Young Ave., Pocatello

**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 Brewing (#3422)**

*Wednesday: February 5; 7:00 – 8:30 p.m.*

Join friends at Off the Rails Brewing for a beer tasting event. There will be a selection of different beers from which you can choose six, three-ounce samples. Additional one-ounce samples of beer will be available for 50 cents each. Snacks will also be provided.

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

**Instructor:** Peyton Kiggins, Owner

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

**Class Limit:** 30

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

**How to Pay:** Make check payable to Off the Rails Brewing. Send to Deanna Aslett, 2930 Summit Drive, Pocatello, ID 83201 by **January 31st**

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

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

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

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

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

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

**Class Limit:** 20

**Class Fee:** \$24, includes gratuity

**How to Pay:** Send check payable to Deanna Aslett at 2930 Summit Dr., Pocatello ID 83201 by **January 24th.**

**Egg Rolls, Shanghai Café/  
Hong Kong Cuisine (#3572)**

*Wednesday: March 26; 2:00 – 3:30 p.m.*

Suzanne Johnson will demonstrate the making and cooking of delicious egg rolls reminiscent of Shanghai/Hong Kong Cuisine. Class members will share the results.

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

**Instructor:** Suzanne Johnson

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

**Class Limit:** 65

**Class Fee:** \$2 – Pay at class

**The Art of Making Anna-damn-a-Bread (#3569)**

*Thursday: March 20; 1:00 – 3:00 p.m.*

Enjoy a demonstration and hands-on experience making the special Anna-damn-a-Bread with your NKA friends at Temple Emanuel. If you haven’t made bread at the Temple yet, you’re in for a real treat.

**Location:** Temple Emanuel, 318 N. 18th St., Pocatello

**Instructor:** Dale Spencer

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

**Class Limit:** 20

**Class Fee:** None – donations appreciated

**Whiskey Pairing at the Yellowstone (#3429)**

*Thursday: April 10; 5:30 – 7:30 p.m.*

Join friends at the historic Hotel Yellowstone in the 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:** The Yellowstone Restaurant inside The Yellowstone Hotel, 230 W. Bonneville, Downtown Pocatello

**Instructor:** Jennifer Erchul, Owner

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

**Class Limit:** 50

**Class Fee:** \$45, includes gratuity.

**How to Pay:** Please RSVP and send check payable to Deanna Aslett at 2930 Summit Dr., Pocatello ID 83201 by **March 6th.** If payment is not received by this date, wait-list members will be invited.

**Wine Pairing at PV’s Uncorked (#3943)**

*Thursday: March 13; 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.

*(continues...)*

(continued: *Wine Pairing at PV's Uncorked*)

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

**Instructors:** Donnie and Jenn Flores

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

**Class Limit:** 36

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

**How to Pay:** Make check payable to PV's Uncorked. Send to Geoff Hogander at 255 Fairmont Ave., Pocatello, ID 83201 by **Friday, March 7th.**

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

**Thursday: February 20; 5:30 – 7:30 p.m.**

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

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

**Instructor:** Jennifer Erchul, owner

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

**Class Limit:** 50

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

**How to pay:** Send check payable to Geoff Hogander at 255 Fairmont Ave., Pocatello ID 83201 by **February 14th.**

### **Wine Tasting at the Bru House (#3431)**

**Wednesday: March 26; 5:00 – 7:00 p.m.**

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

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

**Instructor:** Sandy Madrid

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

**Class Limit:** 50

**Class Fee:** \$20

**How to Pay:** Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **March 19th.** 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: March 18; 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**

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 St., Pocatello

**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 **March 7th.**

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

**Saturday: February 8; 5:00 – 7:00 p.m.**

Enjoy a get together with friends for an evening of wine tasting in a relaxing atmosphere. See the newly remodeled areas where more of us can gather for some of our favorite activities.

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

**Instructor:** Terry Cappell with host Bill Kelvie

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

**Class Limit:** 40

**Class Fee:** \$14

**How to Pay:** Please RSVP and send check payable to Christine Brower at 235 Sorenson Ave., Pocatello ID 83201 by **February 1st.** 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 “Smell Vocabulary” (#3575)**

**Wednesday: January 22; 1:00 – 2:30 p.m.**

Let's build your wine tasting “smell vocabulary”. It can be hard to decipher what you smell in wine when you're tasting it. This class will teach you a way to enhance your wine smelling and tasting vocabulary. Note, wine will be available to smell, not taste.

**Location:** Liberty Hall

**Instructor:** Rachael Crawford, Owner Moon and Mage

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

**Class Limit:** 20

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

### **World Bites (#3423)**

**Tuesday: March 4; April 1; May 6; 3:30 – 5:00 p.m.**

Come and share your favorite recipes and bring a dish of your choice to share.

*March 4: Potluck*

*April 1: Potluck*

*May 6: Cinco de Mayo*

**Location:** Liberty Hall

**Instructor:** Jane Sampson (208-241-1376)

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

**Class Limit:** 30

# JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13 Glass Pendant -Section 1 • 6:00-7:00 Glass Paperweight -Section 1 • 7:30-8:30	14 Crochet/Knit Svc • 1:30-3:00	15	16	17 Snowshoeing the Hills • 9:30 Lunch & Games -Section 1 • Noon-3:00
20	21 Tai Chi Adv • 9:00-10:00 Bridge 1 • 9:30-Noon Knitting Looms • 10:00-11:30 Cyber Security • 10:30-Noon Glass Night Light -Section 1 • 12:30-2:30 Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Mahjong • 1:30-4:00 Monthly Social • 3:00-4:30	22 Woodcarving Adv • 9:00-Noon Fit and Fall • 9:30-10:30 am Barn Quilts • 10:00-11:30 Coffee/Tea • 10:00-11:00 iPhone Photos - 1 • 10:30-Noon Wine Vocabulary • 1:00-2:30 Texas Hold'em • 2:30-4:30	23 Tai Chi Adv • 9:00-10:00 Crochet/Bags • 10:00-11:30 Grant Writing • 10:30-Noon Crochet Fun • 1:30-3:00	24 Meditation Pranayama • 9:00-9:30 Woodcarving Adv • 9:00-Noon Snowshoeing the Hills • 9:30 Windows 11 • 10:30-Noon Austria/Germany • 1:00-2:30 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
27 Woodcarving Adv • 9:00-Noon Fit and Fall • 9:30-10:30 am Zumba Gold • 10:00-11:00 Wind and Solar • 10:30-Noon Ln Dnc Starter • Noon-12:50 Ln Dnc Beg 1 • 1:00-1:55 Snowshoeing • 1:00-4:00 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	28 Tai Chi Adv • 9:00-10:00 Bridge 1 • 9:30-Noon Ln Dnc Inter • 9:30-10:25 Knitting Looms • 10:00-11:30 Hot Topics • 10:30-Noon Ln Dnc Oldies • 10:35-11:30 Blackfoot Ln. Dnc. • 12:45-1:45 Creative Cards • 1:00-3:00 Team Trivia • 1:00-2:30 Crochet/Knit Svc • 1:30-3:00 Knitting • 1:30-3:30 Mahjong • 1:30-4:00 Beer Tasting • 3:00-4:30	29 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Fit and Fall • 9:30-10:30 am Barn Quilts • 10:00-11:30 Coffee/Tea • 10:00-11:00 Reclaim/Health • 10:30-Noon Rife Technology • 1:00-2:30 Texas Hold'em • 2:30-4:30	30 Tai Chi Adv • 9:00-10:00 Ln. Dnc. Adv. • 9:30-11:00 Crochet/Bags • 10:00-11:30 Revitalization • 10:30-Noon PAWS • 1:00-3:00 Vision Board • 1:00-2:30 Crochet Fun • 1:30-3:00	31 Meditation Pranayama • 9:00-9:30 Woodcarving Beg • 9:00-Noon Woodcarving Adv • 9:00-Noon Snowshoeing the Hills • 9:30 iPhone Photos - 2 • 10:30-Noon The Clean House • Noon-1:00 Qigong • 100-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00

## SPRING TRAVEL

Travel – National Elk Refuge, Jackson, Wyoming – Wednesday, February 12  
 Travel – “Chicago”, Ellen Eccles Theatre in Logan, Utah – Wednesday, March 12  
 Travel – Hill Aerospace Museum/Hogle Zoo – Tuesday, May 6  
 Plant Walk at Cherry Springs Nature Area – Saturday, May 17

# FEBRUARY 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3

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

4

Tai Chi Adv • 9:00-10:00  
Bridge 1 • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25  
Knitting Looms • 10:00-11:30  
Triangle • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30  
Blackfoot Ln. Dnc. • 12:45- 1:45  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00  
Plant Based Meals • 2:00-5:00

5

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Steps to Safety • 10:30-Noon  
USP: Update • 1:00-2:30  
Texas Hold'em • 2:30-4:30  
Beer Tasting • 7:00-8:30

6

Tai Chi Adv • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Crochet/Bags • 10:00-11:30  
Immune Cells • 10:30-Noon  
Beg. Origami • 1:30-3:30  
Crochet Fun • 1:30-3:00  
Book Group • 3:00-4:30

7

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00 Noon  
Snowshoeing the Hills • 9:30  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

10

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

11

Tai Chi Adv • 9:00-10:00  
Bridge 1 • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25  
Knitting Looms • 10:00-11:30  
Nutrition • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30  
Calligraphy • 12:30-2:30  
Blackfoot Ln. Dnc. • 12:45- 1:45  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00  
Plant Based Meals • 2:00-5:00

12

Elk Refuge • 6:30 a.m.  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Stop the Bleed • 10:30-Noon  
CASA • 1:00-2:30  
Rag Rugs • 1:00-2:30  
Texas Hold'em • 2:30-4:30

13

Tai Chi Adv • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Crochet/Bags • 10:00-11:30  
USP Fundraising • 10:30-Noon  
Beg. Origami • 1:30-3:30  
Crochet Fun • 1:30-3:00

14

Meditation Pranayama • 9:00-9:30  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing the Hills • 9:30  
Anatomically Correct • 10:30-Noon  
Qigong • 1:00-2:00  
Symphony • 3:00-4:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

17

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

18

Tai Chi Adv • 9:00-10:00  
Bridge 1 • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25  
Knitting Looms • 10:00-11:30  
Elvis • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30  
Blackfoot Ln. Dnc. • 12:45- 1:45  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00  
Plant Based Meals • 2:00-5:00  
Monthly Social • 3:00-4:30

19

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Alt. Healing • 10:30-Noon  
Libby App • 12:30-2:30  
Rag Rugs • 1:00-2:30  
Texas Hold'em • 2:30-4:30

20

Tai Chi Adv • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Crochet/Bags • 10:00-11:30  
Astronomy • 10:30-Noon  
Beg. Origami • 1:30-3:30  
Crochet Fun • 1:30-3:00  
Ski Day • 2:00-4:00 pm  
Wine/Yellowstone • 5:30-7:30

21

Meditation Pranayama • 9:00-9:30  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing the Hills • 9:30  
Lunch & Games  
-Section 2 • Noon-3:00  
Qigong • 1:00-2:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

24

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Zumba Gold • 10:00-11:00  
Breathwork • 10:30-Noon  
Ln Dnc Starter • Noon-12:50  
Ln Dnc Beg 1 • 1:00-1:55  
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

25

Tai Chi Adv • 9:00-10:00  
Bridge 2 • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25  
Knitting Looms • 10:00-11:30  
Hot Topics • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30  
Blackfoot Ln. Dnc. • 12:45- 1:45  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00  
Plant Based Meals • 2:00-5:00

26

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Reclaim/Health • 10:30-Noon  
CRASE • 1:00-2:30  
Rag Rugs • 1:00-2:30  
Texas Hold'em • 2:30-4:30

27

Tai Chi Adv • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Crochet/Bags • 10:00-11:30  
Feeding Idaho • 10:30-Noon  
Beg. Origami • 1:30-3:30  
Crochet Fun • 1:30-3:00

28

Meditation Pranayama • 9:00-9:30  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing the Hills • 9:30  
Constitution • 10:30-Noon  
Qigong • 1:00-2:00  
Symphony • 3:00-4:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00



# MARCH 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3

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

4

Tai Chi Adv • 9:00-10:00  
Bridge 2 • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25  
Crochet 101/102 • 10:00-11:30  
Women/War • 10:00-11:30  
Ln Dnc Oldies • 10:35-11:30  
Blackfoot Ln. Dnc. • 12:45- 1:45  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00  
World Bites • 3:30-5:00

5

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Pocatello History • 10:30-Noon  
Healthy City USA  
-Section 1 • Noon-1:00  
Rag Rugs • 1:00-2:30  
Texas Hold'em • 3:00 - 5:00

6

Tai Chi Adv • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Crochet/Bags • 10:00-11:30  
Sound Bowls  
-Section 1 • 10:30-Noon  
Crochet Fun • 1:30-3:00  
Book Group • 3:00-4:30

7

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

10

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Zumba Gold • 10:00-11:00  
Ln Dnc Starter • Noon-12:50  
Ln Dnc Beg 1 • 1:00-1:55  
Creative Writing • 2:00-4:00  
Ln Dnc Beg 2 • 2:05-3:00  
Idaho Paint Pour  
-Section 1 • 4:00  
-Section 2 • 6:00  
Glass Pendant  
-Section 5 • 6:00-7:00  
Glass Paperweight  
-Section 5 • 7:30-8:30

11

Tai Chi Adv • 9:00-10:00  
Bridge 2 • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25  
Crochet 101/102 • 10:00-11:30  
Ln Dnc Oldies • 10:35-11:30  
Tarot • 10:30-Noon  
Mosaic Stones • 12:30-2:30  
Blackfoot Ln. Dnc. • 12:45- 1:45  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00

12

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Astrology • 10:30-Noon  
Healthy City USA  
-Section 2 • Noon-1:00  
Rag Rugs • 1:00-2:30  
Chicago/Logan • 3:00  
Texas Hold'em • 3:00 - 5:00

13

Tai Chi Adv • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Crochet/Bags • 10:00-11:30  
Sound Bowls  
-Section 2 • 10:30-Noon  
Nursery Rhymes • 1:00-2:30  
Crochet Fun • 1:30-3:00  
Simple Kusudama • 1:30-3:30  
Glass Owl • 3:00-5:00  
Wine/PV's • 6:00-8:00

14

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

17

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

18

Tai Chi Adv • 9:00-10:00  
Bridge 2 • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25  
Crochet 101/102 • 10:00-11:30  
Psych Encounters • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30  
Mosaic Stones • 12:30-2:30  
Blackfoot Ln. Dnc. • 12:45- 1:45  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00  
Wine/Tuscano  
-Sec. 1 • 2:00-4:00  
-Sec. 2 • 5:00-7:00  
Monthly Social • 3:00-4:30

19

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Life After Netflix • 10:30-Noon  
Healthy City USA  
-Section 3 • Noon-1:00  
National Parks • 1:00-2:30  
Quilling • 1:00-3:00  
Rag Rugs • 1:00-2:30  
Texas Hold'em • 3:00 - 5:00

20

Tai Chi Adv • 9:00-10:00  
Ln. Dnc. Adv. • 9:30-11:00  
Crochet/Bags • 10:00-11:30  
Anna Bread • 1:00-3:00  
Natural Healing • 1:00-2:30  
Crochet Fun • 1:30-3:00  
Simple Kusudama • 1:30-3:30

21

Meditation Pranayama • 9:00-9:30  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing the Hills • 9:30  
Lunch & Games  
-Section 3 • Noon-3:00  
Qigong • 1:00-2:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

24

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Creative Writing • 2:00-4:00  
Spring Bunny  
-Section 1 • 4:00  
-Section 2 • 6:00  
Glass Pendant  
-Section 6 • 6:00-7:00  
Glass Paperweight  
-Section 6 • 7:30-8:30

25

Bridge 2 • 9:30-Noon  
Crochet 101/102 • 10:00-11:30  
Hot Topics • 10:30-Noon  
Team Trivia • 1:00-2:30  
Crochet/Knit Svc • 1:30-3:00  
Knitting • 1:30-3:30  
Mahjong • 1:30-4:00

26

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Barn Quilts • 10:00-11:30  
Coffee/Tea • 10:00-11:00  
Healthy City USA  
-Section 4 • Noon-1:00  
Birdwatching • 1:00-2:30  
Quilling • 1:00-3:00  
Rag Rugs • 1:00-2:30  
Egg Rolls • 2:00-3:30  
Texas Hold'em • 3:00 - 5:00  
Wine/Bru House • 5:00-7:00

27

Crochet/Bags • 10:00-11:30  
Meditation • 10:30-Noon  
Hidden Gems • 1:00-2:30  
Crochet Fun • 1:30-3:00

28

Meditation Pranayama • 9:00-9:30  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Qigong • 1:00-2:00  
Mary Poppins • 5:00-6:00  
Square Dance  
-Section 1 • 6:00-7:30  
-Section 2 • 7:30-9:00

31

Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Ln Dnc Starter • Noon-12:50  
Ln Dnc Beg 1 • 1:00-1:55  
Strength Training • 1:00-2:30  
Creative Writing • 2:00-4:00  
Ln Dnc Beg 2 • 2:05-3:00

Saturday, March 29th | Water Aerobics • 9:00-10:00 am

# APRIL 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1  
 Tai Chi Adv · 9:00-10:00  
 Ln Dnc Inter · 9:30-10:25  
 Crochet 101/102 · 10:00-11:30  
 Ln Dnc Oldies · 10:35-11:30  
 Hand Building · 12:30-2:30  
 Blackfoot Ln. Dnc. · 12:45- 1:45  
 Team Trivia · 1:00-2:30  
 Crochet/Knit Svc · 1:30-3:00  
 Knitting · 1:30-3:30  
 Mahjong · 1:30-4:00  
 World Bites · 3:30-5:00

2  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Coffee/Tea · 10:00-11:00  
 I Love 1776 · 10:30-Noon  
 Healthy City USA  
 -Section 5 · Noon-1:00  
 Quilling · 1:00-3:00  
 Texas Hold'em · 3:00 - 5:00

3  
 Tai Chi Adv · 9:00-10:00  
 Ln. Dnc. Adv. · 9:30-11:00  
 Crochet/Bags · 10:00-11:30  
 Crochet Fun · 1:30-3:00  
 Book Group · 3:00-4:30

4  
 Pranayama · 9:00-9:30  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Greenway · 10:00-11:30  
 African Adventure · 10:30-Noon  
 Lightning Thief · Noon-1:00  
 Qigong · 1:00-2:00  
 Square Dance  
 -Section 1 · 6:00-7:30  
 -Section 2 · 7:30-9:00

7  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Amphibians · 10:30-Noon  
 Ln Dnc Starter · Noon-12:50  
 Ln Dnc Beg 1 · 1:00-1:55  
 Strength Training · 1:00-2:30  
 Creative Writing · 2:00-4:00  
 Ln Dnc Beg 2 · 2:05-3:00

8  
 Tai Chi Adv · 9:00-10:00  
 Ln Dnc Inter · 9:30-10:25  
 Crochet 101/102 · 10:00-11:30  
 Venmo · 10:30-Noon  
 Ln Dnc Oldies · 10:35-11:30  
 Glass Night Light  
 -Section 2 · 12:30-2:30  
 Blackfoot Ln. Dnc. · 12:45- 1:45  
 Team Trivia · 1:00-2:30  
 Crochet/Knit Svc · 1:30-3:00  
 Knitting · 1:30-3:30  
 Mahjong · 1:30-4:00

9  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Coffee/Tea · 10:00-11:00  
 Poky Notables · 10:30-Noon  
 Healthy City USA  
 -Section 6 · Noon-1:00  
 Water Quality · 1:00-2:30  
 Quilling · 1:00-3:00  
 Texas Hold'em · 3:00 - 5:00

10  
 Tai Chi Adv · 9:00-10:00  
 Ln. Dnc. Adv. · 9:30-11:00  
 All Together · 10:00-11:30  
 Crochet/Bags · 10:00-11:30  
 Alaska Fishing · 10:30-Noon  
 Indian Schools · 1:00-2:30  
 Adv. Kusudama · 1:30-3:30  
 Crochet Fun · 1:30-3:00  
 Whiskey Pairing · 5:30-7:30

11  
 Pranayama · 9:00-9:30  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Greenway · 10:00-11:30  
 Qigong · 1:00-2:00  
 Square Dance  
 -Section 1 · 6:00-7:30  
 -Section 2 · 7:30-9:00

14  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Strength Training · 1:00-2:30  
 Creative Writing · 2:00-4:00  
 Suncatchers  
 - Section 1 · 4:00  
 - Section 2 · 6:00  
 Glass Pendant  
 -Section 7 · 6:00-7:00  
 Glass Paperweight  
 -Section 7 · 7:30-8:30

15  
 Tai Chi Adv · 9:00-10:00  
 Crochet 101/102 · 10:00-11:30  
 Hand Building · 12:30-2:30  
 Team Trivia · 1:00-2:30  
 Crochet/Knit Svc · 1:30-3:00  
 Knitting · 1:30-3:30

16  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30 - 10:30  
 Coffee/Tea · 10:00 - 11:00  
 AI · 10:30-Noon  
 Healthy City USA  
 Section 7 · Noon - 1:00  
 Flowers/LD · 1:30 - 3:00  
 Texas Hold'em · 3:00 - 5:00

17  
 Tai Chi Adv · 9:00-10:00  
 Ecuador · 9:00-10:30  
 All Together · 10:00-11:30  
 Crochet/Bags · 10:00-11:30  
 Flower Garden · 10:30-Noon  
 Adv. Kusudama · 1:30-3:30  
 Crochet Fun · 1:30-3:00  
 Glass Butterfly · 6:00-8:00

18  
 Pranayama · 9:00 - 9:30  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Greenway · 10:00 - 11:30  
 Lunch & Games  
 -Section 4 · Noon - 3:00  
 Qigong · 1:00 - 2:00  
 Symphony 3:00 - 4:00  
 Square Dance  
 -Section 1 · 6:00 - 7:30  
 -Section 2 · 7:30 - 9:00

21  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Budgeting · 10:30-Noon  
 Strength Training · 1:00-2:30  
 Creative Writing · 2:00-4:00

22  
 Tai Chi Adv · 9:00-10:00  
 Crochet 101/102 · 10:00-11:30  
 Team Trivia · 1:00-2:30  
 Crochet/Knit Svc · 1:30-3:00  
 Knitting · 1:30-3:30  
 Monthly Social · 3:00-4:30

23  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Coffee/Tea · 10:00-11:00  
 Reclaim/Health · 10:30-Noon  
 Texas Hold'em · 3:00 - 5:00

24  
 Tai Chi Adv · 9:00-10:00  
 Crochet/Bags · 10:00-11:30  
 Crochet Fun · 1:30-3:00

25  
 Pranayama · 9:00-9:30  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Greenway · 10:00-11:30  
 World of Knowledge · 10:30-Noon  
 Qigong · 1:00-2:00  
 Square Dance  
 -Section 1 · 6:00-7:30  
 -Section 2 · 7:30-9:00

28  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Creative Writing · 2:00-4:00  
 Glass Pendant  
 -Section 8 · 6:00-7:00  
 Glass Paperweight  
 -Section 8 · 7:30-8:30

29  
 Tai Chi Adv · 9:00-10:00  
 Crochet 101/102 · 10:00-11:30  
 Hot Topics · 10:30-Noon  
 Team Trivia · 1:00-2:30  
 Crochet/Knit Svc · 1:30-3:00  
 Knitting · 1:30-3:30

30  
 Woodcarving Beg · 9:00-Noon  
 Woodcarving Adv · 9:00-Noon  
 Fit and Fall · 9:30-10:30 am  
 Coffee/Tea · 10:00-11:00  
 Reclaim/Health · 10:30-Noon  
 NKA Skit · 3:00-4:00

**Saturday, April 5th** | Water Aerobics · 9:00-10:00 am  
**Saturday, April 12th** | Water Aerobics · 9:00-10:00 am  
**Saturday, 19th** | Water Aerobics · 9:00-10:00 am  
**Saturday 26th** | Water Aerobics · 9:00-10:00 am

# MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tai Chi Adv · 9:00-10:00 Crochet Fun · 1:30-3:00 Origami Octagon · 1:30-3:30 Book Group · 3:00-4:30	2 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Greenway · 10:00-11:30 Cognitive Health · 10:30-Noon Qigong · 1:00-2:00
5 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Fit and Fall · 9:30-10:30 am Fort Hall Replica · 10:30-Noon Youth Programs · 10:30-Noon Creative Writing · 2:00-4:00	6 Hill Aerospace · 7:30 Tai Chi Adv · 9:00-10:00 Crochet 101/102 · 10:00-11:30 Wildflowers · 10:30-Noon Team Trivia · 1:00-2:30 Crochet/Knit Svc · 1:30-3:00 Knitting · 1:30-3:30 World Bites · 3:30-5:00	7 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Fit and Fall · 9:30-10:30 am Coffee/Tea · 10:00-11:00 Lake Idaho · 10:30-Noon Walk Audit · 1:00-2:30 NKA Skit · 3:00-4:00	8 Tai Chi Adv · 9:00-10:00 Crochet Fun · 1:30-3:00	9 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Greenway · 10:00-11:30 Painting/Acrylics · 10:00-Noon Qigong · 1:00-2:00
12 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Fit and Fall · 9:30-10:30 am Painting/Acrylics · 10:00-Noon Creative Writing · 2:00-4:00 Pinecone Flowers -Section 1 · 4:00 -Section 2 · 6:00	13 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	14 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Fit and Fall · 9:30-10:30 am Coffee/Tea · 10:00-11:00 Senior Games · 1:00-3:00 NKA Skit · 3:00-4:00	15 Tai Chi Adv · 9:00-10:00 Cherry Springs Plants · 10:30-Noon Crochet Fun · 1:30-3:00 Origami Octagon · 1:30-3:30	16 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Greenway · 10:00-11:30 Lunch & Games -Section 5 · Noon-3:00 Qigong · 1:00-2:00
19 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Fit and Fall · 9:30-10:30 am Creative Writing · 2:00-4:00	20 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 Monthly Social · 3:00-4:30	21 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Fit and Fall · 9:30-10:30 am Coffee/Tea · 10:00-11:00	22 Tai Chi Adv · 9:00-10:00 Crochet Fun · 1:30-3:00	23 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Greenway · 10:00-11:30 Qigong · 1:00-2:00
26 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon	27 Tai Chi Adv · 9:00-10:00 Hot Topics · 10:30-Noon Team Trivia · 1:00-2:30 Crochet/Knit Svc · 1:30-3:00 Knitting · 1:30-3:30	28 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon Coffee/Tea · 10:00-11:00	29 Tai Chi Adv · 9:00-10:00	30 Woodcarving Beg · 9:00-Noon Woodcarving Adv · 9:00-Noon

Saturday, May 17th | Cherry Springs Walk · 10:30-12:30

## GAMES

### Bridge 1 – Introduction to Bridge (#3128)

*Tuesdays: January 21 – February 18; 9:30 a.m. – Noon*

Let's get competitive when bidding bridge hands. We will cover the information needed when both partnerships are bidding. Let's make it as difficult as possible for opponents to reach their best contract. 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 – please bring first day of class

### Bridge 2 – Intermediate Bridge (#3377)

*Tuesdays: February 25 – March 25; 9:30 a.m. – Noon*

Let's find our best contract! We will cover the information needed to understand basic conventions. The key to success is to become completely familiar with a few basic conventions that will be most useful in helping you play better bridge. After discussing each convention, we will play and analyze hands related to that convention. 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 – please bring first day of class

### Join the Wave to Senior Games (#3579)

*Wednesday: May 14; 1:00 – 3:00 p.m.*

Join the wave of those 50 and better who are finding a place for themselves in the Southeast Idaho Senior Games. With 30 event offerings, there is something for everyone. From Swimming, Track and Field to Mahjong and Card Games. New this year will be Seniors Got Talent. Dance, Vocals, Instrumentals, Comedy and Magic, Storytelling and Poetry, Arts Displays and more. A presentation on the games and information on how to register will be followed by a lively game of cornhole.

**Location:** Liberty Hall and Zoom

**Instructor:** Dana Olson, Senior Games Director

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

### 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. Facilitators will verify attendance by calling everyone who signs up. Be sure to indicate on the registration form the months you plan to attend. Call the facilitator, Sharon Manning (208-233-9425) if you must cancel.

*Section 1 – Friday, January 17; Noon – 3:00 p.m.*

*Section 2 – Friday, February 21; Noon – 3:00 p.m.*

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

*Section 4 – Friday, April 18; Noon – 3:00 p.m.*

*Section 5 – Friday, May 16; Noon – 3:00 p.m.*

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

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

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

**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: January 21 – April 8; 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: January 21 – May 27; 1:00 – 2:30 p.m.*

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

**Location:** Liberty Hall and Zoom

**Instructors:** Jim Mariani and Carol Nelson

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

**Class Limit:** 40

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

*Wednesdays: January 22 – April 23; 3:00 - 5:00 p.m.*

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

**Location:** Liberty Hall, small room

**Instructor:** Carol Harsch (208-251-2761)

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

**Class Limit:** 24

**GENERAL INTEREST**

**Adventures in Africa (#3581)**

*Friday: April 4; 10:30 a.m. - Noon*

Join us as Brad shares his recent African adventure in Kenya and Tanzania.

**Location:** Liberty Hall

**Instructor:** Brad Bugger

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

**Alaskan Fishing Adventure (#3582)**

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

Join me, my brother and two friends as we make an eleven-day fly in – float out fishing trip down the Kwethluk River in Alaska.

**Location:** Liberty Hall and Zoom

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

**Austria and Germany Travelogue (#3586)**

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

Join Teresa on a 2024 summer trip to Salzburg, Austria region with side trips to Vienna and Munich.

**Location:** Liberty Hall and Zoom

**Instructor/Facilitator:** Teresa Westfall, NKA President (703-973-5074, westtere@isu.edu)

**Budgeting on a Fixed Income (#3589)**

*Monday: April 21; 10:30 a.m. – Noon*

This class will focus on different strategies for budgeting while on a fixed income. Topics covered will include strategies for building a budget, the 50-30-20 budgeting rules, debt repayment strategies, and differentiated versus discretionary expenses.

**Location:** Liberty Hall and Zoom

**Instructor:** Tomas Leon

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

**C.A.S.A. Volunteers – Changing a Child's Story (#3403)**

*Wednesday: February 12; 1:00 – 2:30 p.m.*

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 can 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:** Lesli Schei

**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)

**Coffee, Tea and Conversation (#3286)**

*Wednesdays: January 22 – May 28; 10:00 – 11:00 a.m.*

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

**Location:** Bru House Coffee Shop, 502 N. Main, Pocatello

**Instructor:** Marylou Powers

**Facilitator:** Jane Sampson (208-241-1376, sampsonjane935@gmail.com)

**Class Limit:** 30

**C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)**

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

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

**Feeding Idahoans Through Collaboration (#3593)**

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

A hunger-free Idaho. That has been the vision of The Idaho Foodbank since its inception in October 1984. But as the world has changed, the focus of the foodbank has adjusted to striving for a healthy, hunger-free Idaho; providing more than calories to neighbors facing food

*(continues...)*

*(continued: Feeding Idahoans Through Collaboration)*

insecurity. This work is possible thanks to the 400+ community partners across the state distributing food, countless healthcare partnerships, and generous volunteers. Join us to learn about how The Idaho Foodbank serves our neighbors throughout the state, works alongside subject matter experts to help create access to resources, and how you can get involved with The Idaho Foodbank.

**Location:** Liberty Hall and Zoom

**Instructor:** Kia Shaw, Eastern Branch Manager, The Idaho Foodbank

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

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### Grant Writing 101 (#3594)

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

Would you like to learn what resources are available to your nonprofit organization? Learn about Idaho Nonprofit Center (INC) and Idaho Community Foundation (ICF). Learn from an experienced grant writer the business best practices for grant writing.

**Location:** Liberty Hall and Zoom

**Instructors:** Teresa Westfall; Molly Swallow-Beseris, Executive Director Four County Alliance of SE Idaho; Tara Contreras, Director Pocatello/Chubbuck Senior Activity Center

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

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### Hidden Gems and Places to Visit in Southeast Idaho (#3595)

*Thursday: March 27; 1:00 – 2:30 p.m.*

Are you a museum buff? Do you like to....hike? Mountain bike? Birdwatch? Soak in hot springs? Do you know locations for all of these activities? Join Molly Beseris as she navigates the region from a tourist standpoint. Molly Beseris is on the Southeast Idaho High Country Travel Tourism Board. She often shares Southeast Idaho tourism tips around the country. She'll be sharing maps, flyers, and highlights about the small towns in the region.

**Location:** Liberty Hall and Zoom

**Instructor:** Molly Beseris, Southeast Idaho High Country Travel Tourism Board

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

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### Hot Topics (#3827)

*Tuesday: January 28; February 25; March 25; April 29; May 27; 10:30 a.m. - Noon*

Events in our modern society move along very quickly. Often, what is hot news today is old news tomorrow. Many topics are so temporally sensitive that we cannot put off discussing them until next year, or even next semester. This course is set up so that we can discuss such topics.

**Location:** Liberty Hall and Zoom

**Instructor:** Trent Stephens, PhD; ISU Emeritus Professor of Anatomy and Embryology

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

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### Life After Netflix (#3598)

*Wednesday: March 19; 10:30 a.m. – Noon*

Nathan Chandler will share his experiences competing on Netflix's The Blue Ribbon Baking Championship. The ups and downs of the process of applying and competing on TV and what his life is like after.

**Location:** Liberty Hall and Zoom

**Instructor:** Nathan Chandler, Confections Bakery

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

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### Monthly Social and Planning Fun (#3087)

*Tuesday: January 21; February 18; March 18; April 22; May 20; 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

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### Neighborhood and Community Revitalization (#3908)

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

Learn what NeighborWorks® Pocatello (NWP) is doing to revitalize the central neighborhoods of Pocatello and help the community with its affordable housing needs. NWP builds new affordable single-family homes, provides home improvement loans and grants to people of low and moderate incomes, educates first-time homebuyers and assists neighborhood associations with engagement efforts. NWP also recently completed the Bonneville Commons project and the Park Meadows Senior Apartments. Come learn what NWP has in store for the future.

**Location:** Liberty Hall and Zoom

**Instructor:** Mark Dahlquist, Executive Director, NeighborWorks® Pocatello

**Facilitator:** Robert Richway (208-760-0686, rrichway@narrows.com)

**Nostalgia with Elvis (#3600)**

*Tuesday: February 18; 10:30 a.m. – Noon*

A day from your past; a journey reminiscing Elvis Presley’s life. Join me on a trip to Memphis inside the Graceland Estate and burial grounds.

**Location:** Liberty Hall and Zoom  
**Instructor/Facilitator:** Linda Fairchild (208-251-2586)

**Proactive vs. Reactive Programs for Youth in Pocatello (#3603)**

*Monday: May 5; 10:30 a.m. – Noon*

Challenges for youth in our community: There is a void in Pocatello and Chubbuck for programs which focus on prevention and positive outcomes for children and youth, especially those not affiliated with sports or church-related programs. Many are raising themselves, especially latch-key kids. Too often they are on the streets, entertaining themselves when out of school. Prevention programs, such as the Boys and Girls Clubs of Southeast Idaho, are cost-effective. Let’s discuss prevention vs. reaction.

**Location:** Liberty Hall and Zoom  
**Instructor:** Ruta Casabianca, Board Member, Boys and Girls Clubs of Southeast Idaho  
**Facilitator:** Liz Benson (208-232-0054, lizabeth.idaho@gmail.com)

**The Psychology of Chance Encounters and Fortuitous Events (#3604)**

*Tuesday: March 18; 10:30 a.m. – Noon*

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

**Location:** Liberty Hall and Zoom  
**Instructor:** Victor C. Joe, Emeritus Professor of Psychology, ISU  
**Facilitators:** Karen McKay (208-240-3708, kmvolorg@gmail.com), Virginia Kelly (ginnykelly@gmail.com)

**Running a Family Popcorn Shop (#3502)**

*Monday: February 10; 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? This class is for those who have NEVER taken the course before.

**Location:** The Popcorn Shop, 421 E. Oak, Pocatello  
**Instructor:** Christy Kelshaw  
**Facilitator:** Linda Fairchild (208-251-2586)  
**Class Limit:** 25  
**Class Fee:** \$5 – please bring to class

**Tarot for Self-Reflection and Personal Growth (#3607)**

*Tuesday: March 11; 10:30 a.m. - Noon*

Learn how to use the tarot to tap into your intuition to learn more about yourself and gain insight for personal growth.

**Location:** Liberty Hall and Zoom  
**Instructor:** Rachael Crawford, Owner Moon and Mage  
**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)

**Two Weeks in Ecuador and the Galapagos (#3609)**

*Thursday: April 17; 9:00 – 10:30 a.m.*

Most biologists have the Galapagos Islands on their bucket list and when my friend asked me if I would join her for a couple weeks cruising the islands and touring Ecuador, I, of course, said, “Yes!”

**Location:** Cottonwood Cove, 1052 W. Quinn Rd., Chubbuck  
**Instructor/Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)

**USP Turning a Vision into a Reality (#3608)**

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

This class will explore ideas for fundraisers for the United Seniors Project (USP). USP’s vision is to enrich lives through lifelong learning and healthy aging by building/procuring a Lifelong Learning Center. The center would provide space for the Southeast Idaho community to come together including New Knowledge Adventures, Snake River New Horizons Band, and AARP. Anyone is welcome to attend this class and encouraged to become a part of the fundraising committee. During the last two semesters, 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  
**Instructor:** Deanna Aslett, Co-chair USP Fundraising Committee  
**Facilitator:** Anita Rounds (208-251-1848, roundsaa@gmail.com)

**USP: Update (#3610)**

*Wednesday: February 5; 1:00 – 2:30 p.m.*

United Seniors Project is a nonprofit group, it was started to find a home for NKA and other senior groups. The vision is to enrich lives through lifelong learning and (continues...)

*(continued: USP: Update)*

healthy aging. United Seniors Project (USP), Lifelong Learning Center: A Gathering Place will provide space for the Southeast Idaho 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, and where USP is now in that search and how they will benefit NKA.

**Location:** Liberty Hall and Zoom

**Instructors:** Phil Joslin and USP Board Members

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

### **Venmo – Everyone Wants Me to Use It – What the Heck is It?? (#3611)**

**Tuesday: April 8; 10:30 a.m. – Noon**

Interested in using (or at least understanding) digital/mobile payment services like Paypal, Venmo, Zelle and CashApp and not sure where to start or how to keep your information secure? This course will teach you the basic features of and differences between the various apps available, the security they employ, and when you should and shouldn't use them.

**Location:** Liberty Hall and Zoom

**Instructor:** Gerald Hawkins

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

### **Visiting All of America's National Parks (#3614)**

**Wednesday: March 19; 1:00 – 2:30 p.m.**

Our National Parks are American treasures that have brought families together for over a century. Dr. Shane Hunt and his four-year old daughter Sarah set out with a goal to see all 63 National Parks before Sarah graduated from high school. This lecture tells the story of their thirteen-year journey and what they learned about National Parks, America, and the things that really matter in life.

**Location:** Liberty Hall and Zoom

**Instructor:** Dr. Shane Hunt, Dean College of Business

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

### **A World of Knowledge at Your Fingertips (#3616)**

**Friday: April 25; 10:30 a.m. – Noon**

A world of Knowledge at your Fingertips: Learn about several treasure troves of information that you can access from your own home. Discover oral histories, old photos, knowledge from years gone by – all hidden in plain sight on the Internet.

**Location:** Liberty Hall and Zoom

**Instructor:** Kathryn Lopez Luker, Marshall Public Library

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

## HEALTH & WELLNESS

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

**Wednesday: March 12; 10:30 a.m. – Noon**

What's the deal with this cosmic art? What can we learn from connecting to the cosmos and understanding our birth charts? If you're feeling astro-curious, we're going to break down some of the basics, so you'll have tools for cosmic journeying. Astrology is the idea that the sky is a mirror of life on earth and can help us understand ourselves and our place in the universe. Two weeks prior to class, call or email us your date, time of day and location of your birth and we'll present you with your chart when you check in.

**Location:** Liberty Hall and Zoom

**Instructor:** Mike Wenig

**Facilitator:** Bebe Wenig (951-847-8318, wenigone@sbcglobal.net)

### **All Together Now: Appreciating Our Interconnection with Everything (#3620)**

**Thursday: April 10 & 17; 10:00 – 11:30 a.m.**

The concept of "interbeing", that all beings are made of the same elements and are more connected than we often believe, can have a profound effect on how we choose to live our lives. Join us as we explore how understanding our interconnectedness can reduce isolation, help heal our planet and increase compassion for ourselves and others. We will be meeting two times.

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

**Instructors:** Tony and Paula Seikel, ISU

**Facilitator:** Barbara Bain (208-232-3415, bainbarb@isu.edu)

**Class Limit:** 25

### **Alternative Healing Modalities 101 (#3621)**

**Wednesday: February 19; 10:30 a.m. – Noon**

Massage therapy, Foot Zoning, Heart Centered Therapy, Reiki, Cranial-Sacral Therapy, Zero Balancing, Meditation....come and explore these different healing modalities and how they can be used to balance our emotional, mental and spiritual wellbeing, leading to a healthier physical body. Which of these modalities might fit your situation? There are caring, qualified practitioners in Pocatello to support you on your healing journey. You don't have to navigate this life alone!

**Location:** Liberty Hall and Zoom

**Instructor:** Cathy Baker

**Facilitator:** Bebe Wenig (951-847-8319, bwenig01@gmail.com)



**Breathwork Detox (#3624)**

*Monday: February 24; 10:30 a.m. – Noon*

What is Breathwork Detox? It was founded by Kurtis Lee Thomas approximately 10 years ago in response to a critical stomach condition. The doctors did not have an explanation for his condition. After he received his first detox session, he was cured. This style of diaphragmic holotropic breathwork can create several years of healing in just one session. Tony Robbins, Oprah Winfrey and others swear by it. The issues are in the tissues. This modality is 100% experiential, and no words can explain it. You have to experience it to understand the power behind it. Offered by Phil Dugas, Certified Breathwork facilitator. Bring a mat if you have one. Some mats are available.

**Location:** Liberty Hall and Zoom  
**Instructor:** Phil Dugas, Certified Breathwork Facilitator  
**Facilitator:** Brenda Ehrler (801-554-9396, bl\_ehrler@att.net)  
**Class Limit:** 30

**Easy Plant Based Meals for Health (#3626)**

*Tuesday: February 4, 11, 18 & 25; 2:00 – 5:00 p.m.*

We will prepare and taste easy, delicious, and nutritious plant-based meals, made primarily from whole foods. Participants will enjoy delicious flavor, and learn what to eat to lower inflammation, improve gut health, and reduce or prevent chronic disease.

**Location:** LDS Home Production and Storage Training Center, 590 Roosevelt Ave., Pocatello  
**Instructor/Facilitator:** Helena Rizor, former dietitian and retired physician assistant (208-691-9111, Helena.rizor@gmail.com)  
**Class Limit:** 20  
**Class Fee:** \$30  
**How to Pay:** Please secure your spot by sending check payable to Helena Rizor, 544 Taylor Ave., Chubbuck ID 83202 – or Venmo to: @Helena-Rizor by **January 22nd**. If payment is not received by this date, wait-list members will be invited.

**Guided Meditation (#3307)**

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

Discover a yogic guided meditation, this is an ancient meditation that has the power to change your life. Learn how to experience Jyotishmati, Sanskrit for intrinsic luminosity of our core being. This meditation is easy to learn, accessible to anyone and timely in our challenging life conditions. This powerful meditation can be practiced sitting in a chair. It is especially available to those who would like to meditate but worry about their ability to quiet their mind.

**Location:** Liberty Hall, Upstairs  
**Instructor/Facilitator:** Brenda Ehrler 500 RYT, Certified

Vishoka Meditation Teacher (801-554-9396, bl\_ehrler@att.net)  
**Class Limit:** 50

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

*Fridays: January 24 – April 25; 9:00 – 9:30 a.m. (No class February 7)*

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 City, USA (#3319)**

*Wednesdays: March 5 – April 16; Noon – 1:00 p.m.*

This FREE seven-class series is to educate community members on healthy senior living and other healthy daily habits. Lunch will be provided to all who register for the in-person classes.

1. *March 5 – How to Live Healthy*
2. *March 12 – Fostering Healthy Habits*
3. *March 19 – Nourishment Knowledge is Power*
4. *March 26 – Nourish for Now and Future*
5. *April 2 – Get Some Pep Back in Your Step*
6. *April 9 – Donuts, Dealers and Drugs, Oh My!*
7. *April 16 – Healthy Whole Self*

**Location:** City Center Campus, 1001 N. 7th – Training Level (Old Blocks Building)  
**Instructor:** Abby Wilson, Portneuf Medical Center Diabetes and Education Team  
**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)  
**Class Limit:** 40

**Nutrition for Longevity (#3627)**

*Tuesday: February 11; 10:30 a.m. – Noon*

Come learn what you can be eating to help increase your health span as you age.

**Location:** Liberty Hall and Zoom  
**Instructor:** Erica Sutton, NTP, AIP Certified  
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

**Practices to Heal Your Body Naturally (#3628)**

*Thursday: March 20; 1:00 – 2:30 p.m.*

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*(continued: Practices to Heal Your Body Naturally)*

One of the practices shared will be Emotional Freedom Technique (EFT), a psychological acupressure technique that combines physical tapping of specific points on your body that clears emotional blocks, bringing your mind and body into balance. Another practice is Eden Energy techniques which helps to ground your body, increases vitality and mental clarity. A growing body of research supports the effectiveness of these techniques. Get curious and have fun empowering yourself with energy tools for the life you deserve.

**Location:** Liberty Hall and Zoom

**Instructor:** Natalie Daniels

**Facilitator:** Bebe Wenig (951-847-8318, bwenig01@gmail.com)

**Promoting Cognitive Health in Older Age (#3631)**

*Friday: May 2; 10:30 a.m. – Noon*

We will summarize scientific literature on various behaviors that promote cognitive health, including diet, exercise and hobbies.

**Location:** Liberty Hall and Zoom

**Instructor:** Dr. Erika Fulton, Associate Professor, Department of Psychology, ISU

**Facilitator:** Barbara Bain (208-232-3415, bainbarb@isu.edu)

**Reclaim Your Health Naturally (#3632)**

*Wednesday: January 29; February 26; April 23; April 30; 10:30 a.m. - Noon*

Discover how natural solutions can empower your physical, mental, and emotional well-being. This class is designed to explore a holistic approach to health, emphasizing the use of natural products, essential oils, and dietary supplements to enhance your overall vitality. Participants will gain practical insights on how to incorporate these natural solutions into their daily routines for enhanced health, vitality, and quality of life. This class offers valuable tools for everyone. Join us to reclaim your health naturally and experience a life of holistic wellness.

**Location:** Liberty Hall and Zoom

**Instructors:** Chriss Lewis and Linda Fairchild

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

**Rife Technology and Therapy and Your Health (#3251)**

*Wednesday: January 29; 1:00 – 2:30 p.m.*

Everything, including your body operates at a vibrating or resonate frequency. Dr. Royal Rife's discoveries from the 1930's led to a 100% recovery rate of 15 terminally ill cancer patients using this frequency technology. Finding the right frequency with Rife Therapy can not only heal

damaged cells, but destroy harmful cells and organisms, such as bacteria, viruses and molds. Come and hear about this remarkable technology as an alternative healing tool.

**Location:** Liberty Hall and Zoom

**Instructors:** Mike and Bebe Wenig

**Facilitator:** Mike Wenig (951-847-8318,

mww333@gmail.com)

**Sound Bath Music Bowls (#3540)**

*Section 1 – Thursday: March 6; 10:30 a.m. - Noon*

*Section 2 – Thursday: March 13; 10:30 a.m. - Noon*

*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.

**Location:** Liberty Hall

**Instructor:** Phil Dugas

**Facilitator:** Brenda Ehrler (801-554-9396, bl\_ehrler@att.net)

**Class Limit:** 50

**Steps to Safety (#3330)**

*Wednesday: February 5; 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

**Instructors:** Kim Stouse, Pocatello Fire Dept. and Parker Williams, Portneuf Medical Center

**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)

**Stop the Bleed (#3333)**

*Wednesday: February 12; 10:30 a.m. - Noon*

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.

*(continues...)*

*(continued: Stop the Bleed)*

**Location:** Liberty Hall and Zoom  
**Instructors:** Kim Stouse, Pocatello Fire Dept.; Jordan Johnson, Pocatello Police Dept.; Parker Williams, Portneuf Medical Center  
**Facilitator:** Scarlett Howe (208-840-9139, slhowe75@icloud.com)

**HISTORY**

**The Constitution and the Supreme Court (#3314)**

*Friday: February 28; 10:30 a.m. – Noon*

An introduction to methodologies used by the U.S. Supreme Court to interpret the U.S. Constitution. The class will review historic and modern Supreme Court cases to illustrate various methodologies.

**Location:** Liberty Hall and Zoom  
**Instructor:** Dave Bagley, Attorney  
**Facilitator:** Jim Manning (208-233-9425, djamesmanning@aol.com)

**Fort Hall Replica, Bannock County Museum and Pocatello Junction (#3355)**

*Monday: May 5; 10:30 a.m. – Noon*

Join us for a guided tour to learn the history of the Bannock County area and fur trapping beginnings.

**Location:** Bannock County Historical Museum, 3000 Avenue of the Chiefs, Pocatello  
**Instructors:** Pam Pascali; Lillian Hammersley; Kia Brown  
**Facilitator:** Linda Fairchild (208-251-2586)

**Indian Boarding Schools: Terrors & Dreams (#3371)**

*Thursday: April 10; 1:00 – 2:30 p.m.*

Most people know of the great athlete Jim Thorpe. However, unless they are older, they will not know he was a product of the Carlisle Indian Boarding School. Col. Richard Pratt founded this system to “Americanize” Indians and lose their Native identities. Westerners would deem Pratt a success. Yet thousands of Indian students throughout North America suffered terrors in these schools that no family would tolerate for their children. We will discuss both results of this far-reaching experiment.

**Location:** Liberty Hall and Zoom  
**Instructor:** Beverly Klug, EdD ISU Professor Emerita  
**Facilitator:** Angela Luckey (208-221-0200, luckange@isu.edu)

**Pocatello Notables: What They Did and Where They Lived (#3169)**

*Wednesday: April 9; 10:30 a.m. – Noon*

Sketches about people notable in Pocatello, their influence on local history, their accomplishments and how they fit into the growth of the city, along with pictures of where they lived.

**Location:** Liberty Hall and Zoom  
**Instructor:** Arlen Walker, Bannock County Historical Society  
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

**Printing and the Reformation (#3411)**

*Monday: February 10; 10:30 a.m. – Noon*

A brief look at the influence of printing and the new “mass media” it engendered on one of the biggest upheavals in European history.

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

**Triangle Update (#3718)**

*Tuesday: February 4; 10:30 a.m. – Noon*

Update on the plans of the Triangle Area in terms of development and community engagement.

**Location:** Liberty Hall and Zoom  
**Instructor:** Alfreda Vann  
**Facilitator:** Linda Fairchild (208-251-2586)

**A Visual Walk Through Pocatello History (#3159)**

*Wednesday: March 5; 10:30 a.m. – Noon*

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

**Location:** Liberty Hall and Zoom  
**Instructor:** Arlen Walker  
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

**Why I LOVE the Movie 1776 (#3189)**

*Wednesday: April 2; 10:30 a.m. – Noon*

2026 will mark the 250th anniversary of the signing of the Declaration of Independence. In preparation to celebrate that occurrence, “America250” (a nonpartisan *(continues...)*)

*(continued: Why I LOVE the Movie 1776)*

initiative) will seek to involve citizens; the Idaho Historical Society is organizing activities in our state. In 1969, “1776: A Musical” opened on Broadway to great acclaim, winning three Tony Awards, including Best Musical, and the movie, 1776 appeared in 1972. This PowerPoint presentation focuses on the main characters (especially John Adams) and the basic historical accuracy (and some inaccuracies) of the movie.

**Location:** Liberty Hall and Zoom

**Instructor:** Ron Hatzenbuehler, ISU Emeritus Professor of History

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

### **Women in the Revolutionary War (#3501)**

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

Lots of women were involved in the Revolutionary War (1776-1783). Betsy Ross is credited with sewing the first US flag. Other women used their skills to assist the armies by sewing clothing, raising money, producing food and making military supplies. Many women had the additional tasks of “deputy husbands”, running a farm, managing finances, making house repairs, chopping wood and hunting. This presentation is about several of those women.

**Location:** Liberty Hall and Zoom

**Instructor:** F.C. “Chuck” Humphrey, Lt. Colonel, US Army (Retired)

**Facilitator:** Jane Humphrey (208-238-3584, jehumphre7@gmail.com)

## **NATURE, SCIENCE & TECHNOLOGY**

### **Amphibians and the Wetlands of the Greater Yellowstone Ecosystem (#3561)**

**Monday: April 7; 10:30 a.m. – Noon**

This slide show and lecture on the Amphibians and the Wetlands of the Greater Yellowstone Ecosystem photo exhibit will describe what amphibians occur in the GYE, how to identify them, the wetlands where they can be found, their natural histories, conservation, and how the photographs were made.

**Location:** Liberty Hall and Zoom

**Instructor:** Dr. Charles Peterson, ISU Department of Biological Sciences

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

### **Anatomically Correct but Socially Incorrect Valentines (#3564)**

**Friday: February 14; 10:30 a.m. – Noon**

Every Valentine’s Day, thousands of heart pictures are sent out to significant others. This practice is apparently quite socially acceptable. However, it is anatomically incorrect. But if you were to send out anatomically correct pictures, they would likely not be considered to be socially correct.

**Location:** Liberty Hall and Zoom

**Instructor:** Trent Stephens, PhD; ISU Emeritus Professor of Anatomy and Embryology

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

### **Artificial Intelligence: Promise and Peril (#3571)**

**Wednesday: April 16; 10:30 a.m. – Noon**

This class will provide a high-level overview of current trends in artificial intelligence (AI). Starting with a very brief history of AI, we trace the technology through to its current dominance and examine where it may lead. Particular emphasis is placed on the personal and societal benefits and risks posed by this technology.

**Location:** Liberty Hall and Zoom

**Instructor:** Thomas A. Ottaway, Ph.D., Professor of Information Systems, ISU

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

### **Astronomy: Planets and Moons (#3580)**

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

Did you know that a Venus day is longer than its year, and Saturn now has more moons than Jupiter? Join us as we explore interesting and little known facts about our solar system’s planets and moons, including our own!! Expect cool pictures.

**Location:** Liberty Hall and Zoom

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

### **Birdwatching in Southeast Idaho (#3606)**

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

Are you a birdwatching enthusiast looking to explore the diverse avian life of southeast Idaho? Join Molly Beseris for a special class where she’ll share her knowledge and resources on the best birdwatching spots in our region. Molly Beseris is on the Southeast Idaho High Country Travel Tourism Board. She often shares tourism tips on southeast Idaho around the country. While she may not be an expert, she’s had the opportunity to travel extensively around the region and discover some hidden gems that are perfect areas for birdwatching. She’ll be sharing maps, flyers, and tips to help you plan your next

*(continues...)*

*(continued: Birdwatching in Southeast Idaho)*  
birding adventure.

**Location:** Liberty Hall and Zoom  
**Instructor:** Molly Beseris, Southeast Idaho High Country Travel Tourism Board  
**Facilitator:** Deanna Aslett (208-390-0389, ddaslett@gmail.com)

### **Cyber Security for Seniors (#3613)**

**Tuesday: January 21; 10:30 a.m. – Noon**

Cybercriminals continue to look for new and innovative ways to infiltrate organizations. As threats continue to grow and evolve, you need to understand what your organization is up against to defend against cybersecurity threats from criminals who exploit vulnerabilities to gain access to networks, data and confidential information.

**Location:** Liberty Hall and Zoom  
**Instructors:** Teresa Westfall and Jonathan Palmer, Owner/Operator Tech-Knowledge  
**Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)

### **Flower Garden, Your Questions Answered (#3633)**

**Thursday: April 17; 10:30 a.m. – Noon**

Do you have a question for Lance Wakely, the lead gardener for the Lava Hot Spring Foundation? Do you wonder where he purchases his plants? Which plants thrive and which don't? Lance designs and maintains the beauty of the Sunken Gardens and the hot pool gardens. The visitors to Idaho's world-famous destination are amazed by the beauty of the gardens. Your questions will be answered along with photos and names of the plants he selected, and why he chose them. He has created an endless display of beauty, peace and serenity. Send your questions before **April 7th** to Brenda Ehrler, text 801-554-9396 or email [bl\\_ehrler@att.net](mailto:bl_ehrler@att.net).

**Location:** Liberty Hall and Zoom  
**Instructor/Facilitator:** Brenda Ehrler, part-time employee at Lava Hot Springs Foundation (801-554-9396, [bl\\_ehrler@att.net](mailto:bl_ehrler@att.net))  
**Class Limit:** 50

### **Intro to Windows 11 (#3634)**

**Friday: January 24; 10:30 a.m. – Noon**

Whether you're new to computers or have used them in the past, this class will help you become more comfortable using Windows 11 by familiarizing you with Windows 11 User Interface and its basic capabilities.

**Location:** Liberty Hall and Zoom

**Instructor:** Jonathan Palmer, Owner/Operator of Tech-Knowledge  
**Facilitator:** Kathy Packard (208-681-9991, Racegirl949@gmail.com)

### **iPhone/Smartphone Photography – Level 1 (#3635)**

**Wednesday: January 22; 10:30 a.m. – Noon**

iPhone/smartphone Photography level 1 will give you an overview of how to use your smartphone to take better pictures. As a longtime Biology Professor at ISU, Dr. Peterson has a great deal of experience to share with beginner to advanced users of iPhones and smartphones in general.

**Location:** Liberty Hall and Zoom  
**Instructor:** Dr. Charles Peterson, ISU Biology Department  
**Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)

### **iPhone/Smartphone Photography – Level 2 (#3637)**

**Friday: January 31; 10:30 a.m. – Noon**

Attend level 1 iPhone/smartphone Photography and then come to this session, too! Dr. Peterson will describe advanced features (RAW files, other apps, image processing, accessories, etc.) to use on an iPhone for improving your photos.

**Location:** Liberty Hall and Zoom  
**Instructor:** Dr. Charles Peterson, ISU Biology Department  
**Facilitator:** Teresa Westfall (703-973-5074, teresawestfall@isu.edu)

### **Lake Idaho and Lake Bonneville (#3596)**

**Wednesday: May 7; 10:30 a.m. – Noon**

Most of us have heard of the Bonneville Flood, but Lake Idaho, which occupied the western Snake River Plain from perhaps 12 to 13 million years ago, has lots of secrets. Fossils abound at Hagerman Fossil Beds, including the Idaho State Fossil, the miniature 3-foot-tall Hagerman Horse. And of course, Lake Bonneville was also a big deal, submerging the Wasatch Front by 1000 feet. We might even talk about fossil fish.

**Location:** Liberty Hall and Zoom  
**Instructor:** Dr. Paul Link, Emeritus Professor, ISU  
**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)

### **Libby for Beginners: An Introductory Course (#3102)**

**Wednesday: February 19; 12:30 – 2:30 p.m. – Prep (download app and sign in) from 12:30 p.m. with presentation starting at 1:00 p.m.**

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(continued: *Libby for Beginners: An Introductory Course*)

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/Facilitator:** Jackie Wood, public services librarian, Marshall Public Library (208-232-1263 ext. 112, jwood@marshallpl.org)

**Class Limit:** 25

### **Our Wonderous Wildflowers (#3601)**

**Tuesday: May 6; 10:30 – Noon**

A narrated photographic tour and discussion showcasing our most beautiful native plants.

**Location:** Liberty Hall and Zoom

**Instructor:** Paul Allen, amateur botanist, Idaho Native Plant Society

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

### **Pets and Wildlife Safety (PAWS) (#3638)**

**Thursday: January 30; 1:00 – 3:00 p.m.**

This course will provide information on wildlife identification (scat, animal characteristics, behavior, habitat, etc.) for animals commonly found on Pocatello area trail systems and how to avoid wild animal conflicts with pets. The course will also provide demonstrations on how to remove your pet (demonstration is for dogs) from a trap. It will cover common types of traps and tips for awareness of trapping activity while recreating so you can keep your pet safe while enjoying local trails and other outdoor activities.

**Location:** Liberty Hall and Zoom

**Instructors:** Tess Atwood, IDFG Hunter Education and Volunteer Coordinator and Anna Owsiak Regional Habitat Manager

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

### **The Plants of Cherry Springs Nature Area (#3872)**

**Thursday: May 15; 10:30 a.m. – Noon**

Geoff Hogander, Member of the Sawabi Chapter of the Idaho Native Plant Society, will do a slide presentation about the plants that we will see at Cherry Springs

Nature Preserve on **May 17th**. It will be an overview of some plants, their names, families and descriptions. If you can't do the walk on Saturday, then it will provide you a hands-on preview of the plants.

**Location:** Liberty Hall and Zoom

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

### **Water Quality – An Overview and Related Issues for Idaho (#3639)**

**Wednesday: April 9; 1:00 – 2:30 p.m.**

The presentation will include an introduction to water quality including standards for Idaho, status of this resource in Idaho, and challenges for the future.

**Location:** Liberty Hall and Zoom

**Instructor:** Jennifer Cornell, Idaho Department of Environmental Quality

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

### **Where Did Your Immune Cells Go to School? (#3641)**

**Thursday: February 6; 10:30 a.m. – Noon**

Two of your most important immune cells are called T and B cells. T cells determine if a given protein is self or foreign, and B cells make antibodies against foreign proteins. Where did these cells come from and where did they go to school? The answers may shock and surprise you.

**Location:** Liberty Hall and Zoom

**Instructor:** Trent Stephens, PhD; ISU Emeritus Professor of Anatomy and Embryology

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

### **Wind and Solar, What is Their Part in the Electric System? (#3615)**

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

An explanation of where our electricity comes from, how we balance load and generation and how wind and solar play a part. Is wind power really free?

**Location:** Liberty Hall and Zoom

**Instructor:** Bud Smalley, ISU College of Technology adjunct professor

**Facilitator:** Julie Van Osdol (208-380-0470, jvanosdo1@hotmail.com)

## **TRAVEL & FIELD TRIPS**

**NOTES:**

- Fees for trips must be received thirty (30) days prior to scheduled departure date.
- Trip payment, unless otherwise stated, includes all expenses, bus, meals, gratuities, admissions, and hotels.
- **Your reservation for the trip will be taken in order of payment, not registration.**
- If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it.
- Fees are nonrefundable within the 30-day period prior to departure except for medical reasons. If you cancel for medical reasons, we will refund any monies that are not dedicated funds. Dedicated funds include bus costs and any nonrefundable deposits NKA has spent on the trip.
- All costs for overnight trips are based on double occupancy. For a single, add \$50 per night to the fee.

**PHYSICAL ACTIVITY LEVELS**

*Easy*

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

*Moderate*

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

*Challenging*

- You are on the move on a regular basis and feel comfortable being out and about making new discoveries. Unfortunately, this tour may not be appropriate for individuals who use walkers or wheelchairs.
- Walk about 2-3 miles maximum a day.
- Be on varying terrain, such as city streets, gravel or dirt paths, stairs and hills.

- Climb stairs of varying heights, sometimes without handrails
- Stand for longer periods of time during walking tours and waiting lines.
- Manage your own luggage.
- Climb on and off the motor coach unassisted.

*Wheelchairs and Walkers*

- The motor coaches we reserve are not wheelchair accessible. If you are traveling in a wheelchair, you must have a travel companion with you that can push you.
- If you are traveling with a walker, you need to be able to board and deboard the motor coach. If you require assistance, you must have a travel companion with you that can assist you.
- Wheelchairs and walkers can be stored in the bottom of the motor coach during travel.
- If you require a seat at the front of the bus for mobility issues, please notify the facilitators in advance of the scheduled trip.
- Some venues may provide carts or scooters on a first come first serve basis. It is your responsibility to contact the venue to make these arrangements. The travel facilitators will be happy to provide you with venue contact information.

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**Chicago at the Eccles Theater,  
Logan UT (#3646)**

**Wednesday: March 12; Check in: 3:00 p.m.;**  
**Depart: 3:30 p.m.**

Travel to Ellen Eccles Theater in Logan, Utah to see the Broadway National Touring Company production of *Chicago* at 7:30 p.m. Dinner before the show at Chuck-a-Rama about 5:30 p.m. Return to Pocatello about 11:30 p.m. *Activity Level: Easy*

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

**Instructor:** Nadine Howard (775-842-2743)

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

**Class Limit:** 52

**Class Fee:** \$145

**How and When to Pay:** Make checks payable to NKA and send to Sandra Babb, 389 Adams St., Chubbuck, ID 83202 by **February 11th**

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**Hill Aerospace Museum/Hogle Zoo (#3647)**

**Tuesday: May 6; Check in: 7:30 a.m.; Depart: 8:00 a.m.**

Travel to Roy, Utah, Hill Aerospace Museum – Exhibits more than 90 military aircrafts and missiles and an assortment of ground equipment. Then continue *(continues...)*

(continued: *Hill Aerospace Museum/Hogle Zoo...*)

to Hogle Zoo, one of the largest zoos in the Intermountain West. The zoo houses over 800 animals, representing 250 species. Bring your own lunch. Return to Pocatello about 5:30. *Activity Level: Easy*

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

**Instructor:** Pam Landon (208-221-3302, plandon1955@gmail.com)

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

**Class Limit:** 40

**Class Fee:** \$70

**How and When to Pay:** Make checks payable to NKA and send to Sandra Babb, 389 Adams St., Chubbuck, ID 83202 by **April 7th**

### **Jackson Hole Elk Refuge (#3140)**

*Wednesday: February 12; Check in: 6:30 a.m.;*

*Depart: 7:00 a.m.*

Travel to Jackson, Wyoming and have lunch at Jackson Hole Senior Citizen Center. After lunch we will travel to National Elk Refuge for a sleigh ride. A sleigh ride is a great way to explore the refuge. The refuge was originally established in 1912 to protect one of the world's largest elk herds. It spans 24,700 acres. Run by the Fish and Wildlife Service, the National Elk Refuge provides a winter habitat for elk. The elk typically migrate down from the high country from late October through December in search of food. They make their way back to higher elevation in April and May. Please make sure to bring warm clothes for the sleigh ride. Hats, gloves, blankets, warm coats and warm boots. It's cold in February! Return to Pocatello about 6:00. *Activity Level: Easy*

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

**Instructor:** Nadine Howard (775-843-2743)

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

**Class Limit:** 52

**Class Fee:** \$85 per person. This includes bus, lunch, sleigh ride, tip for bus and sleigh ride driver, snacks and water.

**How and When to Pay:** Make checks payable to NKA and send to Sandra Babb, 389 Adams St., Chubbuck, ID 83202 by **January 12th**

### **Plant Walk at Cherry Springs**

**Nature Area (#3873)**

*Saturday: May 17; 10:30 a.m. – 12:30 p.m.*

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

A restroom is available in the parking lot. *Activity Level: Easy*

**Location:** Cherry Springs Nature Area, South Mink Creek Road  
**Instructor/Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)

**Class Limit:** 16

## **WRITING & LITERATURE**

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

*Thursday: February 6; March 6; April 3; May 1; 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:

*February 6 – “The Women” by Kristin Hannah*

*March 6 – “Spirit Crossing” by William Kent Krueger*

*April 3 – “The Lost Bookshop” by Evie Woods*

*May 1 – “Crow Mary” by Kathleen Grissom*

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

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

**Class Limit:** 56

**Class Fee:** \$15 per person per session, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning at 830 Spyglass Point, Pocatello, ID 83204 by **January 24th**.

### **“Sweet” Nursery Rhymes & Hidden Messages (#3648)**

*Thursday: March 13; 1:00 – 2:30 p.m.*

In prior centuries when Kings and Queens ruled in Europe and beyond, to openly criticize the powers that be was a grave crime. Underground means were devised to communicate these viewpoints within communities. In this session, we will explore various nursery rhymes and their meanings, including the circumstances surrounding their beginnings.

**Location:** Liberty Hall and Zoom

**Instructor:** Beverly Klug, EdD ISU Professor Emerita

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

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

*Mondays: January 27 – May 19; 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



## 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](mailto:information@seicaa.org)  
Energy Assistance, Meals on Wheels, Housing, Weatherization  
Dial 2-1-1 for Information  
Nextdoor app. Local help from Neighbors

### **SENIOR ACTIVITY CENTER POCATELLO**

(208) 233-1212  
427 N 6TH Avenue  
[senioractivities@ida.net](mailto:senioractivities@ida.net)

Center provides daily nutritional meals and supports nutritional, physical, cognitive and socialization activities that will serve our senior population.

### **SICOG (Southeast Council of Governments)**

208-233-4535  
214 E Center Street Pocatello, Idaho

# NOTES

**NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2025**

**PLEASE: PRINT NEATLY  
SIGN BELOW COMPLETE ALL  
FOUR PAGES FOR DAY ONE**

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 JANUARY 15**

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](http://cetrain.isu.edu/nka)

**Phone:** 208-282-2789 or 208-282-3372

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

**Your Registration**

Membership \$50  
*per person/per semester* \$ \_\_\_\_\_

**Parking Fee** \$5.50/year  
*Only required on campus before 4 p.m.* \$ \_\_\_\_\_

**TOTAL DUE**

*Make Checks Payable to ISU* \$ \_\_\_\_\_

NOTE: Some classes require additional fees that need to be paid at the first class or prior to the class to the instructor or facilitator. **ALL ISU craft shop class fees are to be pre-paid online, by phone or in person at the CEWT office. Payment guarantees your spot in the class.**

**Membership Dues MUST Accompany  
AGREEMENT AND RELEASE OF LIABILITY**

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

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

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

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

I do assume responsibility for my participation in class and will call 208-282-3372 if I cannot attend.

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



**DAY ONE REGISTRATION FORM**

LIMITED TO 20 CLASSES TOTAL! USE DAY TWO FORM TO ADD MORE THAN 20.

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

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



Please use scissors on the dotted line to remove your registration pages from the book, so that our office staff can work with your registration information more efficiently

**IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

**ART, MUSIC & THEATER**

- Digeridoo: Australian Aboriginal Art & Music (#3370)
- NKA Annual Meeting Skit (#3303)
- Preview to *The Clean House* (#3384)
- Preview to *The Lightning Thief: The Percy Jackson Musical* (#3391)
- Preview to *Mary Poppins, the Musical* (#3425)
- 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 Night Light **Pre-Pay \$25** (#3533)  
SECTION:  1  2
- Craft Shop Hand Building with Clay **Pre-Pay \$40** (#3599)
- Craft Shop Mosaic Stepping Stones **Pre-Pay \$25** (#3244)

**CRAFTS & HOBBIES****IN-PERSON (ALL CLASSES)**

- Barn Quilt Painting (#3489)
- Beginning and Intermediate Knitting (#3135)

- ▼ Build Your Own Gnome (#3546)  
SECTION:  1  2
- Create a Vision Board for 2025 (#3583)
- Creating a Fused Glass Butterfly (#3547)
- Creating a Fused Glass Owl (#3548)
- Creative Cards for Valentines & Birthdays (#3739)
- Crochet 101/102 (#3309)
- Crochet/Knitting - Service Group (#3196)
- Crochet with Recycled Bags - Service Group (#3145)
- Flowers with L.D. (#3487)
- Fun with Crochet (#3401)
- ▼ 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
- ▼ Idaho Paint Pour (#3550)  
SECTION:  1  2
- Knitting on Looms 2 (#3551)
- Origami for Beginners (#3148)
- Origami Simple Kusudama (#3155)
- Origami Advanced Kusudama (#3585)
- Origami Octagon Challenge (#3283)
- Painting with Acrylics (#3198)
- ▼ Pinecone Flowers (#3553)  
SECTION:  1  2
- Quilling with Carol (#3220)
- Rag Rugs (#3295)
- ▼ Spring Bunny Butt in a Pot (#3554)  
SECTION:  1  2
- ▼ Suncatcher or Beaded Eyeglass Chain (#3555)  
SECTION:  1  2
- Woodcarving, Beginner (#3101)
- Woodcarving, Advanced (#3558)

## **FITNESS & MOTION**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

- Cross-country Ski Day at Nordic Center (3556)
- Fit and Fall Proof® (#3106)
- Guided Snowshoeing at the Nordic Center (#3261)
- Line Dancing: Blackfoot Starter Class (#3421)
- Line Dancing: Starter (#3013)
- 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)
- Snowshoeing the Hills (#3570)
- ▼ Square Dance (#3105)  
SECTION:  1  2
- Strength Training (#3557)
- |  Tai Chi Chih, Advanced (#3104)
- |  Walk Audit (#3565)
- Walking the Greenway (#3115)
- Water Aerobics in the Lava Hot Springs Indoor Pool (#3265)
- Zumba Gold® (#3952)

## **FOOD & BEVERAGE**

### **IN-PERSON (ALL CLASSES)**

- Beer Tasting at Off the Rails Brewing (#3422)
- Beer Tasting and Tour of Jim Dandy Brewing (#3574)
- Egg Rolls, Shanghai Café/Hong Kong Cuisine (#3572)
- The Art of Making Anna-damn-a Bread (#3569)
- 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)  
SECTION:  1  2
- Wine Tasting at Gate City Coffee & Gifts (#3276)
- Wine Tasting "Smell Vocabulary" (#3575)
- World Bites (#3423)

## **GAMES**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

- Bridge 1 – Introduction to Bridge (#3128)
- Bridge 2 – Intermediate Bridge (#3377)

- Join the Wave to Senior Games (#3579)

### ▼ Lunch and Games (#3126)

SECTION:  1  2  3  4  5

- Mahjong (#3125)
- |  Team Trivia (#3014)
- Texas Hold'em Poker (#3127)

## **GENERAL INTEREST**

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

- Adventures in Africa (#3581)
- |  Alaskan Fishing Adventure (#3582)
- |  Austria and Germany Travelogue (#3586)
- |  Budgeting on a Fixed Income (#3589)
- |  C.A.S.A. Volunteers: Changing a Child's Story (#3403)
- Coffee, Tea, and Conversation (#3286)
- |  C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)
- |  Feeding Idahoans Through Collaboration (#3593)
- |  Grant Writing 101 (#3594)
- |  Hidden Gems and Places to Visit in Southeast Idaho (#3595)
- |  Hot Topics (#3827)
- |  Life After Netflix (#3598)
- Monthly Social and Planning Fun (#3087)
- |  Neighborhood and Community Revitalization (#3908)
- |  Nostalgia with Elvis (#3600)
- |  Proactive vs. Reactive Programs for Youth in Pocatello (#3603)
- |  The Psychology of Chance Encounters and Fortuitous Events (#3604)
- Running a Family Popcorn Shop (#3502)
- |  Tarot for Self-Reflection and Personal Growth (#3607)
- Two Weeks in Ecuador and the Galapagos (#3609)
- |  USP: Turning a Vision into a Reality (#3608)
- |  USP: Update (#3610)
- |  Venmo – Everyone Wants Me to Use It – What the Heck Is It?? (#3611)
- |  Visiting all of America's National Parks (#3614)
- |  A World of Knowledge at your Fingertips (#3616)



## HEALTH & WELLNESS

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- |  A Beginner's Guide to Learning Astrology (#3617)
- |  All Together Now! Appreciating our Interconnection with Everything (#3620)
- |  Alternative Healing Modalities 101 (#3621)
- |  Breathwork Detox (#3624)
- Easy Plant Based Meals for Health (#3626)
- Guided Meditation (#3307)
- Guided Meditation and Breathwork (Pranayama) (#3521)
- ▼ Healthy City, USA (#3319)  
SECTION:  1  2  3  4  5  6  7
- |  Nutrition for Longevity (#3627)
- |  Practices to Heal Your Body Naturally (#3628)
- |  Promoting Cognitive Health in Older Age (#3631)
- |  Reclaim Your Health Naturally (#3632)
- |  Rife Technology and Therapy and Your Health (#3251)

### ▼ Sound Bath Music Bowls (#3540)

SECTION:  1  2

- |  Steps to Safety (#3330)
- |  Stop the Bleed (#3333)

## HISTORY

### IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- |  The Constitution and the Supreme Court (#3314)
- Fort Hall Replica, Bannock County Museum and Pocatello Junction (#3355)
- |  Indian Boarding Schools: Terrors & Dreams (#3371)
- |  Pocatello Notables: What They Did and Where They Lived (#3169)
- |  Printing and the Reformation (#3411)
- |  Triangle Update (#3718)
- |  A Visual Walk Through Pocatello History (#3159)
- |  Why I LOVE the Movie 1776 (#3189)
- |  Women in the Revolutionary War (#3501)

## NATURE, SCIENCE, & TECHNOLOGY

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- |  Amphibians and the Wetlands of the Greater Yellowstone Ecosystem (#3561)
- |  Anatomically Correct but Socially Incorrect Valentines (#3564)
- |  Artificial Intelligence: Promise and Peril (#3571)
- |  Astronomy: Planets and Moons (#3580)
- |  Birdwatching in Southeast Idaho (#3606)
- |  Cyber Security for Seniors (#3613)
- |  Flower Garden, Your Questions Answered (#3633)
- |  Intro to Windows 11 (#3634)
- |  iPhone/Smartphone Photography - Level 1 (#3635)
- |  iPhone/Smartphone Photography - Level 2 (#3637)
- |  Lake Idaho and Lake Bonneville (#3596)
- |  Libby for Beginners: An Introductory Course (#3102)
- |  Our Wonderous Wildflowers (#3601)
- |  Pets and Wildlife Safety (PAWS) (#3638)
- |  The Plants of Cherry Springs Nature Area (#3872)
- |  Water Quality - An Overview and Related Issues for Idaho (#3639)
- |  Where Did Your Immune Cells Go to School? (#3641)
- |  Wind and Solar, what is Their Part in the Electrical System? (#3615)

## TRAVEL & FIELD TRIPS

### IN-PERSON (ALL CLASSES)

- Chicago at the Eccles Theater, Logan UT (#3646)
- Hill Aerospace Museum/Hogle Zoo (#3647)
- Jackson Hole Elk Refuge (#3140)
- Plant Walk at Cherry Springs Nature Area (#3873)

## WRITING & LITERATURE

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- Book Group and a Glass (#3372)
- |  "Sweet" Nursery Rhymes & Hidden Messages (#3648)
- |  Writing Creatively - Fiction and Non-Fiction (#3136)



**NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2025**

**PLEASE: PRINT NEATLY  
SIGN BELOW COMPLETE ALL  
FOUR PAGES FOR DAY TWO**

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 JANUARY 15**

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](http://cetrain.isu.edu/nka)

**Phone:** 208-282-2789 or 208-282-3372

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

**Your Registration**

Membership \$50  
per person/per semester \$ \_\_\_\_\_

**Parking Fee** \$5.50/year  
Only required on campus before 4 p.m. \$ \_\_\_\_\_

**TOTAL DUE**

\$ \_\_\_\_\_

NOTE: Some classes require additional fees that need to be paid at the first class or prior to the class to the instructor or facilitator. **ALL ISU craft shop class fees are to be pre-paid online, by phone or in person at the CEWT office. Payment guarantees your spot in the class.**

**Membership Dues MUST Accompany**

**AGREEMENT AND RELEASE OF LIABILITY**

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

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

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

I do assume responsibility for my participation in class and will call 208-282-3372 if I cannot attend.

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



**DAY TWO REGISTRATION FORM**

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW. NEW: DAY ONE OF REGISTRATION LIMITED TO 20 CLASSES TOTAL! USE DAY TWO FORM TO ADD MORE THAN 20.

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

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



Please use scissors on the dotted line to remove your registration pages from the book, so that our office staff can work with your registration information more efficiently

**IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

**ART, MUSIC & THEATER**

- Digeridoo: Australian Aboriginal Art & Music (#3370)
- NKA Annual Meeting Skit (#3303)
- Preview to *The Clean House* (#3384)
- Preview to *The Lightning Thief: The Percy Jackson Musical* (#3391)
- Preview to *Mary Poppins, the Musical* (#3425)
- 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 Night Light **Pre-Pay \$25** (#3533)  
SECTION:  1  2
- Craft Shop Hand Building with Clay **Pre-Pay \$40** (#3599)
- Craft Shop Mosaic Stepping Stones **Pre-Pay \$25** (#3244)

**CRAFTS & HOBBIES**

**IN-PERSON (ALL CLASSES)**

- Barn Quilt Painting (#3489)
- Beginning and Intermediate Knitting (#3135)

- ▼ Build Your Own Gnome (#3546)  
SECTION:  1  2
- Create a Vision Board for 2025 (#3583)
- Creating a Fused Glass Butterfly (#3547)
- Creating a Fused Glass Owl (#3548)
- Creative Cards for Valentines & Birthdays (#3739)
- Crochet 101/102 (#3309)
- Crochet/Knitting - Service Group (#3196)
- Crochet with Recycled Bags - Service Group (#3145)
- Flowers with L.D. (#3487)
- Fun with Crochet (#3401)
- ▼ 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
- ▼ Idaho Paint Pour (#3550)  
SECTION:  1  2
- Knitting on Looms 2 (#3551)
- Origami for Beginners (#3148)
- Origami Simple Kusudama (#3155)
- Origami Advanced Kusudama (#3585)
- Origami Octagon Challenge (#3283)
- Painting with Acrylics (#3198)
- ▼ Pinecone Flowers (#3553)  
SECTION:  1  2
- Quilling with Carol (#3220)
- Rag Rugs (#3295)
- ▼ Spring Bunny Butt in a Pot (#3554)  
SECTION:  1  2
- ▼ Suncatcher or Beaded Eyeglass Chain (#3555)  
SECTION:  1  2
- Woodcarving, Beginner (#3101)
- Woodcarving, Advanced (#3558)





## **FITNESS & MOTION**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

- Cross-country Ski Day at Nordic Center (3556)
- Fit and Fall Proof® (#3106)
- Guided Snowshoeing at the Nordic Center (#3261)
- Line Dancing: Blackfoot Starter Class (#3421)
- Line Dancing: Starter (#3013)
- 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)
- Snowshoeing the Hills (#3570)
- ▼ Square Dance (#3105)  
SECTION:  1  2
- Strength Training (#3557)
- |  T'ai Chi Chih, Advanced (#3104)
- |  Walk Audit (#3565)
- Walking the Greenway (#3115)
- Water Aerobics in the Lava Hot Springs Indoor Pool (#3265)
- Zumba Gold® (#3952)

## **FOOD & BEVERAGE**

### **IN-PERSON (ALL CLASSES)**

- Beer Tasting at Off the Rails Brewing (#3422)
- Beer Tasting and Tour of Jim Dandy Brewing (#3574)
- Egg Rolls, Shanghai Café/Hong Kong Cuisine (#3572)
- The Art of Making Anna-damn-a Bread (#3569)
- 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)  
SECTION:  1  2
- Wine Tasting at Gate City Coffee & Gifts (#3276)
- Wine Tasting "Smell Vocabulary" (#3575)
- World Bites (#3423)

## **GAMES**

### **IN-PERSON | ZOOM**

(CHECK BOX FOR HOW ATTENDING)

- Bridge 1 - Introduction to Bridge (#3128)
- Bridge 2 - Intermediate Bridge (#3377)

- Join the Wave to Senior Games (#3579)

### ▼ Lunch and Games (#3126)

SECTION:  1  2  3  4  5

- Mahjong (#3125)
- |  Team Trivia (#3014)
- Texas Hold'em Poker (#3127)

## **GENERAL INTEREST**

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

- Adventures in Africa (#3581)
- |  Alaskan Fishing Adventure (#3582)
- |  Austria and Germany Travelogue (#3586)
- |  Budgeting on a Fixed Income (#3589)
- |  C.A.S.A. Volunteers: Changing a Child's Story (#3403)
- Coffee, Tea, and Conversation (#3286)
- |  C.R.A.S.E. - Civilian Response to Active Shooter Events (#3289)
- |  Feeding Idahoans Through Collaboration (#3593)
- |  Grant Writing 101 (#3594)
- |  Hidden Gems and Places to Visit in Southeast Idaho (#3595)
- |  Hot Topics (#3827)
- |  Life After Netflix (#3598)
- Monthly Social and Planning Fun (#3087)
- |  Neighborhood and Community Revitalization (#3908)
- |  Nostalgia with Elvis (#3600)
- |  Proactive vs. Reactive Programs for Youth in Pocatello (#3603)
- |  The Psychology of Chance Encounters and Fortuitous Events (#3604)
- Running a Family Popcorn Shop (#3502)
- |  Tarot for Self-Reflection and Personal Growth (#3607)
- Two Weeks in Ecuador and the Galapagos (#3609)
- |  USP: Turning a Vision into a Reality (#3608)
- |  USP: Update (#3610)
- |  Venmo - Everyone Wants Me to Use It - What the Heck Is It?? (#3611)
- |  Visiting all of America's National Parks (#3614)
- |  A World of Knowledge at your Fingertips (#3616)



## HEALTH & WELLNESS

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- |  A Beginner's Guide to Learning Astrology (#3617)
- |  All Together Now! Appreciating our Interconnection with Everything (#3620)
- |  Alternative Healing Modalities 101 (#3621)
- |  Breathwork Detox (#3624)
- Easy Plant Based Meals for Health (#3626)
- Guided Meditation (#3307)
- Guided Meditation and Breathwork (Pranayama) (#3521)
- ▼ Healthy City, USA (#3319)  
SECTION:  1  2  3  4  5  6  7
- |  Nutrition for Longevity (#3627)
- |  Practices to Heal Your Body Naturally (#3628)
- |  Promoting Cognitive Health in Older Age (#3631)
- |  Reclaim Your Health Naturally (#3632)
- |  Rife Technology and Therapy and Your Health (#3251)
- ▼ Sound Bath Music Bowls (#3540)  
SECTION:  1  2
- |  Steps to Safety (#3330)
- |  Stop the Bleed (#3333)

## HISTORY

### IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- |  The Constitution and the Supreme Court (#3314)
- Fort Hall Replica, Bannock County Museum and Pocatello Junction (#3355)
- |  Indian Boarding Schools: Terrors & Dreams (#3371)
- |  Pocatello Notables: What They Did and Where They Lived (#3169)
- |  Printing and the Reformation (#3411)
- |  Triangle Update (#3718)
- |  A Visual Walk Through Pocatello History (#3159)
- |  Why I LOVE the Movie 1776 (#3189)
- |  Women in the Revolutionary War (#3501)

## NATURE, SCIENCE, & TECHNOLOGY

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- |  Amphibians and the Wetlands of the Greater Yellowstone Ecosystem (#3561)
- |  Anatomically Correct but Socially Incorrect Valentines (#3564)
- |  Artificial Intelligence: Promise and Peril (#3571)
- |  Astronomy: Planets and Moons (#3580)
- |  Birdwatching in Southeast Idaho (#3606)
- |  Cyber Security for Seniors (#3613)
- |  Flower Garden, Your Questions Answered (#3633)
- |  Intro to Windows 11 (#3634)
- |  iPhone/Smartphone Photography - Level 1 (#3635)
- |  iPhone/Smartphone Photography - Level 2 (#3637)
- |  Lake Idaho and Lake Bonneville (#3596)
- |  Libby for Beginners: An Introductory Course (#3102)
- |  Our Wonderous Wildflowers (#3601)
- |  Pets and Wildlife Safety (PAWS) (#3638)
- |  The Plants of Cherry Springs Nature Area (#3872)
- |  Water Quality - An Overview and Related Issues for Idaho (#3639)
- |  Where Did Your Immune Cells Go to School? (#3641)
- |  Wind and Solar, what is Their Part in the Electrical System? (#3615)

## TRAVEL & FIELD TRIPS

### IN-PERSON (ALL CLASSES)

- Chicago at the Eccles Theater, Logan UT (#3646)
- Hill Aerospace Museum/Hogle Zoo (#3647)
- Jackson Hole Elk Refuge (#3140)
- Plant Walk at Cherry Springs Nature Area (#3873)

## WRITING & LITERATURE

### IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- Book Group and a Glass (#3372)
- |  "Sweet" Nursery Rhymes & Hidden Messages (#3648)
- |  Writing Creatively - Fiction and Non-Fiction (#3136)





Idaho State Journal Photo

# Lifelong Learning Center

# ~~A~~ Gathering Place *Our*

## Four Essential Groups Share One Profound Vision



United Seniors Project



Our plans for securing a unified facility that all seniors from Bannock County and surrounding areas can use, for a multitude of activities, have never been more defined. There is still a lot of work to do and hurdles to clear but the path forward is right in front of us and in focus.

If you are a member of New Knowledge Adventures, Snake River New Horizon Band, or the American Association of Retired Persons please take just a few minutes to familiarize yourself with the United Seniors Project and learn for yourself the goal we are all trying to accomplish.

Members from all three senior groups are represented on the USP board but it's vital that every senior in our community understands what we are trying to accomplish. If successful our initiative will have a very positive impact for generations to come.



**Idaho State  
University**

Continuing Education  
and Workforce Training



## NEW KNOWLEDGE ADVENTURES

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WEB: [cetrain.isu.edu/nka](http://cetrain.isu.edu/nka)

*NKA learning tree logo by Erica Lothspeich*