

NEW KNOWLEDGE ADVENTURES

NKA

Spring 2026



Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Dear Friends in New Knowledge Adventures:

I am happy to report that the first half of my tenure as the President of New Knowledge Adventures has been both a fulfilling and challenging adventure. We have such an excellent group of officers and board members. No one is afraid to jump in and work hard to provide a well-rounded program for the many members of our community.

Accomplishments:

- Nametags. I know the names of many more NKA members since the nametags became available. I hope it has been helpful for you, too.
- You have given us a lot of support and help when needed. For example, the response for volunteers to learn how to Zoom classes enabled us to fill several vacant spots! It still took several experienced volunteers to help the less experienced Zoom volunteers at each class.

Challenges:

- We still have more interested members than class slots available for popular classes.
- We still have many members who are no-shows at classes. I shall use my Sizzling Rice Soup class held on November 13, for illustrative purposes only. The original slots for the class were fifty and then were raised to one hundred to eliminate the wait list. Two days before the class, I received a class list of ninety-seven. Four members canceled the day before the class. Per experience, I knew that several would not appear, yet still planned on supplies, Chinese spoons, handouts, etc. for one hundred, if most came. There were fifty-two who attended the class. We had 250 pages of recipes left that were billed to NKA, plus supplies and half of the soup left at my expense. Luckily, there were about twenty people from the Senior Activity Center who enjoyed soup. There were still half of the leftovers remaining. What if the presenter was not an NKA member and presented to us as a service? The result could be disheartening and expensive.
- Zoom is hard. We are glad that Jim Mariani freed himself from being the 'Zoomer for All Times.' What we found was that our Zoom platform is not well-suited to volunteers who have a varied knowledge of zoom and all technologies associated with it.

Goals:

- Establish common Zoom/presenter platform so our volunteers and presenters can comfortably present by researching simplification.
- Continue to encourage presenters of popular classes to add more sections, although we recognize that presenters are volunteers who also have schedules.
- Encourage members to help us with finding presenters and/or facilitating classes. Because you find a presenter, it does not mean that you must also be the facilitator, unless you want to. We have a great program because of many great presenters.
- Use the QR code, to more easily get to the NKA registration page.



Suzanne Hong Johnson, NKA President, 2025/26

NKA 2025-2026 OFFICERS AND BOARD

OFFICERS:

President: **Suzanne Hong Johnson**
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COMMITTEE CHAIRS:

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**Donate to our new building at:*

United Seniors Project
P.O. Box 4378
Pocatello, Idaho 83205

Fall 2026 Class Information Form (CIF)**Day/s of the week:****Date/s of Class:**

Fall Classes run from September 8th thru December 18th

Time:

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

Category:**Brief description of the class (max 80 words):****Location & Address:**

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

Instructor & title/affiliation:**Facilitator name & phone and e-mail:****Class limit:****Class fee(if any):****If there is a fee, how & when to pay:***The information below is for the use of the Curriculum Committee and the Continuing Education Workforce Training office; it will not appear in the catalog.***Instructor phone and e-mail:****Instructor mailing address:****Is the instructor a member of NKA? (Y) (N)****Catalog requested? (Y) (N)****Facilitator Home Address:****If facilitator is not a member, is a catalog requested? (Y) (N)****If at Liberty Hall, media equipment needed:***Media equipment includes ☐ TV with HDMI cable ☐ Laptops ☐ Internet Access ☐ Zoom Capability

*Instructors are to bring their presentation on a 'flash' drive to be used with NKA laptops

Materials/Supplies needed?Handouts* ☐ Other: ☐

*If instructors want NKA to make copies of their handouts, they need to get them to facilitators or Continuing Education office two (2) weeks prior to the class.

Liberty Hall: If you do not want ZOOM, please check the box: ☐**Other needs or requests?**Please send completed form to Kathy Flock (kgflock@gmail.com), Geoff Hogander (ghogande@yahoo.com) and Kathryn Dafoe (katydafoe@hotmail.com). Please have the CIF in by **May 27th**.

The History of New Knowledge Adventures (NKA)

Written by NKA Historian Trish Mooney

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

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

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

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

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

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

NKA Past Presidents

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

POLICIES AND PROCEDURES FOR NKA CLASSES

NKA is a life-long learning group for people 50+ years of age. It is based upon the Road Scholar program and offers a variety of educational classes to its members. There is a Fall and Spring catalog that describes the semester classes being offered and states dates, times, location and a brief description of the class. Members may register for and participate in as many classes as they like, (space permitting).

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 \$6.50; permit will be mailed with the registration receipt, or buy one in person at the CEWT office. NKA permits are not transferable to others and are to be used for NKA classes only. Misuse may result in a ticket. Neither NKA or CEWT shall be held liable for any violation of parking regulations.

BUS TRANSPORTATION

For bus stops: 208-234-ABUS; pocatellotransit.com

ASSUMPTION OF RISK

Program Description: New Knowledge Adventures classes and activities

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

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

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

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

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

Participant Name: _____

Signature: _____ Date: _____

Emergency Contact:

Name: _____ Relationship: _____

Phone Number: _____ Email Address: _____



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*Please be courteous to other members, instructors and facilitators and cancel ASAP if you are signed up for a class and cannot attend so the Wait List individuals may be contacted to attend.
Call the NKA office at 208-282-3372 or email cetrain@isu.edu*

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Please be courteous to other members,
instructors and facilitators and cancel ASAP
if you are signed up for a class and cannot
attend so the Wait List individuals may be
contacted to attend.
Call the NKA office at 208-282-3372 or email
cettrain@isu.edu

Adventures for the Spring of 2026

ART, MUSIC & THEATER

Dinner Opera at the Yellowstone (#3235)

Tuesday: April 21; 6:00 – 8:00 PM

Join your NKA friends for dinner and opera vignettes at the Yellowstone restaurant. Several opera singers accompanied by piano will perform vignettes between dinner courses. Jennifer Erchul, Owner of the Yellowstone Restaurant will curate a meal that will delight your senses.

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

Instructors: Diana Livingston Friedly and Jennifer Erchul, owner

Facilitator: Teresa Westfall (703-973-5074), twestfall0@gmail.com

Class Limit: 50

Class Fee: \$65 – includes meal, a wine or mocktail, entertainment and gratuity for servers

How to pay: Please send a check payable to **Teresa Westfall** at 375 McKinley Ave., Pocatello ID 83201 by **April 14th** to reserve your spot.

NKA Annual Meeting Skit (#3303)

Wednesdays: April 15 – May 13; 3:00 – 4:00 PM

Join us in planning, rehearsing, and performing at the NKA Annual Meeting. We'll have fun creating and performing songs and/or skits to an always appreciative crowd. No memorization needed.

Location: Liberty Hall

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

Preview to the Jazz Fest: Guest Artist Sheela Bringi (#3497)

Wednesday: February 11; Noon – 1:00 PM

Two days of rhythm, improvisation, and global fusion await at ISU's Jazz Fest! High school jazz bands from across the region will learn from acclaimed guest artist Sheela Bringi, an Indian-American musician known for blending classical Indian music with jazz and electronics. The festival includes daytime clinics, collaborative sessions, and lively evening concerts – Friday at Station Square and Saturday in Jensen Hall – showcasing the vibrant spirit of jazz education and innovation. Talking about the Jazz Fest, featuring guest artist Sheela Bringi, an Indian-American fusion artist coming from Denver, collaborating with regional high school jazz groups and

the CMBB. *Performance Date: Saturday, February 14, 2026 at Stephens Performing Arts Center, Jensen Grand Hall at 7:30 PM.*

Location: Liberty Hall

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

Preview to the Play: *Emme and the Taking of the Woods* by Jef Petersen (#3007)

Friday: April 10; Noon – 1:00 PM

Join nine-year-old Emme on a thrilling journey in *Emme and the Taking of the Woods*, as they heed a mysterious call for help from the dark woods behind their home. Tasked with confronting a cataclysmic force threatening the multiverse, Emme's adventure unfolds with unexpected allies and formidable challenges. Through this enchanting quest, they learn that true heroism involves not just victory but also the courage to rise after failure. Experience a captivating tale of bravery, friendship, and self-discovery that celebrates the hero within us all. *The play was written by ISU theatre faculty member Jef Petersen and was the 2023 co-recipient of the KCACTF David Mark Cohen Playwriting Award. *Rating: PG Content Warnings: Mild Frightening Imagery. Performance Dates: April 17th, 18th, 23rd, 24th, & 25th.*

Location: Stephens Performing Arts Center, Bistline Theatre

Instructor: Jef Petersen, Writer & Director

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

Preview to the Play: *The Marvelous Wonderettes* by Roger Bean (#3008)

Friday: February 20; Noon – 1:00 PM

Step back in time to the 1950's and 1960's as you meet the Wonderettes, a girl group from Springfield High School. As they prepare for their prom, the girls share their hopes, dreams, and the highs and lows of young love through a delightful medley of classic pop hits of the era. Full of charm and nostalgia, this upbeat musical celebrates friendship and the power of music, offering a fun and feel-good experience for audiences of all ages. *Rating: PG Content Warnings: Mild suggestive themes, some innuendo. Performance Dates: February 27th, 28th; March 5th, 6th, & 7th.*

Location: Stephens Performing Arts Center, Bistline Theatre

Instructor: Greg Phelps, Director

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

Preview to the Symphony (#3322)**Friday: February 6; March 13; April 17; 4:00 – 5:00 PM**

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

Symphony Performance Dates:

February 20 – American Classics (featuring the Young Artists Competition Winners, Adriana Varn and Ana Yang)

March 20 – Bad Snacks! Pops Concert with the ISU Commercial Music Ensemble, and the annual ISCS raffle.

April 24 – Brahms Requiem with the ISCS, ISU Choirs, and guest artists, Cara Gabrielson (soprano) and Simon Barrad (baritone).

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

Instructor: Dr. Nell Flanders, Artistic Director and Conductor of the Idaho State Civic Symphony

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

ISU CRAFT CLASSES

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

ISU Craft Shop Fused Glass Night Light (#3675)**Tuesday: January 27; 12:30 – 2:30 PM**

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, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. 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 \$40

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

ISU Craft Shop Fused Glass Suncatcher (#3656)**Tuesday: February 10; 12:30 – 2:30 PM**

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 wonderful suncatcher. Come with ideas or get ideas from the samples provided.

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

Instructor: ISU Craft Shop Staff

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

Class Limit: 8

Class Fee: Pre-Pay \$40

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

ISU Craft Shop Hand Building with Clay (#3599)**Tuesday: March 3 & 17; 12:30 – 2:30 PM**

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

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

Instructors: Brent Lowman; Mary Miller

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

Class Limit: 10

Class Fee: Pre-Pay \$60

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

ISU Craft Shop Mosaic Stepping Stone (#3244)**Tuesday: April 28 & May 5; 12:30 – 2:30 PM**

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

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

(continues...)

(continued: *ISU Craft Shop Mosaic Stepping Stone*)

Instructor: Mary Miller

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

Class Limit: 8

Class Fee: Pre-Pay \$40

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

ISU Craft Shop Needle Felted Bunny (#3645)

Tuesday: March 31; 12:30 – 2:30 PM

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

Location: ISU Craft Shop, lower level of the Pond Student Union Building – 1065 Cesar Chavez Ave. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

Instructor: ISU Craft Shop Staff

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

Class Limit: 10

Class Fee: Pre-Pay \$25

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

CRAFTS & HOBBIES

Alcohol Ink Glass Art (#3644)

Monday: February 16: Section 1: 2:00 PM

Section 2: 4:00 PM

Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE

CHOOSE ONLY ONE

In this class, you'll be making an 8x10 glass framed piece of alcohol ink art. Elwen Cottage will provide the materials.

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

Instructor: Wendy Vaughn, Owner

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

Class Limit: 12 per section

Class Fee: \$15 – please bring to class

Barn Quilt Painting (#3489)

Wednesdays: February 4 – April 15; 9:30 – 11:30 AM

We will be painting quilt-like patterns on 2'X 2' boards and learning a little bit about the tradition of Barn Quilts in America. All materials will be provided but please bring an apron to cover your clothing.

Location: Senior Activity Center, Room 6

Instructors: Linda and John Furstenwerth

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

Class Limit: 10

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

Beginning and Intermediate Knitting (#3135)

Tuesdays: January 27 – May 26; 1:30 – 3:30 PM

Basic knowledge of casting on stitches – knit and purl required. Bring size 8 knitting needles and cotton yarn or 4-ply acrylic. You may choose a project from our many patterns on hand or bring your own to share.

Location: Senior Activity Center, Room 11

Instructor: Shanna Erickson

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

Class Limit: 16

Beginning Crochet 101 (#3563)

Tuesdays: January 27 – April 14; 10:00 – 11:30 AM

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

Location: Senior Activity Center, Room 4

Instructors: Linda Furstenwerth; Rosita Park

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

Class Limit: 6

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

Beginning Crochet 102 (#3309)

Tuesdays: January 27 – April 14; 10:00 – 11:30 AM

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

Location: Senior Activity Center, Room 4

Instructors: Linda Furstenwerth; Rosita Park

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

Class Limit: 10

Beginning Tatting (#3124)*Wednesday: May 13, 20 & 27; 1:00-3:00 PM*

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

Location: Senior Activity Center, Room 6**Instructor:** Verla Negus**Facilitator:** Linda Furstenwerth (208-251-1996), lfurstenwerth@msn.com**Class Limit:** 10**Class Fee:** \$13 – please bring to first class**Calla Lily Painting with Chain (#3629)***Monday: March 30: Section 1: 2:00 PM**Section 2: 4:00 PM**Section 3: 6:00 PM***ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

In this class, you'll be painting a calla lily on canvas. Elwen Cottage will provide the materials.

Location: Elwen Cottage, 334 N. Main St., Pocatello**Instructor:** Wendy Vaughn, Owner**Facilitator:** Mollie Curran (208-251-6792), curran.mollie@icloud.com**Class Limit:** 12 per section**Class Fee:** \$20 – please bring to class**Create Digital Art with your iPad (#3492)***Tuesday: May 19; 10:00 AM – Noon*

Want to learn digital art or get better at using Procreate? This relaxed, hands-on class will help you feel confident creating art on your iPad. Instructor Deanna Eveland will walk through the basics – using brushes, layers, colors, shading, texture, importing and exporting work and more. Bring your iPad with Procreate and a stylus (Apple pencil is best). All experience levels are welcome – just come ready to create and have fun!

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

How to Pay: Payment of \$15 for supplies due upon enrollment. Please send check payable to: **Brenda Ehrler** at P.O. Box 582, Lava Hot Springs, ID 83246 by **April 3rd**. If payment is not received before April 3rd, wait-list members will be invited. Paying with Venmo is also an option, please contact Brenda for more information.

Creating a Fused Glass Birdhouse (#3801)*Thursday: March 12; 3:00 – 5:00 PM*

Decorate a pre-cut birdhouse with colored glass of varied shapes and sizes to create a unique gift for yourself or someone else.

Location: 456 University St., Pocatello**Instructors:** Melissa Neiers; 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 **March 5th**. Venmo available, please contact facilitator for more info. If payment is not received by this date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

Creating a Fused Glass Greenhouse (#3800)*Thursday: April 16; 6:00 – 8:00 PM*

Decorate clear glass in the shape of a house with sections to fill with flowers, leaves, and pots to complete a colorful greenhouse.

Location: 456 University St., Pocatello**Instructors:** Melissa Neiers; 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 9th**. Venmo available, please contact facilitator for more info. If payment is not received by this date, wait-list members will be invited. Fees are non-refundable unless your seat can be filled by another participant.

Crochet/Knitting Service Group (#3196)*Tuesdays: January 27 – May 26; 1:00 – 2:30 PM*

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, Room 6**Instructor/Facilitator:** Nancy Ellis (208-237-0995), Rnellis6050@gmail.com**Class Limit:** 20

Crochet with Recycled Bags Service Group (#3145)

Thursdays: January 29 – March 26; 10:00 – 11:30 AM

Using recycled grocery, department store, and trash bags, we will be crocheting sleeping mats for the homeless. Projects for tote bags and other uses of recycled bags are also available. We have a large supply of donated bags available for use, and are accepting donations. Also, bring a size K/10.5/6.5mm or larger crochet hook and sharp scissors.

Location: Senior Activity Center, Room 4
Instructors: Linda Furstenwerth and Rosita Park
Facilitator: Linda Furstenwerth (208-251-1996),
 lfurstenwerth@msn.com
Class Limit: 15

Decoupage Floral Jars (#3802)

*Monday: February 23: Section 1: 2:00 PM
 Section 2: 4:00 PM
 Section 3: 6:00 PM*

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you'll be decoupage spring floral jars. Elwen Cottage will provide the materials.

Location: Elwen Cottage, 334 N. Main St., Pocatello
Instructor: Wendy Vaughn, Owner
Facilitator: Mollie Curran (208-251-6792),
 curran.mollie@icloud.com
Class Limit: 12 per section
Class Fee: \$15 – please bring to class

Driftwood Suncatcher (#3803)

*Monday: March 23: Section 1: 2:00 PM
 Section 2: 4:00 PM
 Section 3: 6:00 PM*

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you'll be creating a suncatcher out of wood, beads, and crystals. Elwen Cottage will provide the materials.

Location: Elwen Cottage, 334 N. Main St., Pocatello
Instructor: Wendy Vaughn, Owner
Facilitator: Mollie Curran (208-251-6792),
 curran.mollie@icloud.com
Class Limit: 12 per section
Class Fee: \$20 – please bring to class

Fun with Crochet (#3401)

Thursdays: January 29 – May 21; 1:30 – 3:30 PM

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

Location: Senior Activity Center, Room 11
Instructor: Shanna Erickson
Facilitator: Sue Miller (208-993-1133),
 millerpag@yahoo.com
Class Limit: 14

Glass Blowing, Paperweight (#3412)

*Section 1 – Monday: January 26; 7:30 – 8:30 PM –
 payment due by January 19th
 Section 2 – Monday: February 9; 7:30 – 8:30 PM –
 payment due by February 2nd
 Section 3 – Monday: February 23; 7:30 – 8:30 PM –
 payment due by February 2nd
 Section 4 – Monday: March 9; 7:30 – 8:30 PM –
 payment due by March 2nd
 Section 5 – Monday: March 23; 7:30 – 8:30 PM –
 payment due by March 2nd
 Section 6 – Monday: April 6; 7:30 – 8:30 PM –
 payment due by March 30th
 Section 7 – Monday: April 20; 7:30 – 8:30 PM –
 payment due by March 30th
 Section 8 – Monday: May 4; 7:30 – 8:30 PM –
 payment due by April 27th
 Section 9 – Monday: May 18; 7:30 – 8:30 PM –
 payment due by April 27th*

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

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

Location: Poky Glass Art Studio, 515 N. Main St., Pocatello
Instructor: Sam Casper, Poky Glass Art Studio
Facilitator: Chara Boehm (208-242-6266),
 charaboehm@gmail.com
Class Limit: 4 per section
Class Fee: \$40 (for one paperweight)
How to Pay: Pay online at pokyglassart.com by payment due date listed above

Glass Blowing, Pendants (#3414)

Section 1 – Monday: January 26; 6:00 – 7:00 PM – payment due by January 19th

Section 2 – Monday: February 9; 6:00 – 7:00 PM – payment due by February 2nd

Section 3 – Monday: February 23; 6:00 – 7:00 PM – payment due by February 2nd

Section 4 – Monday: March 9; 6:00 – 7:00 PM – payment due by March 2nd

Section 5 – Monday: March 23; 6:00 – 7:00 PM – payment due by March 2nd

Section 6 – Monday: April 6; 6:00 – 7:00 PM – payment due by March 30th

Section 7 – Monday: April 20 6:00 – 7:00 PM – payment due by March 30th

Section 8 – Monday: May 4; 6:00 – 7:00 PM – payment due by April 27th

Section 9 – Monday: May 18; 6:00 – 7:00 PM – payment due by April 27th

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

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

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

Instructor: Sam Casper, Poky Glass Art Studio

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

Class Limit: 4 per section

Class Fee: \$40

How to Pay: Pay online at pokyglassart.com by payment due date listed above

Knitting on Looms (#3551)

Thursdays: February 12 – April 16; 10:00 – 11:30 AM

We will learn the basics of the round and long looms and make a hat and scarf. If you have a loom(s) and hook tool please bring them to class. You will also need yarn for your projects. However, we will have extra looms, tools, and yarn available. No need to buy anything until you know if looming is for you.

Location: Senior Activity Center, Room 4

Instructors: Linda Furstenwerth; Rosita Park

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

Class Limit: 10

Class Fee: \$5 – please bring to first class

Origami Boxes (#3283)

Thursday: April 9, 16, 23 & 30; 1:00 – 3:00 PM

Colorful open boxes for paper clips or candies. Square and octagon boxes with lids to make your small gifts extra special. Most boxes consist of several units fitted together like a puzzle; a fun and practical introduction to modular origami.

Location: Senior Activity Center, Room 6

Instructor: Kris Hansen

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

Class Limit: 10

Class Fee: \$10 for 4 two-hour classes – please bring first day of class

Origami Spring (#3269)

Thursday: February 12, 19, 26 & March 5; 1:00 – 3:00 PM

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

Location: Senior Activity Center, Room 6

Instructor: Kris Hansen

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

Class Limit: 10

Class Fee: \$6 for 4 two-hour classes – please bring first day of class

Paint Still Life (#3804)

Monday: May 18; 10:00 AM – Noon

Join artist Deanna Eveland and learn to see the beauty in everyday objects while discovering the timeless art of still life. Whether you are a beginner or experienced artist, this course offers hands-on instruction in drawing and painting, composition, light and shadow, proportion, and color while working from a real-life arrangement. This session includes demonstrations, guided practice, and feedback in a supportive environment. All skill levels are welcome. Basic supplies will be provided.

Location: Liberty Hall

Instructor: Deanna Eveland, Artist

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

Class Limit: 15

Class Fee: \$20 for supplies

How to Pay: Payment for supplies due upon enrollment. Please send check payable to: **Brenda Ehrler** at P.O. Box 582, Lava Hot Springs, ID 83246. If payment is not received by **April 3rd** wait-list members will be invited. Venmo also available, please contact Brenda for more information.

Paint with Acrylics (#3198)

Friday: May 15; 10:00 AM – Noon

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

Location: Liberty Hall

Instructor: Deanna Eveland, Artist

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

Class Limit: 15

Class Fee: \$20 for supplies

How to Pay: Payment for supplies due upon enrollment. Please send check payable to: **Brenda Ehrler** at P.O. Box 582, Lava Hot Springs, ID 83246. If payment is not received by **April 3rd** wait-list members will be invited. Venmo also available, please contact Brenda for more information.

Painted Flag on Glass Frame (#3805)

Monday: May 18: Section 1: 2:00 PM

Section 2: 4:00 PM

Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you'll be painting a flag on glass. Elwen Cottage will provide the materials.

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

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),

curran.mollie@icloud.com

Class Limit: 12 per section

Class Fee: \$15 – please bring to class

Quilling (#3220)

Wednesday: March 18, 25 & April 1; 1:00 – 3:00 PM

Create a card with your initials embellished with flowers and other fun designs. Use it for a card or picture for yourself or for a loved one.

Location: Senior Activity Center, Room 6

Instructor: Carol Johnston

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

Class Limit: 10

Class Fee: \$5.00 – Please bring to first class. If you are a former student, please bring your tools for a discount on fees.

Stained Glass Snowflake Star (#3806)

Thursday: January 29; 2:00 – 4:30 PM

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

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

Instructor: Sara Schofield

Facilitator: Christine Brower (208-671-8483),

christinebrower@hotmail.com

Class Limit: 6

Class Fee: \$50

How to Pay: Save your seat by sending a check to **Chris Brower** at 235 Sorenson Ave., Pocatello ID 83201 by **January 24th**.

Steampunk Jewelry (#3953)

Tuesday: January 27th: Section 1: 2:00 PM

Section 2: 4:00 PM

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you'll be creating two pieces of steampunk jewelry. Elwen Cottage will provide the materials.

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

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),

curran.mollie@icloud.com

Class Limit: 12 per section

Class Fee: \$20 – please bring to class

Uncle Sam Gnome (#3808)

Monday: April 27: Section 1: 2:00 PM

Section 2: 4:00 PM

Section 3: 6:00 PM

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you'll be creating a plush Uncle Sam gnome. Elwen Cottage will provide the materials.

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

Instructor: Wendy Vaughn, Owner

Facilitator: Mollie Curran (208-251-6792),

curran.mollie@icloud.com

Class Limit: 12 per section

Class Fee: \$20 – please bring to class

Windchime (#3242)

*Monday: May 4: Section 1: 2:00 PM
Section 2: 4:00 PM
Section 3: 6:00 PM*

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you'll be making a windchime out of recycled items. Elwen Cottage will provide the materials.

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

Instructor: Wendy Vaughn, Owner

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

Class Limit: 12 per section

Class Fee: \$20 – please bring to class

Wire Wrapped Pendant (#3807)

*Monday: April 13: Section 1: 2:00 PM
Section 2: 4:00 PM
Section 3: 6:00 PM*

ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this class, you'll be learning to wire wrap a pendant. Elwen Cottage will provide the materials.

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

Instructor: Wendy Vaughn, Owner

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

Class Limit: 12 per section

Class Fee: \$20 – please bring to class

Woodcarving, Beginning (#3101)

*Mondays, Wednesdays, and Fridays as desired: January 28 – May 29; 9:00 AM – Noon (Clean-up from 11:30 – Noon).
It is **STRONGLY** advised to attend first class*

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 Dept., Aisle 34, 4340 Hawthorne Rd., Chubbuck

Instructor: Advanced carvers present

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

Class Limit: 10

Class Fee: \$20 + plus purchase of any additional supplies – please bring to first day of class

Woodcarving, Advanced (#3558)

Mondays, Wednesdays, and Fridays as desired: January 26 – May 29; 9:00 AM – 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 Dept., Aisle 34, 4340 Hawthorne Rd., Chubbuck

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

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

Class Fee: \$5 + plus purchase of any additional supplies – please bring to first day of class

FITNESS & MOTION**2 Mile Walking Video – Inside (#3810)**

Thursdays: April 16 – May 7; 10:00 – 11:30 AM

Let's take a two-mile indoor walk with Leslie Sansone! This fun and energizing video workout is a great way to meet your cardio goals – especially when the weather isn't cooperating. Leslie guides you through a series of full-bodied movements that get your heart rate up and keep you moving for a complete cardio workout.

Location: Liberty Hall (upstairs)

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

Class Limit: 25

Chair Yoga (#3842)

Thursdays: March 5 – April 2; 10:00 – 11:30 AM

Join me for this chair yoga class! Bring your yoga blocks if you have them – a limited number will be provided. In this class, we will practice a seated asana movement sequence designed to increase both flexibility and strength. Each class will conclude with pranayama (breathwork) and guided Vishoka meditation for relaxation and mindfulness.

Location: Liberty Hall (upstairs)

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

Class Limit: 25

Cross-Country Ski Day at Nordic Center, Beginning (#3556)

Thursday: February 12; 2:00 – 4:00 PM

Learn the basics of cross-country skiing or refresh your skills at the Nordic Center with Parks and Recreation. Know your limits, you'll need to be able to get up if/when you fall. Cross-country skis and poles will be provided or bring your own at the same cost. The fee is all inclusive, no parking charge or rental fees. Carpooling is possible, contact the facilitator.

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

How to Pay: Save your seat by sending a check to **Chris Brower** at 235 Sorenson Ave., Pocatello ID 83201 by **February 5th**.

Cross-Country Skiing at Nordic Center, Intermediate (#3527)

Thursday: February 19; 2:00 – 4:00 PM

If you have the basic skills and can safely manage a few hills on cross-country skis, then this is the class for you. Parks and Rec will provide equipment and instruction to improve your technique. The fee is all-inclusive. No parking charge or rental fees. Carpooling is possible, contact the facilitator.

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

How to Pay: Save your seat by sending a check to **Chris Brower** at 235 Sorenson Ave., Pocatello ID 83201 by **February 12th**.

Fit and Fall Proof™ (#3106)

Mondays and Wednesdays: January 26 – May 20; 9:30 – 10:30 AM
(No class February 16th, SAC will be closed)

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)

Mondays: January 26; February 2 & 9; 1:00 – 4:00 PM

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. There will be no parking charge. Carpooling is possible, contact facilitator.

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: \$5 – if you have your own equipment, \$10 – with rental fees

How to Pay: Save your seat by sending a check to **Chris Brower** at 235 Sorenson Ave., Pocatello ID 83201 by **January 21st**.

Line Dancing, Starter (#3013)

Mondays: January 26 – April 6; Noon – 12:50 PM (no class on March 23 due to Spring Breaks at ISU and School District #25)

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

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

Instructors: Judy Liday; Kay Elsethagen

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

Class Limit: 50

Line Dancing, Beginning 1 (#3111)

Mondays: January 26 – April 6; 1:00 – 1:55 PM (no class on March 23 due to Spring Breaks at ISU and School District #25)

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

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

Instructor: Penny Cooper

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

Class Limit: 50

Line Dancing, Beginning 2 (#3112)

Mondays: January 26 – April 6; 2:05 – 3:00 PM (no class on March 23 due to Spring Breaks at ISU and School District #25)

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: Carlyn Rice; Marcia Burton

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

Class Limit: 50

Line Dancing, Intermediate (#3113)

Tuesdays: January 27 – April 7; 9:30 – 10:25 AM (no class March 24 due to Spring Breaks at ISU and School District #25)

Intermediate line dancing is for those who have completed the Beginning 2 class. This class introduces more challenging dances. We will start slowly and keep adding to our repertoire, working up to the intermediate level. You'll have lots of fun learning new dances, and no partner is needed. Bring water if desired.

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

Instructor: Susan Cramer

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

Class Limit: 50

Line Dancing, Advanced (#3819)

Thursdays: January 29 – April 9; 9:30 – 11:00 AM (no class on March 26 due to Spring Breaks at ISU and School District #25)

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

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

Instructor: Susan Cramer

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

Class Limit: 40

Line Dancing, "Oldies but Goodies" (#3110)

Tuesdays: January 27 – April 7; 10:35-11:30 AM (no class March 24 due to Spring Breaks at ISU and School District #25)

This class is a combination of dances previously learned in the Beginner and Intermediate classes. All dances will be reviewed (not taught) with a variety of music and rhythms beginning with very easy dances to the intermediate level. If you know the basic

steps in line dancing, you will love this class. Please join us for lots of fun, exercise, and dancing. Bring water if desired.

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

Instructors: Judy Liday; Marcia Burton

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

Class Limit: 50

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

Line Dancing at the Senior Center

Every Wednesday: 1:00 – 2:00 PM – All Semester Long!

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

Location: Senior Activity Center, Dining Room

Instructor: Marcia Burton

Facilitator: Judy Liday (206-317-6664), lidayjam@gmail.com

Qigong (#3282)

Fridays: February 6 – May 8; 1:00 – 2:00 PM

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

Location: Liberty Hall Upstairs and Zoom

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

Class Limit: 15

Square Dance (#3105)

Fridays: January 30 – April 24

SECTION 1 – Basic & Mainstream: 6:00 – 7:30 PM

SECTION 2 – Intro to Plus Level (for those who have completed Basic & Mainstream): 7:30 – 9:00 PM

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

Location: Roy F. Christensen Bldg. #48 in the Tech Café sitting area, 777 Memorial Dr., Pocatello

Instructor: Steve Sullivan

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)

Mondays: April 20 – May 11; 10:00 – 11:30 AM

Many people shy away from strength training thinking it takes too much effort – but it doesn't have to! If your doctor has been encouraging you to start, here's your chance to be a good patient and give it a try. Bring a pair of 3 or 5 lb. weights, or even 2 cans of soup and join this introductory class. We'll put on some music and spend 20-30 minutes exploring a simple, fun strength routine designed to help build muscle and support bone health.

Location: Liberty Hall, upstairs

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

Class Limit: 25

Tai Chi Chih, Intermediate (#3119)

Mondays: January 26 – May 25; 12:30-1:30 PM

Medication in motion. Harvard Health Letter states Tai Chi can improve cognitive function, prevent memory loss at any age, lower blood pressure, improve balance, and help with managing depression. We practice the 19 Tai Chi Chih disciplines taught in the beginners' class, plus several Qigong forms. Beginners are welcome, as we will review the forms taught in the beginners' class. You may Zoom and/or come in person.

Location: Liberty Hall (upstairs), and Zoom

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

Class Limit: 40 in-person, unlimited Zoom

Tai Chi Chih, Advanced (#3104)

Tuesdays & Thursdays: January 27 – May 28; 8:30 – 9:30 AM

Meditation in motion. Harvard Health Letter states Tai Chi can improve cognitive function, prevent memory loss at any age, lower blood pressure, improve balance, and help with managing depression. We practice the 19 Tai Chi Chih disciplines taught in the beginner's class, plus several classical Qigong forms. Previous tai chi experience is preferred, or you may come 15 minutes early for tutoring. You may Zoom and/or come in person

Location: Liberty Hall (upstairs), and Zoom

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

Class Limit: 40 in-person, unlimited Zoom

Walking the Greenway (#3115)

Fridays: April 3 – May 15 & 29; 10:00 – 11:30 AM

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: Sacajawea Trail & TBA

Instructor/Facilitator: Lolane Andra (208-241-5282, lolane_andra@yahoo.com)

Water Aerobics (#3265)

Saturdays: March 7 – April 4; 8:30 – 9:30 AM

Join us for a fun and low-impact water exercise class at Lava Hot Springs! This class uses the natural resistance of water to safely improve your strength, balance, flexibility, and endurance – all while helping to tone your muscles. We'll be working out in Lava's indoor pool, using water, your own body resistance, noodles, and buoyancy equipment. You bring your body – we'll provide the noodles and buoys! The warm water (approximately 86 degrees) allows you to exercise comfortably without putting strain on your joints. Best of all, no swimming skills are required. Organize a carpool and travel the 35-mile trip to Lava Hot Springs for this fun, safe, and refreshing workout.

Location: Indoor pool, 195 N. Center, Lava Hot Springs ID 83246

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

Class Limit: 12

Class Fee: \$25 total for 5 classes – please bring to first class

How to Pay: Please bring payment to first class

Zumba Gold® (#3952)

Wednesdays: January 28 - March 18; 9:30 - 10:30 AM

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

Location: Assemble Learning and Event Center - 820 E. Young, Pocatello

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

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

Class Limit: 40

FOOD & BEVERAGE

Beer Tasting – Off the Rails Brewing (#3422)

Wednesday: April 8; 7:00 – 8:30 PM

Join your NKA friends at Off the Rails Brewing for a beer tasting event. There will be a selection of four different 3-oz beers to sample. The first will be specially selected by Peyton for the group, and the following three will be selected by each individual. Appetizers will also be provided.

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

Instructor: Peyton Kiggins, Co-owner

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

Class Limit: 30

Class Fee: \$20/person – includes gratuity

How to Pay: Make check payable to **Off the Rails Brewing** and mail to Janean White at 4959 Rebecca Dr., Chubbuck ID 83202 by **April 1st**

Dinner Opera at the Yellowstone (#3235)

Tuesday: April 21; 6:00 – 8:00 PM

Join your NKA friends for dinner and opera vignettes at the Yellowstone restaurant. Several opera singers accompanied by piano will perform vignettes between dinner courses. Jennifer Erchul, Owner of the Yellowstone Restaurant will curate a meal that will delight your senses.

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

Instructors: Diana Livingston Friedly and Jennifer Erchul, owner

Facilitator: Teresa Westfall (703-973-5074),
twestfall0@gmail.com

Class Limit: 50

Class Fee: \$65 – includes meal, a wine or mocktail, entertainment and gratuity for servers

How to pay: Please send a check payable to **Teresa Westfall** at 375 McKinley Ave., Pocatello ID 83201 by **April 14th** to reserve your spot.

Easter Rolls at Temple Emanuel (#3415)

Wednesday: March 25; Section 1: 1:00 – 3:00 PM

Thursday: March 26; Section 2: 1:00 – 3:00 PM

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Once again Dale is going to teach a fun class in breadmaking at Temple Emanuel. This time we will learn how to make dinner rolls in time for Easter. Bring your favorite apron; ingredients, and hands-on training are provided.

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

Instructor: Dale Spencer

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

Class Limit: 24 per section

Class Fee: None – donations are appreciated

Oodles of Noodles (#3130)

Thursday: April 9; 2:00 – 3:00 PM

Suzanne will teach participants ways to prepare various noodles with Asian seasonings.

Location: Senior Activity Center, Dining Room

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

Class Limit: 75

Class Fee: \$2 – please bring to class

Wine Pairing at PV's Uncorked (#3943)

Thursday: March 12; 6:00 – 8:00 PM

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

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

Instructor: Donny and Jenn Flores

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

Class Limit: 36

Class Fee: \$50, includes gratuity

How and when to pay: Make check payable to PV's Uncorked. Send to **Geoff Hogander**, 255 Fairmont Ave., Pocatello ID 93201 by **Friday, March 6th**.

Wine Pairing at the Yellowstone (#3642)

Monday: February 9; 5:30 – 7:30 PM

The Yellowstone Restaurant is reprising their successful pairing from last fall matching menu items selected to complement the attributes of each wine. Five courses, five wines, and bottles available at a discounted rate.

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

Instructor: Jennifer Erchul, owner

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

Class Limit: 50

Class Fee: \$52 – includes gratuity.

How to pay: Send check payable to **Janean White**, 4959 Rebecca Drive, Chubbuck, ID 83202 by **February 5th**.

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Year's Day	2
5	6	7	8	9
12	13	14 Line Dance / SAC • 1:00-2:00 Every Wednesday	15	16 Games and Goodies • 1:00-3:00
19	20 Registration Begins	21 Line Dance / SAC • 1:00-2:00	22	23
26 Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Line Dance, Start • 12:00-12:50 Tai Chi, Inter. • 12:30-1:30 Line Dance, Beg 1 • 1:00-1:55 Snowshoeing • 1:00-4:00 Creative Writing • 2:00-4:00 Line Dance, Beg 2. • 2:05-3:00 Glass Blowing, Pendants -Section 1 • 6:00-7:00 Glass Blowing, Paperweight -Section 1 • 7:30-8:30	27 Tai Chi, Advanced • 8:30-9:30 Bridge • 9:30-Noon Line Dance, Inter. • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Hot Topics • 10:00-11:30 Line Dance, Oldies • 10:35-11:30 Glass Night Light • 12:30-2:30 Crochet Svc Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00 Steampunk Jewelry -Section 1 • 2:00 -Section 2 • 4:00	28 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Native Dances • 10:00-11:30 Line Dance/SAC • 1:00-2:00 April in Iceland • 1:30-3:00	29 Tai Chi, Advanced • 8:30-9:30 Line Dance, Adv. • 9:30-11:00 Apple Watch • 10:00-11:30 Crochet/Recycled • 10:00-11:30 Fun with Crochet • 1:30-3:30 Snowflake Star • 2:00-4:30	30 Pranayama • 9:00-10:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00

Saturday, January 24th | Driggs Trip • 8:30

SPRING TRAVEL

Driggs Snowscapes – Driggs, Idaho - **Saturday, January 24**

Tour of Zoo Idaho - **Wednesday, March 11**

Thanksgiving Point Adventures – Lehi, Utah - **Wednesday, April 22**

Plant Walk at Cherry Springs Nature Area - **Saturday, May 9**

Historical Caribou County Excursion - **Tuesday, June 16**

FEBRUARY 2026

MONDAY

2

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Fit and Fall Proof • 9:30-10:30
Line Dance, Start • 12:00-12:50
Tai Chi, Inter. • 12:30-1:30
Line Dance, Beg 1. • 1:00-1:55
Snowshoeing • 1:00-4:00
Creative Writing • 2:00-4:00
Line Dance, Beg 2. • 2:05-3:00

9

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Fit and Fall Proof • 9:30-10:30
Line Dance, Start • 12:00-12:50
Tai Chi, Inter. • 12:30-1:30
Line Dance, Beg 1. • 1:00-1:55
Snowshoeing • 1:00-4:00
Creative Writing • 2:00-4:00
Line Dance, Beg 2. • 2:05-3:00
Wine/Yellowstone • 5:30-7:30
Glass Blowing, Pendants
-Section 2 • 6:00-7:00
Glass Blowing, Paperweight
-Section 2 • 7:30-8:30

16

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Line Dance, Start • 12:00-12:50
Tai Chi, Inter. • 12:30-1:30
Line Dance, Beg. 1 • 1:00-1:55
Creative Writing • 2:00-4:00
Line Dance, Beg. 2 • 2:05-3:00
Alcohol Ink Glass Art
-Section 1 • 2:00
-Section 2 • 4:00
-Section 3 • 6:00

23

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Fit and Fall Proof • 9:30-10:30
Line Dance, Start • 12:00-12:50
Tai Chi, Inter. • 12:30-1:30
Line Dance, Beg. 1 • 1:00-1:55
Creative Writing • 2:00-4:00
Line Dance, Beg. 2 • 2:05-3:00
Decoupage Floral Jar
-Section 1 • 2:00
-Section 2 • 4:00
-Section 3 • 6:00
Glass Blowing, Pendants
-Section 3 • 6:00-7:00
Glass Blowing, Paperweight
-Section 3 • 7:30-8:30

TUESDAY

3

Tai Chi, Adv. • 8:30-9:30
Bridge • 9:30-Noon
Line Dance, Inter. • 9:30-10:25
Crochet 101/102 • 10:00-11:30
Managing Stress • 10:00-11:30
Line Dance, Oldies • 10:35-11:30
Healthy City, USA
Part 1 • Noon-1:00
Crochet Svc Group • 1:00-2:30
Knitting • 1:30-3:30
Spanish Culture • 1:30-2:30
Team Trivia • 1:30-3:00

10

Tai Chi, Adv. • 8:30-9:30
Bridge • 9:30-Noon
Line Dance, Inter. • 9:30-10:25
Crochet 101/102 • 10:00-11:30
Poop Scoop • 10:00-11:30
Line Dance, Oldies • 10:35-11:30
Healthy City, USA
Part 2 • Noon-1:00
Glass Suncatcher • 12:30-2:30
Crochet Svc. Group • 1:00-2:30
Knitting • 1:30-3:30
Spanish Culture • 1:30-2:30
Team Trivia • 1:30-3:00

17

Tai Chi, Adv. • 8:30-9:30
Bridge • 9:30-Noon
Line Dance, Inter. • 9:30-10:25
Crochet 101/102 • 10:00-11:30
New Moon Race • 10:00-11:30
Line Dance, Oldies • 10:35-11:30
Healthy City, USA
Part 3 • Noon-1:00
Crochet Svc. Group • 1:00-2:30
Knitting • 1:30-3:30
Spanish Culture • 1:30-2:30
Team Trivia • 1:30-3:00

24

Tai Chi, Adv. • 8:30-9:30
Bridge • 9:30-Noon
Line Dance, Inter. • 9:30-10:25
Crochet 101/102 • 10:00-11:30
Hot Topics • 10:00-11:30
Line Dance, Oldies • 10:35-11:30
Healthy City, USA
Part 4 • Noon-1:00
Crochet Svc. Group • 1:00-2:30
Knitting • 1:30-3:30
Spanish Culture • 1:30-2:30
Team Trivia • 1:30-3:00

WEDNESDAY

4

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Barn Quilt Painting • 9:30-11:30
Fit and Fall Proof • 9:30-10:30
Zumba Gold • 9:30-10:30
Photography Tips • 10:00-11:30
Line Dance/SAC • 1:00-2:00
Mahjong • 1:30-4:00
Winter Seed Sowing • 1:30-3:00

11

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Barn Quilt Painting • 9:30-11:30
Fit and Fall Proof • 9:30-10:30
Zumba Gold • 9:30-10:30
Area V Agency • 10:00-11:30
Line Dance/SAC • 1:00-2:00
Oh, Look it Up! • 1:30-3:00
Preview to Jazz Fest • Noon-1:00
Mahjong • 1:30-4:00

18

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Barn Quilt Painting • 9:30-11:30
Fit and Fall Proof • 9:30-10:30
Zumba Gold • 9:30-10:30
Red Light District • 10:00-11:30
Line Dance/SAC • 1:00-2:00
Real Life to Fiction • 1:30-3:00
Mahjong • 1:30-4:00

25

Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Barn Quilt Painting • 9:30-11:30
Fit and Fall Proof • 9:30-10:30
Zumba Gold • 9:30-10:30
Psych Encounters • 10:00-11:30
Line Dance/SAC • 1:00-2:00
Intro to Medicare • 1:30-3:00
Mahjong • 1:30-4:00

THURSDAY

5

Tai Chi, Adv. • 8:30-9:30
Line Dance, Adv. • 9:30-11:00
Crochet/Recycled • 10:00-11:30
E-Bikes • 10:00-11:30
Finding Joy • 1:30-3:00
Fun with Crochet • 1:30-3:30
Book and a Glass • 3:00-4:30

12

Tai Chi, Adv. • 8:30-9:30
Line Dance, Adv. • 9:30-11:00
Crochet/Recycled • 10:00-11:30
Knitting on Looms • 10:00-11:30
Chinese Terracotta • 10:00-11:30
Origami Spring • 1:00-3:00
Fun with Crochet • 1:30-3:30
Beg. Cross-Country • 2:00-4:00

19

Tai Chi, Adv. • 8:30-9:30
Line Dance, Adv. • 9:30-11:00
Crochet/Recycled • 10:00-11:30
Knitting on Looms • 10:00-11:30
Origami Spring • 1:00-3:00
Fun with Crochet • 1:30-3:30
Stop the Bleed • 1:30-3:00
Inter Cross-Country • 2:00-4:00

26

Tai Chi, Adv. • 8:30-9:30
Line Dance, Adv. • 9:30-11:00
Crochet/Recycled • 10:00-11:30
Knitting on Looms • 10:00-11:30
Origami Spring • 1:00-3:00
Fun with Crochet • 1:30-3:30

FRIDAY

6

Pranayama • 9:00-10:00
Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Qigong • 1:00-2:00
Symphony Preview • 4:00-5:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

13

Pranayama • 9:00-10:00
Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Qigong • 1:00-2:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

20

Pranayama • 9:00-10:00
Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Wonderettes • Noon-1:00
Games and Goodies • 1:00-3:00
Qigong • 1:00-2:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

27

Pranayama • 9:00-10:00
Woodcarving, Beg. • 9:00-Noon
Woodcarving, Adv. • 9:00-Noon
Qigong • 1:00-2:00
Square Dance
-Section 1 • 6:00-7:30
-Section 2 • 7:30-9:00

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Reykjavik • 10:00-11:30 Line Dance, Start • 12:00-12:50 Tai Chi, Inter. • 12:30-1:30 Line Dance, Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Line Dance, Beg. 2 • 2:05-3:00	3 Tai Chi, Adv. • 8:30-9:30 Bridge • 9:30-Noon Line Dance, Inter. • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Libby • 10:00-Noon Line Dance, Oldies • 10:35-11:30 Hand Clay Building • 12:30-2:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00	4 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Line Dance/SAC • 1:00-2:00 Mahjong • 1:30-4:00 Supreme Court • 1:30-3:00 Texas Hold'em II • 3:00-5:00	5 Tai Chi, Adv. • 8:30-9:30 Line Dance, Adv. • 9:30-11:00 Chair Yoga • 10:00-11:30 Crochet/Recycled • 10:00-11:30 Knitting on Looms • 10:00-11:30 Origami Spring • 1:00-3:00 Fun with Crochet • 1:30-3:30 Food as Medicine • 2:00-5:00 Book and a Glass • 3:00-4:30	6 Pranayama • 9:00-10:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
9 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Line Dance, Start • 12:00-12:50 Tai Chi, Inter. • 12:30-1:30 Line Dance, Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Line Dance, Beg. 2 • 2:05-3:00 Glass Blowing, Pendants -Section 4 • 6:00-7:00 Glass Blowing, Paperweight -Section 4 • 7:30-8:30	10 Tai Chi, Adv. • 8:30-9:30 Bridge • 9:30-Noon Line Dance, Inter. • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Travel Training on the PRT -Section 1 • 10:00-11:30 Water Intelligence • 10:00-11:30 Line Dance, Oldies • 10:35-11:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00 Wine/Café Tuscano -Section 1 • 2:00-4:00 -Section 2 • 5:00-7:00	11 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Line Dance/SAC • 1:00-2:00 Tour of Zoo Idaho • 1:00-2:30 Mahjong • 1:30-4:00 CASA • 1:30-3:00 Texas Hold'em II • 3:00-5:00	12 Tai Chi, Adv. • 8:30-9:30 Line Dance, Adv. • 9:30-11:00 Astrology • 10:00-11:30 Chair Yoga • 10:00-11:30 Crochet/Recycled • 10:00-11:30 Knitting on Looms • 10:00-11:30 Fun with Crochet • 1:30-3:30 Behind Zoo Idaho • 1:30-3:00 Food as Medicine • 2:00-5:00 Glass Birdhouse • 3:00-5:00 Wine/PVs • 6:00-8:00	13 Pranayama • 9:00-10:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Qigong • 1:00-2:00 Symphony Preview • 4:00-5:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
16 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Line Dance, Start • 12:00-12:50 Tai Chi, Inter. • 12:30-1:30 Line Dance, Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Line Dance, Beg. 2 • 2:05-3:00	17 Tai Chi, Adv. • 8:30-9:30 Bridge • 9:30-Noon Line Dance, Inter. • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Shoshone Bannocks • 10:00-11:30 Line Dance, Oldies • 10:35-11:30 Hand Clay Building • 12:30-2:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00	18 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Zumba Gold • 9:30-10:30 Ray J. Davis • 10:00-11:00 Line Dance/SAC • 1:00-2:00 Quilling • 1:00-3:00 Mahjong • 1:30-4:00 Roller Derby • 1:30-3:00 Texas Hold'em II • 3:00-5:00	19 Tai Chi, Adv. • 8:30-9:30 Line Dance, Adv. • 9:30-11:00 Chair Yoga • 10:00-11:30 Crochet/Recycled • 10:00-11:30 Knitting on Looms • 10:00-11:30 Fun with Crochet • 1:30-3:30 Kilimanjaro! • 1:30-3:00 Food as Medicine • 2:00-5:00	20 Pranayama • 9:00-10:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Games and Goodies • 1:00-3:00 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
23 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00 Driftwood Suncatcher -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00 Glass Blowing, Pendants -Section 5 • 6:00-7:00 Glass Blowing, Paperweight -Section 5 • 7:30-8:30	24 Tai Chi, Adv. • 8:30-9:30 Bridge • 9:30-Noon Crochet 101/102 • 10:00-11:30 Mushroom ID • 10:00-11:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00	25 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Easter Rolls -Section 1 • 1:00-3:00 Line Dance/SAC • 1:00-2:00 Quilling • 1:00-3:00 Mahjong • 1:30-4:00 Texas Hold'em II • 3:00-5:00	26 Tai Chi, Adv. • 8:30-9:30 Chair Yoga • 10:00-11:30 Crochet/Recycled • 10:00-11:30 Knitting on Looms • 10:00-11:30 Easter Rolls -Section 2 • 1:00-3:00 Fun with Crochet • 1:30-3:30 Food as Medicine • 2:00-5:00	27 Pranayama • 9:00-10:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
30 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Line Dance, Start • 12:00-12:50 Tai Chi, Inter. • 12:30-1:30 Line Dance, Beg. 1 • 1:00-1:55 Creative Writing • 2:00-4:00 Line Dance, Beg. 2 • 2:05-3:00 Calla Lily Painting -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00	31 Tai Chi, Adv. • 8:30-9:30 Bridge • 9:30-Noon Line Dance, Inter. • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Mushroom ID • 10:00-11:30 Line Dance, Oldies • 10:35-11:30 Needle Felted Bunny • 12:30-2:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00	Saturday, March 7th Water Aerobics • 8:30-9:30 Saturday, March 14th Water Aerobics • 8:30-9:30 Saturday, March 14th Wine/Gate City • 5:00-7:00 Saturday, March 21st Water Aerobics • 8:30-9:30 Saturday, March 28th Water Aerobics • 8:30-9:30		

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481-510 days: \$100,000 and 1-15% of your 401(k) balance. 511-540 days: \$100,000 and 1-15% of your 401(k) balance. 541-570 days: \$100,000 and 1-15% of your 401(k) balance. 571-600 days: \$100,000 and 1-15% of your 401(k) balance. 601-630 days: \$100,000 and 1-15% of your 401(k) balance. 631-660 days: \$100,000 and 1-15% of your 401(k) balance. 661-690 days: \$100,000 and 1-15% of your 401(k) balance. 691-720 days: \$100,000 and 1-15% of your 401(k) balance. 721-750 days: \$100,000 and 1-15% of your 401(k) balance. 751-780 days: \$100,000 and 1-15% of your 401(k) balance. 781-810 days: \$100,000 and 1-15% of your 401(k) balance. 811-840 days: \$100,000 and 1-15% of your 401(k) balance. 841-870 days: \$100,000 and 1-15% of your 401(k) balance. 871-900 days: \$100,000 and 1-15% of your 401(k) balance. 901-930 days: \$100,000 and 1-15% of your 401(k) balance. 931-960 days: \$100,000 and 1-15% of your 401(k) balance. 961-990 days: \$100,000 and 1-15% of your 401(k) balance. 991-1020 days: 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1-15% of your 401(k) balance. 2011-2040 days: \$100,000 and 1-15% of your 401(k) balance. 2041-2070 days: \$100,000 and 1-15% of your 401(k) balance. 2071-2100 days: \$100,000 and 1-15% of your 401(k) balance. 2101-2130 days: \$100,000 and 1-15% of your 401(k) balance. 2131-2160 days: \$100,000 and 1-15% of your 401(k) balance. 2161-2190 days: \$100,000 and 1-15% of your 401(k) balance. 2191-2220 days: \$100,000 and 1-15% of your 401(k) balance. 2221-2250 days: \$100,000 and 1-15% of your 401(k) balance. 2251-2280 days: \$100,000 and 1-15% of your 401(k) balance. 2281-2310 days: \$100,000 and 1-15% of your 401(k) balance. 2311-2340 days: \$100,000 and 1-15% of your 401(k) balance. 2341-2370 days: \$100,000 and 1-15% of your 401(k) balance. 2371-2400 days: \$100,000 and 1-15% of your 401(k) balance. 2401-2430 days: \$100,000 and 1-15% of your 401(k) balance. 2431-2460 days: \$100,000 and 1-15% of your 401(k) balance. 2461-2490 days: \$100,000 and 1-15% of your 401(k) balance. 2491-2520 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APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Line Dance/SAC • 1:00-2:00 Quilling • 1:00-3:00 Mahjong • 1:30-4:00 Texas Hold'em II • 3:00-5:00	2 Tai Chi, Adv. • 8:30-9:30 Line Dance, Adv. • 9:30-11:00 Chair Yoga • 10:00-11:30 Knitting on Looms • 10:00-11:30 Fun with Crochet • 1:30-3:30 Safari to Kenya • 1:30-3:00 Book and a Glass • 3:00-4:30	3 Pranayama • 9:00-10:00 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
6 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Line Dance, Start • 12:00-12:50 Tai Chi, Inter. • 12:30-1:30 Line Dance, Beg.1 • 1:00-1:55 Creative Writing • 2:00-4:00 Line Dance, Beg.2 • 2:05-3:00 Glass Blowing, Pendants -Section 6 • 6:00-7:00 Glass Blowing, Paperweight -Section 6 • 7:30-8:30	7 Tai Chi, Adv. • 8:30-9:30 Line Dance, Inter. • 9:30-10:25 Crochet 101/102 • 10:00-11:30 Managing Stress • 10:00-11:30 Line Dance, Oldies • 10:35-11:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00	8 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Line Dance/SAC • 1:00-2:00 Mahjong • 1:30-4:00 Texas Hold'em II • 3:00-5:00 Beer/Off the Rails • 7:00-8:30	9 Tai Chi, Adv. • 8:30-9:30 Line Dance, Adv. • 9:30-11:00 iPhone 1.1 • 10:00-11:30 Knitting on Looms • 10:00-11:30 Mindful Ways • 10:00-11:30 Origami Boxes • 1:00-3:00 Fun with Crochet • 1:30-3:30 Oodles of Noodles • 2:00-3:00	10 Pranayama • 9:00-10:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Greenway • 10:00-11:30 Preview to Emme • Noon-1:00 Qigong • 1:00-2:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
13 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00 Wire Wrapped Pendant -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00	14 Tai Chi, Adv. • 8:30-9:30 Alzheimer's • 10:00-11:30 Crochet 101/102 • 10:00-11:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00	15 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Barn Quilt Painting • 9:30-11:30 Fit and Fall Proof • 9:30-10:30 Air Rifles • 10:00-11:30 Line Dance/SAC • 1:00-2:00 Mahjong • 1:30-4:00 NKA Annual Skit • 3:00-4:00 Texas Hold'em II • 3:00-5:00	16 Tai Chi, Adv. • 8:30-9:30 Knitting on Looms • 10:00-11:30 Mindful Ways • 10:00-11:30 Walking Video (upstairs) • 10:00-11:30 Origami Boxes • 1:00-3:00 Fun with Crochet • 1:30-3:30 Glass Greenhouse • 6:00-8:00	17 Pranayama • 9:00-10:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Greenway • 10:00-11:30 Games and Goodies • 1:00-3:00 Qigong • 1:00-2:00 Symphony Preview • 4:00-5:00 Square Dance -Section 1 • 6:00-7:30 -Section 2 • 7:30-9:00
20 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Strength Training • 10:00-11:30 Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00 Glass Blowing, Pendants -Section 7 • 6:00-7:00 Glass Blowing, Paperweight -Section 7 • 7:30-8:30	21 Tai Chi, Adv. • 8:30-9:30 National Security • 10:00-11:30 Crochet Svc. Group • 1:00-2:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00 Dinner Opera • 6:00-8:00	22 Thanksgiving Point • 8:00 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 HumTrack 2025 • 10:00-11:30 Line Dance/SAC • 1:00-2:00 Travel Training on the PRT -Section 2 • 1:00-2:30 Mahjong • 1:30-4:00 NKA Annual Skit • 3:00-4:00 Texas Hold'em II • 3:00-5:00	23 Tai Chi, Adv. • 8:30-9:30 Mindful Ways • 10:00-11:30 RV Owner Basics • 10:00-11:30 Walking Video (upstairs) • 10:00-11:30 Origami Boxes • 1:00-3:00 Oh My! Alhambra • 1:30-3:00 Fun with Crochet • 1:30-3:30	24 Pranayama • 9:00-10:00 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
27 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Strength Training • 10:00-11:30 Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00 Uncle Sam Gnome -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00	28 Tai Chi, Adv. • 8:30-9:30 Hot Topics • 10:00-11:30 Mosaic Stone • 12:30-2:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00	29 Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Everest Camp • 10:00-11:30 Line Dance/SAC • 1:00-2:00 Mahjong • 1:30-4:00 NKA Annual Skit • 3:00-4:00	30 Tai Chi, Adv. • 8:30-9:30 Walking Video (upstairs) • 10:00-11:30 Origami Boxes • 1:00-3:00 Fun with Crochet • 1:30-3:30	

Saturday, April 4th | Water Aerobics • 8:30-9:30

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Greenway • 10:00-11:30 Qigong • 1:00-2:00</p>
<p>4</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Strength Training • 10:00-11:30 Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00 Windchime -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00 Glass Blowing, Pendants -Section 8 • 6:00-7:00 Glass Blowing, Paperweight -Section 8 • 7:30-8:30</p>	<p>5</p> <p>Tai Chi, Adv. • 8:30-9:30 Gift of Planning • 10:00-11:30 Mosaic Stone • 12:30-2:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00</p>	<p>6</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Massacre Rocks • 10:00-11:30 Detailing Paint • 1:30-3:00 Book Exchange • 1:00-2:30 Line Dance/SAC • 1:00-2:00 NKA Annual Skit • 3:00-4:00</p>	<p>7</p> <p>Tai Chi, Adv. • 8:30-9:30 Walking Video (upstairs) • 10:00-11:30 Breathwork Detox -Section 1 • 1:30-3:00 Cherry Springs Plants • 10:00-11:30 Fun with Crochet • 1:30-3:30 Book and a Glass • 3:00-4:30</p>	<p>8</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Greenway • 10:00-11:30 Idaho Hemp • 10:00-11:30 Qigong • 1:00-2:00</p>
<p>11</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Strength Training • 10:00-11:30 Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00</p>	<p>12</p> <p>Tai Chi, Adv. • 8:30-9:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Spanish Culture • 1:30-2:30 Team Trivia • 1:30-3:00</p>	<p>13</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Line Dance/SAC • 1:00-2:00 Tatting • 1:00-3:00 Aslett Clean World • 1:30-3:00 Senior Games • 1:30-3:00 NKA Annual Skit • 3:00-4:00</p>	<p>14</p> <p>Tai Chi, Adv. • 8:30-9:30 iPhone 21 • 10:00-11:30 Breathwork Detox -Section 2 • 1:30-3:00 Fun with Crochet • 1:30-3:30</p>	<p>15</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Greenway • 10:00-11:30 Paint w/Acrylics • 10:00- Noon Games and Goodies • 1:00-3:00</p>
<p>18</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Paint Still Life • 10:00-Noon Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00 Painted Flag on Glass Frame -Section 1 • 2:00 -Section 2 • 4:00 -Section 3 • 6:00 Glass Blowing, Pendants -Section 9 • 6:00-7:00 Glass Blowing, Paperweight -Section 9 • 7:30-8:30</p>	<p>19</p> <p>Tai Chi, Adv. • 8:30-9:30 Create Digital Art • 10:00-Noon Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Team Trivia • 1:30-3:00</p>	<p>20</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Fit and Fall Proof • 9:30-10:30 Line Dance/SAC • 1:00-2:00 Tatting • 1:00-3:00</p>	<p>21</p> <p>Tai Chi, Adv. • 8:30-9:30 Fun with Crochet • 1:30-3:30 Sound Bath Music Bowls -Section 1 • 1:30-3:00</p>	<p>22</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon</p>
<p>25</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Tai Chi, Inter. • 12:30-1:30 Creative Writing • 2:00-4:00</p>	<p>26</p> <p>Tai Chi, Adv. • 8:30-9:30 Crochet Svc. Group • 1:00-2:30 Knitting • 1:30-3:30 Team Trivia • 1:30-3:00</p>	<p>27</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Line Dance/SAC • 1:00-2:00 Tatting • 1:00-3:00</p>	<p>28</p> <p>Tai Chi, Adv. • 8:30-9:30 Sound Bath Music Bowls -Section 2 • 1:30-3:00</p>	<p>29</p> <p>Woodcarving, Beg. • 9:00-Noon Woodcarving, Adv. • 9:00-Noon Greenway • 10:00-11:30</p>

Saturday, May 9th | Plant Walk • 10:30-12:30

Wine Tasting at Café Tuscano (#3120)*Tuesday: March 10; Section 1: 2:00 – 4:00 PM**Section 2: 5:00 – 7:00 PM***BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

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

Location: Café Tuscano, 2231 E. Center St., Pocatello**Instructor:** Allyson Burnham**Facilitator:** Sharon Manning (208-233-9425), manninsh@aol.com**Class Limit:** 42**Class Fee:** \$50 – pays for wines, pairings, 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 **February 27th**.**Wine Tasting at Gate City Coffee & Gifts****(#3276)***Saturday: March 14; 5:00 – 7:00 PM*

Enjoy a relaxing evening with friends tasting a selection of wines provided by Terry Capell. Light snacks will be provided and the café and gift shop will be open for purchases.

Location: Gate City Coffee & Gifts, 320 W. Center St., Pocatello**Instructor:** Terry Capell with hosts Bill and Elaine Kelvie**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Class Limit:** 40**Class Fee:** \$16**How to Pay:** Please RSVP by sending check payable to **Christine Brower**, 235 Sorenson Ave., Pocatello ID 83201 by **March 7th**. Fees are non-refundable unless your seat can be filled by another participant.

to learn and have fun! We look forward to seeing you at the table.

Required: The Book **2 over 1 Game Force** (2009) by Audrey Grant and Eric Rodwell is a required text for the class. In October, 2025 the new paperback books were available on Amazon for \$18.74. Class participants must purchase this book and bring it to the first class on January 17, 2026.

Location: Senior Activity Center, Room 11**Instructor:** Peggy Vogt**Facilitators:** Barbara Bain (208-232-3415), bainbarb@isu.edu; Janie Matteson-Howell (208-221-4276), howejani@isu.edu**Games and Goodies (#3126)***Friday: January 16; February 20; March 20; April 17; May 15; 1:00 – 3:00 PM**Section 1 – Friday: January 16; 1:00 – 3:00 PM**Section 2 – Friday: February 20; 1:00 – 3:00 PM**Section 3 – Friday: March 20; 1:00 – 3:00 PM**Section 4 – Friday: April 17; 1:00 – 3:00 PM**Section 5 – Friday: May 15; 1:00 – 3:00 PM*

Let's get together for an afternoon of either Hand and Foot or Dominoes Mexican Train! We will help you learn how to play the games if you need instruction. A light snack will be provided by volunteers.

It Takes a Village: we will also be helping the Pocatello Foodbank. You may bring a can or box of food or add a couple of dollars to the sharing jar. A small way to support our community.

Location: Good Shepherd Lutheran Church, 215 N. 18th Ave., Pocatello**Instructors/Facilitators:** Sharon Manning (208-233-9425), manninsh@aol.com; Diane Tauscher (208-680-2393), dmt88bailey@q.com; Mary Spinner (208-241-7258), maryspinner@yahoo.com; Nancy Dafoe (208-596-0491), nancyd@uidaho.edu**GAMES****2/1 Game Forcing Bridge Class (#3840)***Tuesdays: January 27 – March 31; 9:30 – Noon*

You're invited to join our **2/1 Game Forcing Bridge Class**, which is a great opportunity to deepen your understanding of one of the most popular bidding systems in modern bridge! Whether you're new to 2/1 or looking to sharpen your skills, this class will cover the fundamentals, common conventions, and partnership strategies in a clear and practical way. Through guided instruction and hands-on practice, you'll learn how to bid more accurately and play more confidently. **All levels welcome. Come ready**

Mahjong (#3125)*Wednesdays: February 4 – April 29; 1:30 – 4:00 PM*

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

Location: Senior Activity Center, Room 3**Instructor:** Lucy Bonman**Facilitator:** Anita Rounds (208-251-1848), roundsaa@gmail.com

Team Trivia (#3014)

Tuesdays: January 27 – May 26; 1:30 – 3:00 PM

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

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 II (#3127)

Wednesdays: March 4 – April 22; 3:00 – 5:00 PM

This is a continuation of the Fall class. We'll have 3 tables of 8 players – 3 levels of play based on experience.

Location: Liberty Hall, small room

Instructor: Carol Harsch (208-252-2761)

Facilitators: Tom and Ginger Baxter (208-251-9526),

pot_pog@hotmail.com

Class Limit: 24

GENERAL INTEREST

21st Century Air Rifles (#3486)

Wednesday: April 15; 10:00 – 11:30 AM

People ask, "What happened to air rifles in the last 10 years?" Fundamentally, there has been more change in the last 10 years than in the previous 60. The current air rifles are hardly recognizable compared to the air rifles of your youth. Ron Gill will talk about the guns and gear, the technology, and why the air gun landscape is now so different.

Location: Liberty Hall

Instructor: Ron Gill, founding member of Idaho Air Gun Field Target Club, and of Gate City Sports Shooting Association

Facilitator: Stephanie Gill (208-241-1990),

sgillforterra@gmail.com

Adventures Near Everest Base Camp and Meeting the Carters (#3165)

Wednesday: April 29; 10:00 – 11:30 AM

40 years ago, Kath Olsen, RN, trekked 11 days to the primitive Himalayan Rescue Association Clinic at 14,000 feet above sea level in Nepal. While caring for the ill in the local Sherpa village, she studied the effects of high-altitude sickness. To her surprise, former President Jimmy Carter and Rosalynn Carter and their secret service men became her patients. The pictures are old now, but the story of the

Carters at the clinic illustrates the world-wide reach of President Carter's kindness. This story will refresh your knowledge of how altitude sickness can be prevented.

Location: Liberty Hall and Zoom

Instructor: Kath Olsen, RN, Ph.D.

Facilitator: Donna Boe (208-233-5651),

donnahboe@gmail.com

April in Iceland: A West Fjords Adventure (#3467)

Wednesday: January 28; 1:30 – 3:00 PM

Through photos and video, we will share experiences and impressions from our April 2025 Nordic adventure to western Iceland. Along the way, you will encounter a cosmopolitan European capital, art, music, geothermal pools, lots of ponies, volcanism, considerable irreverence, tundra, glaciers, profound sanity, wilderness, waterfalls, and a touch of witchcraft, all culminating in the Fossavatnsgangan, a subarctic World Loppet ski marathon.

Location: Liberty Hall and Zoom

Instructors: Meg Long; Bill Woodhouse

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

maryspinner@yahoo.com

Area V Agency on Aging: Keeping Seniors in Their Home and Resources (#3525)

Wednesday: February 11; 10:00 – 11:30 AM

I am the Information and Assistance Supervisor with The Area V Agency on Aging. Our goal is to keep seniors 60 years and older in their home as safe, comfortable, and for as long as possible. We are a resource center, we fund Meals on Wheels for homebound seniors, Respite and Homemaker (housekeeping for seniors. Currently on a waitlist). We teach classes. We take intake calls for Adult Protective Services for vulnerable adults 18 years and older, and other programs.

Location: Liberty Hall

Instructor: Cara Christensen, Information and

Assistance Supervisor with the Area V Agency on Aging

Facilitator: Phil Joslin (208-251-1951),

phil.r.joslin@gmail.com

Aslett Clean World Foundation (#3797)

Wednesday: May 13; 1:30 – 3:00 PM

The instructor will give an overview of the Clean World Foundation, the entity that oversees the Museum of Clean and is working to expand the use of the building into a great asset for the entire community. The inclusion

(continues...)

(continued: Aslett Clean World Foundation)

of the Children's Discovery Museum, The Touch a Truck event, and the recent Potato Festival are all examples of our direction. The overview will also explain our docent program and include a guided tour of the Museum of Clean.

Location: Museum of Clean, 711 S. Second Ave., Pocatello

Instructor: Timothy Forhan, Clean Aslett World Foundation board member; Samantha Stoddard, Interim Executive Director, Aslett Clean World Foundation

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

Class Limit: 50

Astrology: Yesterday, Today, and Tomorrow? (#3590)

Thursday: March 12; 10:00 – 11:30 AM

How accurate are the interpretations of the planets traveling around our elliptical plane in the past, our current times, and the future? It's unnecessary to know how to read an astrology chart to enjoy this exploration of events across time and how they have or have not lined up with the energetic possibilities. We will bring excerpts of Stefan Burns, an Astro physicist and Pam Gregory, astrologer for over 40 years to help us unpack these fun and amazing mysteries.

Location: Liberty Hall and Zoom

Instructors: Mike and Bebe Wenig

Facilitator: Mike Wenig (951-847-8318), mww333@gmail.com

Book Exchange (#3129)

Wednesday: May 6; 1:00 – 2:30 PM

Bring four (4) of your favorite books to trade for other's favorites. Be prepared to give a brief overview of each book. The more who sign up, the more book choices you'll have.

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

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

Class Limit: 30

Court Appointed Special Advocates (CASA): Giving Children a Voice (#3403)

Wednesday: March 11; 1:30 – 3:00 PM

When children enter the foster care system, they are

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

Location: Liberty Hall and Zoom

Instructor: Lesli Schei, Executive Director, 6th Judicial District CASA

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

Detailing the Paint on Your Vehicle (#3686)

Wednesday: May 6; 1:30-3:00 PM

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

Location: Liberty Hall

Instructor: Loren Mercer, retired forensics examiner and part-time car detailer

Facilitator: Shirley Hockett (208-282-2789), shirleyhockett@isu.edu

Class Limit: 25

From Reykjavik to Barcelona in 15 Days (#3640)

Monday: March 2; 10:00 – 11:30 AM

In September 2025 Chuck and Jane Humphrey took a 15-day Viking Cruise from Reykjavik, Iceland to Barcelona, Spain, with stops in England, Ireland, and Portugal. This presentation will be a travelogue of that trip.

Location: Liberty Hall and Zoom

Instructors/Facilitators: F.C. "Chuck" and Jane Humphrey (208-241-7499), humpflow@isu.edu

Hey, Let's Climb Kilimanjaro! (#3021)

Thursday: March 19; 1:30 – 3:00 PM

Eight friends set out to spend a week climbing Mount Kilimanjaro and another week on photo safari in Tanzania, Africa.

Location: Liberty Hall and Zoom

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

Hot Topics (#3827)

*Tuesday: January 27; February 24;
April 28; 10:00 – 11:30 AM*

Events are moving very quickly in our modern world. Some move so quickly we can't even calendar them for the following semester but need to address them as they unfold. Just in case this semester will see some strange and exciting events, we are leaving time open to discuss those topics hot off the press. Suitable instructors will be invited as events unfold. However, suitable instructors are often not available; in which case, I will lead the discussion. Often, NKA members volunteer to present specific, timely topics.

Location: Liberty Hall and Zoom

Instructor: Various

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

Intro to Medicare (#3905)

Wednesday: February 25; 1:30-3:00 PM

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

Location: Liberty Hall and Zoom

Instructor: Helen Mayberry, Medicare Counselor,
Idaho Department of Insurance/SHIBA

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

Join the Wave to Senior Games (#3579)

Wednesday: May 13; 1:30 – 3:00 PM

Don't Stop Playing! For those **50 and better**, the **Southeast Idaho Senior Games** are your place to stay active, meet new friends, and have fun! This participant-driven event is growing – in 2026, we're expanding to **34 events!** Last year brought Seniors Got Talent, and this year we're adding exciting new activities like **Croquet, Frisbee Golf, and Red Ball.** We're proud to be among the **most inclusive and fun-filled games in the country** – and we invite you to come see why! **Branch out, connect and play.** Join a Chair Volleyball team, try something new, and experience the joy of friendly competition. **Join us July 9-18, 2026** and discover what Southeast Idaho Senior Games are all about. **Don't stop playing – the fun is just getting started!**

Location: Liberty Hall and Zoom

Instructor: Dana Olson, Senior Games Director

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

National Security Basics (#3680)

Tuesday: April 21; 10:00 – 11:30 AM

America's multi-faceted approach to U.S. National Security. How it has been shaped and how it is changing. Learn about how you benefit while traveling abroad as a U.S. citizen, as well as the security you enjoy stateside.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Teresa Westfall (703-973-5074),
nordtere@isu.edu

Oh, Look it Up! (#3684)

Wednesday: February 11; 1:30 – 3:00 PM

Lost in today's information labyrinth? Here's an attempt to assist you in finding accurate information and assessing the information we're deluged with every day.

Location: Liberty Hall and Zoom

Instructor: Michael Doellman MS (Information Science)

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

Oh My! Alhambra (#3691)

Thursday: April 23; 1:30 – 3:00 PM

Join Teresa Westfall as she explores Spain on a bike tour from Seville to Granada. She will share her fun and photos with her friends from the Pentagon Ski Club (PSC). We fly in and out of Madrid, travel by train to Seville and explore the Andalusia region and several UNESCO World Heritage Sites.

Location: Liberty Hall and Zoom

Instructor/Facilitator: Teresa Westfall (703-973-5074),
nordtere@isu.edu

Roller Derby in Southeast Idaho – Everything You Wanted to Know! (#3811)

Wednesday: March 18; 1:30 – 3:00 PM

Since 2011, roller derby has been alive and well in Southeast Idaho! The Portneuf Valley Bruisers (PVB) Roller Derby Association – the Women's flat track roller derby league for Pocatello, Idaho – wants to share their passion with you. They're a not-for-profit flat track, skater managed organization.

Location: Liberty Hall and Zoom

Instructor: Lee Ann Waldron; Darci Kearn; Jenni Long –
Pocatello Based Members

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

RV Owner Basics and Poky Travelin' Gems RV Club (#3812)*Thursday: April 23; 10:00 – 11:30 AM*

GO RV'ing (recreational vehicles)! Want to learn about the Pocatello RV club? "The Poky Travelin' Gems" was previously a Good Sam RV Club. Learn about the RV trips the Gems have planned for 2026. If you're a new RV owner, a short explanation of setup, hookup, and winter storage will be covered. Several board members from the Travelin' Gems will be on a panel to answer any questions.

Location: Liberty Hall and Zoom**Instructors:** Vaughn Anderson, current President; Russ Bonsteel, past President; Donna Rogers, longtime member**Facilitator:** Teresa Westfall (703-973-5074), nordtere@isu.edu**Safari to Kenya and Tanzania (#3813)***Thursday: April 2; 1:30 - 3:00 PM*

In September 2025, Eileen and Gary spent 2 weeks in Kenya and Tanzania, visiting 4 national parks and game preserves: Amboseli, Ngorongoro, Serengeti, and Maasai Mara. They saw many different African animals, including all the Big 5 and all the Ugly 5. They also took lots of pictures.

Location: Liberty Hall and Zoom**Instructors:** Eileen and Gary Huestis**Facilitator:** Linda Denure (208-251-3317), mustangsally1221@yahoo.com**Spanish Language and Culture (#3814)***Tuesdays: January 27 – May 12; 1:30 – 2:30 PM*

Learn and use your Spanish language skills and learn about the culture and folklore of Mexico through conversations and activities.

Location: Senior Activity Center, Room 4**Instructor/Facilitator:** Angela Luckey (208-221-0200), luckange@isu.edu**Class Limit:** 20**The Gift of Planning: A Comprehensive Guide to Final Arrangements (#3693)***Tuesday: May 5; 10:00 – 11:30 AM*

Planning your final arrangements is a selfless gift of love to your family. This essential category provides practical guidance on pre-arranged funeral planning, covering everything from understanding options (burial, cremation, personalization) to funding and documentation. Learn how to take control of your legacy, avoid common mistakes, and ensure your final wishes are known and

honored, providing peace of mind for everyone involved.

Location: Liberty Hall and Zoom**Instructor:** Kari May, Funeral Planning Advisor**Facilitator:** Mari Tusch (208-317-6301), mtusch47@gmail.com**The Psychology of Chance Encounters and Fortuitous Events – As Explained by Quantum Mechanics (#3815)***Wednesday: February 25; 10:00 – 11:30 AM*

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

Location: Liberty Hall and Zoom**Instructor:** Victor C. Joe, Emeritus Professor of Psychology, ISU**Facilitators:** Karen McKay (208-240-3708), kmvolorg@gmail.com; Virginia Kelly (ginnyckelly@gmail.com)**The Supreme Court's Shadow Docket (#3816)***Wednesday: March 4; 1:30 – 3:00 PM*

In recent years, the Supreme Court has increasingly decided major issues on its emergency docket, often with no argument or full briefing. These decisions are rarely fully explained, leaving the public and lower courts confused as to the reasons why the Court decided the issues the way it did. These decisions, rendered in the shadows of the court's traditional procedures, weaken the Court's legitimacy and, for many, raise important questions about its impartiality. Join Dr. Edward Kammerer, Associate Professor in Political Science, for a discussion of the Supreme Court's Shadow Docket and the changing nature of Supreme Court decision making.

Location: Liberty Hall and Zoom**Instructor:** Dr. Edward Kammerer, JD., PH.D., Associate Professor in Political Science at ISU**Facilitator:** Sharon Manning (208-233-9425), manninsh@aol.com**Traditional Native Dances of the Shoshone Bannock (#3817)***Wednesday: January 28; 10:00 – 11:30 AM*

This class will explore the beauty and meaning of
(continues...)

(continued: Traditional Native Dances of the Shoshone Bannock)

Traditional Native American dances from the Shoshone Bannock Tribes of the Fort Hall Indian Reservation. Students will study, discuss, and experience the styles and histories of women's traditional, jingle dress, and fancy shawl dances, along with men's traditional, grass, and men's fancy dances. The course emphasizes cultural significance, regalia, and the role of dance in community identity and ceremony.

Location: Liberty Hall
Instructor: Yvonne Warjack, B.A.
Facilitator: Deanna Aslett (208-390-0389),
 deaslett@gmail.com

Travel Training on the PRT (#3085)

Section 1 – Tuesday: March 10; 10:00 – 11:30 AM
Section 2 – Wednesday: April 22; 1:00 – 2:30 PM
BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Gain confidence and independence with our hands-on travel training designed specifically for seniors! Join us for a fun and informative experience to help you navigate public transit with ease! This guided session includes:

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

We will be boarding the bus at 214 E. Center St. Parking is available at SICOG. There is a 2-block walk to the bus stop. You can move your auto to side street parking by bus stop (with instructions) after we have met at the SICOG if the walk is a challenge.

Location: Southeast Idaho Council of Governments – Conference Room, 214 E. Center St., Pocatello
Instructor: Laurie Bauer, Transportation Programs Manager
Facilitator: Chara Boehm (208-242-6266),
 charaboehm@gmail.com
Class Limit: 15

HEALTH & WELLNESS

Alzheimer's Association Research Conversation (#3514)

Tuesday: April 14; 10:00 – 11:30 AM

Learn more about advancements and updates in science and treatments in Alzheimer's and other dementias, including the U.S. Pointer Study and Recipe for Brain Health.

Location: Liberty Hall and Zoom
Instructor: Lisa Baxter Hong, Ph.D. Occupational Therapy
Facilitator: Mari Tusch (208-317-6301),
 mtusch47@gmail.com

Breathwork Detox (#3624)

Section 1 – Thursday: May 7; 1:30 – 3:00 PM
Section 2 – Thursday: May 14; 1:30 – 3:00 PM
ALL SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

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

Location: Liberty Hall
Instructor: Phil Dugas, Certified Breathwork Facilitator
Facilitator: Brenda Ehrler (801-554-9396), bl_ehrler@att.net
Class Limit: 30
Class Fee: \$15 – please pay at the door – since this work is so important, if you do not have the fee, come anyway and someone will sponsor you.

Finding Everyday Joy (#3818)

Thursday: February 5; 1:30 – 3:00 PM

Do you feel that your negative thoughts get in the way of being able to experience a life full of joy? Join me for an exploration of emotions and emotional regulation. We will explore real world skills to better understand our nervous system in order to discover a more joyful life.

Location: Liberty Hall and Zoom
Instructor: Kelly Lind, LCSW, social worker and mental health therapist at Grounded Presence
Facilitator: Rod Johnson (208-251-4230),
 rodjohnson703@gmail.com

Food as Medicine: Plant Based Cooking for Health (#3821)

Thursdays: March 5, 12, 19, & 26; 2:00 – 5:00 PM

Did you know that a poor diet accounts for more

(continues...)

(continued: *Food as Medicine: Plant Based Cooking for Health*)

deaths than smoking? High consumption of processed meats, red meat, ultra-processed foods, sugar-sweetened beverages, and trans fatty acids account for about half of diet-related deaths. Low intake of fiber and high consumption of sodium cause the other half. In this class you will make and taste delicious plant-based dishes, with new recipes, using whole grains, fruits, vegetables, nuts, and seeds, which can help you maintain or improve your health.

Location: LDS Demo Kitchen, 590 Roosevelt, Pocatello (across from Deseret Industries donation drop-off area)

Instructor: Helena Rizor, retired dietitian, and physician assistant (208-681-9111), Helena.rizor@gmail.com

Facilitator: Janice Domiter (908-642-3586)

Class Limit: 22

Class Fee: \$30 – please send check payable to **Helena Rizor** at 544 Taylor Ave., Chubbuck, ID 83202 by **February 19th**. Venmo also accepted - @Helena-Rizor

Guided Meditation and Breathwork (Pranayama) (#3521)

Fridays: January 30 – April 24; 9:00 – 10:00 AM

We will practice guided meditation and breathwork (Pranayama) from 9AM to 9:30AM to get our focus sharp for the day while lowering our stress. From 9:30 we can do Restorative Yoga or Yoga Nidra, as needed! Come to both halves of the hour-long class or just one half. The second half schedule will be given during class or via text or email at least a week in advance. Bring your yoga mat (a few are available in class) and blankets, if you like.

Location: Liberty Hall, Upstairs

Instructor/Facilitator: Gwendolyn Sluder (208-241-7058), gwendolynsluder@yahoo.com

Class Limit: 30

Healthy City, USA (#3319)

Tuesday: February 3, 10, 17 & 24; Noon-1:00 PM

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

1. **February 3** - *The Talk (no, not that one): Starting the Conversations that make your wishes clear before life gets complicated.*
2. **February 10** - *Home Sweet Home: Designing your life so you can stay where you love - safely and confidently*
3. **February 17** - *Stronger for Longer: Nutrition and movement strategies to protect your muscle and your momentum.*
4. **February 24** - *Love your Heart, Trust your Gut: Simple strategies for keeping your heart strong, digestion smooth,*

and body in balance - from LDL to pelvic floor.

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

Instructors: Micaela Prochazha, Director of Wellness Programs and Abby Wilson, Portneuf Medical Center Diabetes & Education Teacher

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

Class Limit: 40

Managing Stress (#3701)

Tuesday: February 3 & April 7; 10:00 – 11:30 AM

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

Location: Liberty Hall

Instructor: Kacheena Schramm, speaker/founder of Life Transformed, LLC (208-241-6867), kacheena@lifetransformed.com

Facilitator: TBD

Class Limit: 25

Mindful Ways Through Difficult Times (#3229)

Thursday: April 9, 16 & 23; 10:00 – 11:30 AM

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

Location: Portneuf Sangha Meditation Center, 424 W. Lewis, Pocatello and on Zoom

Instructors: Paula and Tony Seikel

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

Class Limit: 25 – in person, unlimited on Zoom

Sound Bath Music Bowls (#3540)

Section 1 – Thursday: May 21; 1:30 – 3:00 PM

Section 2 – Thursday: May 28; 1:30 – 3:00 PM

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

Phil Dugas has been engaged in sound healing therapy (continues...)

(continued: *Sound Bath Music Bowls*)

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

Location: Liberty Hall

Instructor: Phil Dugas, Certified Breathwork Facilitator

Facilitator: Brenda Ehrler (801-554-9393), bl_ehrler@att.net

Class Limit: 40

Stop the Bleed (#3333)

Thursday: February 19; 1:30 – 3:00 PM

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

Location: Liberty Hall and Zoom

Instructors/Facilitators: Kim Stouse, Community Risk Reduction Specialist for PFD; Jordan Johnson, Corporal with PPD; Parker Williams, Injury Prevention Coordinator for PMC

HISTORY

China's Terracotta Warriors (#3822)

Thursday: February 12; 10:00 – 11:30 AM

Bowers Museum, Santa Ana, presented new groundbreaking discoveries with *World of the Terracotta Warriors: New Archaeological Discoveries in Shaanxi in the 21st Century!* Explore China's captivating early history through recent archaeological finds from Shaanxi Province, learning why it is hailed as a cradle of ancient Chinese Civilization. Traverse millennia, from Shimaos around 2300 BCE – among the earliest walled cities in China – culminating in the iconic Terracotta Warriors commissioned by the Qin emperor and completed after his death in 210 BCE.

Location: Liberty Hall and Zoom

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732), kathleenrstephens@cableone.net

The Pocatello Red Light District (#3248)

Wednesday: February 18; 10:00 – 11:30 AM

A history of a rarely discussed aspect of early

Pocatello, a frontier town like many others in the “Old West”. Prostitution was once an accepted (though ignored by polite society) institution...often regulated, sometimes licensed, occasionally taxed, and frequently a source of civic revenue for developing cities in the late 1800s and early 1900s. This presentation covers the Pocatello “red-light” district from its beginnings through World War II and after...where it was, how it was regulated, myths, misconceptions, and its place in city history.

Location: Liberty Hall and Zoom

Instructor: Arlen Walker, President of the Bannock County Historical Society

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

The Shoshone Bannocks in Portneuf Valley (#3823)

Tuesday: March 17; 10:00 – 11:30 AM

The Shoshone-Bannock tribes' ancestral lands include the Portneuf Valley, also known as Pihaa-Kuyu Hunnu (Sweet Tobacco Root Valley, Shoshone). This talk, presented by members of the Tribes' Office of Original Territories and Historical Research, will delve into the Shoshone-Bannock Tribes' history in relation to the valley. The Portneuf River watershed is recognized by the Shoshone-Bannock Tribes as a vital area rich in plant, animal, and other natural and cultural resources that deserve appreciation and protection.

Location: Liberty Hall

Instructor: Bailey Dann M.A., Research & Education Specialist; Nolan Brown, OTHR Program Manager

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

NATURE, SCIENCE & TECHNOLOGY

Apple Smart Watch: An Incredible Device (#3824)

Thursday: January 29; 10:00 – 11:30 AM

The Apple Smart Watch is a device with incredible capabilities which many of us have yet to unlock. This course focuses on the most important features available to you, without getting too technical. We will begin by setting up your watch properly and customizing it to your needs for safety, fitness, and convenience. Please bring your fully charged Apple Watch and iPhone with you to class.

Location: Liberty Hall and Zoom

Instructor: Jonathan Palmer, Owner/Operator of Tech-Knowledge, LLC

Facilitator: Kathy Packard (208-681-9991), racegirl949@gmail.com

Behind the Scenes of Zoo Idaho and Why Guests Visit (#3791)*Thursday: March 12; 1:30 – 3:00 PM*

Zoo Idaho Education Curator, Dan Albro, will delve into the behind the scenes of zoos and aquariums, with details about what it takes to run a conservation organization with animals as the focus. Dan will also discuss a 2012 Association of Zoos and Aquarium (AZA) Study that helped describe guest motivation and answers, why do people visit zoos and aquariums? This class will provide hands-on animal artifacts, with a visit from one of Zoo Idaho's live education animals.

Location: Liberty Hall and Zoom**Instructor:** Dan Albro, Education Curator, Zoo Idaho**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**Capturing Idaho Heritage, The Story of the Ray J. Davis Herbarium (#3825)***Wednesday: March 18; 10:00 – 11:00 AM*

We'll learn about the Ray J. Davis Herbarium and the importance of the Idaho Museum of Natural History's mission to preserve the natural history of Idaho.

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

Instructor: Indah Huegele, Collections Manager**Facilitators:** Geoff Hogander (208-232-3437), ghogande@yahoo.com; Amber Tews (208-282-2451)**Class Limit:** 40**Class Fee:** None for the class. There will be a \$3.00 charge if you wish to tour the Museum's current display in the main gallery.**How and when to pay:** Pay the cashier at the Museum entrance**Fungi: Basic Biology and Fundamentals of Mushroom Identification (#3713)***Tuesday: March 24 & 31; 10:00 – 11:30 AM*

This course will cover the basics of fungal biology at the cellular and organismal levels, the role in human, plant, and animal diseases, environmental and biotechnology uses. The fundamentals of mushroom identification will be covered in the second session. This is an introduction to the fungal kingdom for the understanding and appreciation of mycology from a scientific and practical foraging perspective.

Location: Liberty Hall and Zoom**Instructor:** June Pounder, PhD/Unaffiliated**Facilitator:** Geoff Hogander (208-232-3437), ghogande@yahoo.com**How to Grow Native Plants Using the Winter Sowing Method (#3826)***Wednesday: February 4; 1:30 – 3:00 PM*

Would you like to enhance your outdoor space with vibrant native plants in your flower bed or patio container? This class will cover how to grow your own native plants from seed. "Winter sowing" is an easy, affordable technique that produces hardy seedlings which can be planted outside. We will provide a container, potting soil, and a selection of native seeds to plant, giving you a hands-on experience.

Location: Liberty Hall**Instructors:** Linda Popelka and Deb Pein – Certified Pollinator Stewards, Certified Idaho Master Naturalists**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**Class Limit:** 20**Class Fee:** \$5 per person – please bring to class**HumTrack 2025: Hummingbird Movement and Migration Monitoring (#3829)***Wednesday: April 22; 10:00 – 11:30 AM*

The summer of 2025 was an extremely exciting time to be studying the area's humming birds. We deployed novel technology to track hummingbirds on their breeding home ranges, as well as along their migration routes. We will discuss the technology used and share some preliminary results (in-press) from the study.

Location: Liberty Hall and Zoom**Instructor:** Carl Rudeen, Hummingbird Bander, Geographic Information System Analyst, Wildlife Biologist**Facilitator:** Deanna Aslett (208-390-0389), deaslett@gmail.com**iPhone 1.1 – An Introduction (#3716)***Thursday: April 9; 10:00 – 11:30 AM*

This class focuses on getting the most out of your iPhone (non-Android) without getting too technical. Learn to set up your iPhone and use it efficiently, with a focus on helpful features for convenience, safety, and privacy. Based on the iPhone 1 class that was taught in Fall, with a few changes made for the benefit of those who have taken the course before. Be sure to bring your iPhone with you, and Apple ID Password if you have it.

Location: Liberty Hall and Zoom**Instructor:** Jonathan Palmer, Owner/Operator of Tech-Knowledge, LLC**Facilitator:** Kathy Packard (208-681-9991), racegirl949@gmail.com

iPhone 2.1 – Intermediate Learning (#3719)

Thursday: May 14; 10:00 – 11:30 AM

This class picks up where the previous course left off (iPhone 1.1: An Introduction). Covering more advanced topics to help you get the most from your iPhone (non-Android). Based on the iPhone 2 class that was taught in the Fall, with a few changes made to benefit those who have taken the course before. Be sure to bring your iPhone with you, and Apple ID Password if you have it.

Location: Liberty Hall and Zoom

Instructor: Jonathan Palmer, Owner/Operator of Tech-Knowledge, LLC

Facilitator: Kathy Packard (208-681-9991), racegirl949@gmail.com

Libby for Beginners – An Introduction (#3102)

Tuesday: March 3; 10:00 AM - Noon

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. Please stop by your library before this class session to ensure your account is active.

Location: Liberty Hall and Zoom

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

Class Limit: 25

Life and Times of an Idaho Hemp Grower (#3830)

Friday: May 8; 10:00 – 11:30 AM

During the lecture, students will learn about hemp history and the recent changes in laws/policies surrounding the cultivation of this plant. We will discuss stigma associated with the cultivation, processing and use of this plant; as well as how hemp products are made from raw materials. The instructor is a Tribally licensed grower of hemp flowers from the Fort Hall Reservation, so this will include a discussion about the differences in laws between the Tribes and the State of Idaho.

Location: Liberty Hall and Zoom

Instructor: Daniel Stone, Owner/Grower of Rez Dawg Growers: Shoshone-Bannock Tribal Member and resident of the Fort Hall Reservation

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

Massacre Rocks: 3 Volcanic Episodes in 6 million Years (#3831)

Wednesday: May 6; 10:00 – 11:30 AM

Massacre Rocks is unique in that it contains volcanic rocks with different compositions, from three different vent areas. These include huge eruptions of a welded tuff of the Snake River Plain, the local Massacre Volcanic Center, and the Cedar Ridge basalt, which forms the cap rock, which was eroded to huge boulders by the Lake Bonneville Flood. And the area was on the Oregon Train and site of conflicts with Shoshoni warriors.

Location: Liberty Hall and Zoom

Instructor: Paul Link, ISU Geosciences

Facilitators: Paul Link (208-317-3946), linkpaul@isu.edu; Geoff Hogander (208-232-3437), ghogande@yahoo.com

The New Moon Race (#3832)

Tuesday: February 17; 10:00 – 11:30 AM

NASA has plans to send Astronauts back to the Moon in the coming years, but just like in the 60's, they are in competition with another great power to get there first – this time it's China. Who will be the likely winner is anyone's guess – or is it?

Location: Liberty Hall and Zoom

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

Photography Tips and Techniques (#3834)

Wednesday: February 4; 10:00-11:30 AM

Discussion on how to get good nature photos and our environment. Joe will showcase some of his photos.

Location: Liberty Hall and Zoom

Instructor: Joe Foster

Facilitator: George Spinner (208-251-9704), gnspinner@gmail.com

The Plants of Cherry Springs Nature Area (#3872)

Thursday: May 7; 10:00 – 11:30 AM

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 May 9th. It will be an overview of some plants, their names, families, and descriptions. If you can't do the walk, this would be the perfect overview. If you do the walk on Saturday, 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

The Secret Intelligence of Water (#3833)*Tuesday: March 10; 10:00 – 11:30 AM*

The Secret Intelligence of Water takes a quantum leap from the spring board of Masaru Emoto's microscopic work with ice crystals. Through macroscopic photography, and a groundbreaking new technique, researcher Veda Austin, allows us to view water as visibly responsive to our thoughts, emotions, using frequencies, words, healing, pictures, and even films. Come and see the extraordinary images and be amazed.

Location: Liberty Hall and Zoom**Instructors/Facilitators:** Mike and Bebe Wenig (951-847-8318), mww333@gmail.com**Understanding E-Bikes and Basic Bike Maintenance (#3835)***Thursday: February 5; 10:00 – 11:30 AM*

We will be discussing types of E-bikes, technology, pros and cons, and basic bike maintenance

Location: Liberty Hall and Zoom**Instructors:** Trent Fell; Melissa McCutchan of CBI Bikes**Facilitator:** Nancy Spinner (208-406-7367), gnspinner@gmail.com**What's the Scoop on this Poop? (#3836)***Tuesday: February 10; 10:00 – 11:30 AM*

Have you ever wondered "who" left that poop on the trail you are hiking on or the "calling card" in your back yard? This presentation will help you identify wildlife scats common to Pocatello and Idaho, and who left them behind. Learn about key characteristics to help you identify scats from different animals, maybe determine if it was male or female, healthy or sick, what it's been eating, and even what time of year the poop was plopped. Bring your curiosity and adventuresome spirit to delve into the fascinating world of wildlife scat I.D.!

Location: Liberty Hall and Zoom**Instructor:** Anna Owsiak, retired biologist formerly with Idaho Fish & Game**Facilitator:** Christine Brower (208-681-8483), christinebrower@hotmail.com**TRAVEL & FIELD TRIPS****NOTES:**

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

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

PHYSICAL ACTIVITY LEVELS*Easy*

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

Moderate

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

Challenging

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

Wheelchairs and Walkers

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

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

Driggs Snowscapes – Driggs, Idaho (#3837)

Saturday: January 24; check in: 8:30 AM, depart: 9:00 AM – returning approximately 7:00 PM

Enjoy the beauty of winter with monumental snow sculptures that take shape on Driggs City Plaza. Watch the artists work during the Quick Sculpt competition. Take in the sights and delicious smells as you browse the vendor booths and food trucks. Check out the Teton Geo Museum with various artistic displays. We will stop for dinner at Chuck-a-Rama in Idaho Falls on the way home.

Activity Level: Moderate

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

Facilitators: Katie Sierra (208-244-1418), ksierra838@hotmail.com; Kathy Snyder (208-589-7853), kathryns865@gmail.com

Class Limit: 40

Fee: \$62 – includes bus, bus driver tip, snacks, water, dinner, and gratuity.

How and When to Pay: Make checks payable to **NKA** and send to Shanna Erickson, 3938 Aaron Ln., Pocatello ID 83202 (208-241-6825, sbaumgarter1617@yahoo.com) by **January 6th**.

Historical Caribou County Excursion (#3839)

Tuesday: June 16; check in: 7:30 AM, depart: 8:00 AM – returning approximately 5:30 PM

Visit Soda Springs Historical Museum, then onto the only Geyser in the United States that is on an hourly mechanical timer. Step back in time as we travel to Chesterfield. Visit the LDS Chapel that was built in 1883 where the original organ remains. Go shopping in the general store and tour the old town site with rural refurbished homes from the 1800's, complete with antique furnishing. Lunch will be provided.

Activity Level: Moderate

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

Facilitators: Shanna Erickson (208-241-6825), sbaumgarter1617@yahoo.com; Therese Parmanand (208-705-9297), parmanan@outlook.com

Class Limit: 40

Fee: \$72 – includes bus, bus driver tip, lunch, and donations

How and When to Pay: Make checks payable to **NKA** and send to Shanna Erickson, 3938 Aaron Ln., Pocatello ID 83202 (208-241-6825), sbaumgarter1617@yahoo.com by **May 16th**.

Plant Walk at Cherry Springs Nature Area (#3873)

Saturday: May 9; 10:30 AM – 12:30 PM

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: Moderate

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

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

Class Limit: 16

Thanksgiving Point Adventures – Lehi, Utah (#3281)

Wednesday: April 22; check in: 8:00 AM, depart: 8:30 AM – returning approximately 8:30 PM

Lovely day trip to Thanksgiving Point in Lehi, Utah. Experience the many beautiful flower displays that the 55 acres of Ashton Gardens has to offer. Ride the carousel and visit the Museum of Curiosities. Lunch is on your own, so bring your favorite sack lunch or dine at the Trellis Café. Continuing on, you will have your choice of museum venues...Butterfly/Insect Biosphere and Conservatory, Museum of Ancient Life, and Farm Country Living Museum. Heading home, enjoy fine dining at the world-renowned Maddox Restaurant.

Activity Level: Moderate; Golf carts are available on a first come first served basis. Cost: \$50 (per 2 hours)

Departure Location & Address: Pocatello Regional

(continues...)

(continued: *Thanksgiving Point Adventures - Lehi, Utah*)

Transport (PRT) 5815 S. 5th Ave., Pocatello. Parking is available on site. There are restrooms inside the terminal.

Facilitators: Shanna Erickson (208-241-6825), sbaumgartner1617@yahoo.com; Therese Parmanand (208-705-9297), parmanan@outlook.com

Class Limit: 40

Fee: \$130 – includes bus, bus driver tip, snacks, water, admission to Aston Gardens, the Museum of Curiosities, Butterfly/Insect Biosphere and Conservatory, Museum of Ancient Life, Farm Country Living Museum, and dinner at the Maddox.

How and When to Pay: Make checks payable to **NKA** and send to Shanna Erickson, 3938 Aaron Ln., Pocatello ID 83202 (208-241-6825), sbaumgartner1617@yahoo.com by **March 20th**.

Tour of Zoo Idaho (#3796)

Wednesday: March 11; 1:00 – 2:30 PM

Zoo Idaho Education Curator, Dan Albro, will give a tour of the Zoo, weather permitting. We will visit each of the Zoo's habitats with details about the animals to include names, what they eat, and how they came to the Zoo. The walk around the Zoo includes hills and will take about 90 minutes. This is an outdoor event, dress appropriately with comfortable walking shoes.

Location: Zoo Idaho, 3000 S. 2nd Ave., Pocatello

Instructor: Dan Albro, Education Curator, Zoo Idaho

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

Class Limit: 20

Class Fee: \$15 – please pay on arrival

WRITING & LITERATURE

Book and a Glass (#3372)

Thursday: February 5, March 5, April 2, May 7; 3:00 – 4:30 PM

Embark on another semester of reading with a group of book lovers. We will discuss the book of the month in small groups while our hostess Allyson provides a beverage to enjoy, along with a sample of one of Jason's famous creations. Titles and authors for the spring semester are:

February 5 – *Katherine's Remarkable Road Trip* by Gail Ward Olmstead

March 5 – *The All-Girl Filling Station's Last Reunion* by Fannie Flagg

April 2 – *The Book of Lost Friends* by Lisa Wingate

May 7 – *The Lemon Tree* by Sandy Tolan

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

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

Class Limit: 56

Class Fee: \$15 per person per session, includes gratuity. Make checks payable to **Café Tuscano**. Send to Sharon Manning at 830 Spyglass Point, Pocatello, ID 83204 by **January 23rd**.

From Real Life to Riveting Fiction (#3841)

Wednesday: February 18; 1:30 – 3:00 PM

Former investigative reporter and novelist Brenda Stanley shares how her years uncovering real-life drama and human emotion have shaped her fiction. Drawing on experiences from her television news career and published novels, Brenda reveals how true events can inspire unforgettable characters, believable twists, and emotional authenticity. Learn how the curiosity, empathy, and storytelling instincts of a reporter can bring depth and realism to any narrative. Whether you're a writer, reader, or simply love a good story, this session will give you a behind-the-scenes look at how truth can spark imagination – and how life itself provides the best material for fiction.

Location: Liberty Hall and Zoom

Instructor: Brenda Stanley, MBA, Author/Journalist

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

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

Mondays: January 26 – May 25; 2:00 – 4:00 PM

Express yourself in writing. Chew over problems or ideas on your laptop or on paper. Invent a fantasy world. Recall your childhood. Journal. Vent. We write for an hour on ideas sparked by the writing prompts provided, or on any topic we choose, in any genre – memoirs, non-fiction, fiction, poetry, plays. During the second hour we take turns reading our creations. Reading our work is optional. We laugh a lot. Sometimes we're extremely serious. Our encouraging, nonjudgmental environment helps everyone to become a better writer. Zoom or come in person.

Location: Liberty Hall and Zoom

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

Class Limit: 14 in person – 8 Zoom

NEW KNOWLEDGE ADVENTURES

NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2026

☐ New Member ☐ Previous Member

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

Name: _____

Address: _____

City/State/Zip: _____

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

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

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

REGISTRATION OPENS ON JANUARY 20TH

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8380
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg. 777 Memorial Dr., Ste 184

3—Online:

cetrain.isu.edu/nka

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

Fax: 208-282-5894; ATTN. Shirley

Your Registration

Membership \$65

per person/per semester

\$ _____

Parking Fee \$6.50/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. 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

- ☐ Dinner Opera at the Yellowstone (#3235)
- ☐ NKA Annual Meeting Skit (#3303)
- ☐ Preview to the Jazz Fest: Guest Artist Sheela Bringi (#3497)
- ☐ Preview to the Play: *Emme and the Taking of the Woods*, by Jef Petersen (#3007)
- ☐ Preview to the Play: *The Marvelous Wonderettes*, by Roger Bean (#3008)
- ☐ Preview to the Symphony (#3322)

ISU CRAFT CLASSES**IN-PERSON (ALL CLASSES)**

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- ☐ ISU Craft Shop Fused Glass Night Light **Pre-Pay \$40** (#3675)
- ☐ ISU Craft Shop Fused Glass Suncatcher **Pre-Pay \$40** (#3656)
- ☐ ISU Craft Shop Hand Building with Clay **Pre-Pay \$60** (#3599)
- ☐ ISU Craft Shop Mosaic Stepping Stone **Pre-Pay \$40** (#3244)
- ☐ ISU Craft Shop Needle Felted Bunny **Pre-Pay \$25** (#3645)

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

- ▼ Alcohol Ink Glass Art (#3644)

Section: ☐ 1 ☐ 2 ☐ 3

- ☐ Barn Quilt Painting (#3489)
- ☐ Beginning and Intermediate Knitting (#3135)
- ☐ Beginning Crochet 101 (#3563)
- ☐ Beginning Crochet 102 (#3309)
- ☐ Beginning Tatting (#3124)
- ▼ Calla Lily Painting with Chain (#3629)
- Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Create Digital Art with Your iPad (#3492)
- ☐ Creating a Fused Glass Birdhouse (#3801)
- ☐ Creating a Fused Glass Greenhouse (#3800)
- ☐ Crochet/Knitting Service Group (#3196)
- ☐ Crochet with Recycled Bags Service Group (#3145)
- ▼ Decoupage Floral Jars (#3802)
- Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Driftwood Suncatcher (#3803)
- Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Fun with Crochet (#3401)
- ▼ Glass Blowing – Paperweight (#3412)
- Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9
- ▼ Glass Blowing – Pendants (#3414)
- Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9
- ☐ Knitting on Looms (#3551)
- ☐ Origami Boxes (#3283)
- ☐ Origami Spring (#3269)
- ☐ Paint Still Life (#3804)
- ☐ Paint with Acrylics (#3198)
- ▼ Painted Flag on Glass Frame (#3805)
- Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Quilling (#3220)
- ☐ Stained Glass Snowflake Star (#3806)
- ▼ Steampunk Jewelry (#3953)
- Section: ☐ 1 ☐ 2
- ▼ Uncle Sam Gnome (#3808)
- Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Windchime (#3242)
- Section: ☐ 1 ☐ 2 ☐ 3



- ▼ Wire Wrapped Pendant (#3807)
 Section: ☐ 1 ☐ 2 ☐ 3
☐ Woodcarving, Beginning (#3101)
☐ Woodcarving, Advanced (#3558)

FITNESS & MOTION

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ 2 Mile Walking Video – Inside (#3810)
☐ Chair Yoga (#3842)
☐ Cross-Country Ski Day at Nordic Center, Beginning (#3556)
☐ Cross-Country Ski Day at Nordic Center, Intermediate (#3527)
☐ Fit and Fall Proof™ (#3106)
☐ Guided Snowshoeing at the Nordic Center (#3261)
☐ Line Dancing, Starter (#3013)
☐ Line Dancing, Beginning 1 (#3111)
☐ Line Dancing, Beginning 2 (#3112)
☐ Line Dancing, Intermediate (#3113)
☐ Line Dancing, Advanced (#3819)
☐ Line Dancing, Oldies but Goodies (#3110)
☐ | ☐ Qigong (#3282)
 ▼ Square Dance (#3105)
 Section: ☐ 1 ☐ 2
☐ Strength Training – An Introduction (#3557)
☐ | ☐ Tai Chi Chih, Intermediate (#3119)
☐ | ☐ Tai Chi Chih, Advanced (#3104)
☐ Walking the Greenway (#3115)
☐ Water Aerobics (#3265)
☐ Zumba Gold® (#3952)

FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Beer Tasting - Off the Rails Brewing (#3422)
☐ Dinner Opera at the Yellowstone (#3235)
 ▼ Easter Rolls at Temple Emanuel (#3415)
 Section: ☐ 1 ☐ 2
☐ Oodles of Noodles (#3130)
☐ Wine Pairing at PV's Uncorked (#3943)
☐ Wine Pairing at the Yellowstone (#3642)
 ▼ Wine Tasting at Café Tuscano (#3120)
 Section: ☐ 1 ☐ 2
☐ Wine Tasting at Gate City Coffee & Gifts (#3276)

GAMES

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ 2/1 Game Forcing Bridge Class (#3840)
 ▼ Games and Goodies (#3126)

Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

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

GENERAL INTEREST

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

- ☐ 21st Century Air Rifles (#3486)
☐ | ☐ Adventures Near Everest Base Camp and Meeting the Carters (#3165)
☐ | ☐ April in Iceland: A West Fjords Adventure (#3467)
☐ Area V Agency on Aging: Keeping Seniors in Their Home and Resources (#3525)
☐ Aslett Clean World Foundation (#3797)
☐ | ☐ Astrology: Yesterday, Today, and Tomorrow? (#3590)
☐ Book Exchange (#3129)
☐ | ☐ Court Appointed Special Advocates (CASA): Giving Children a Voice (#3403)
☐ Detailing the Paint on Your Vehicle (#3686)
☐ | ☐ From Reykjavik to Barcelona in 15 Days (#3640)
☐ | ☐ Hey, Let's Climb Kilimanjaro! (#3021)
☐ | ☐ Hot Topics (#3827)
☐ | ☐ Intro to Medicare (#3905)
☐ | ☐ Join the Wave to Senior Games (#3579)
☐ | ☐ National Security Basics (#3680)
☐ | ☐ Oh Look it Up! (#3684)
☐ | ☐ Oh My! Alhambra (#3691)
☐ | ☐ Roller Derby in Southeast Idaho – Everything You Wanted to Know! (#3811)
☐ | ☐ RV Owner Basics and Poky Travelin' Gems RV Club (#3812)
☐ | ☐ Safari to Kenya and Tanzania (#3813)
☐ Spanish Language and Culture (#3814)
☐ | ☐ The Gift of Planning: A Comprehensive Guide to Final Arrangements (#3693)
☐ | ☐ The Psychology of Chance Encounters and Fortuitous Events – As Explained by Quantum Mechanics (#3815)
☐ | ☐ The Supreme Court's Shadow Docket (#3816)



- ☐ Traditional Native Dances of the Shoshone Bannock (#3817)
- ▼ Travel Training on the PRT (#3085)
Section: ☐ 1 ☐ 2

HEALTH & WELLNESS

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Alzheimer's Association Research Conversation (#3514)
- ▼ Breathwork Detox (#3624)
Section: ☐ 1 ☐ 2
- ☐ | ☐ Finding Everyday Joy (#3818)
- ☐ Food as Medicine: Plant Based Cooking for Health (#3821)
- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ▼ Health City, USA (#3319)
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ Managing Stress (#3701)
- ☐ | ☐ Mindful Ways Through Difficult Times (#3229)
- ▼ Sound Bath Music Bowls (#3540)
Section: ☐ 1 ☐ 2
- ☐ | ☐ Stop the Bleed® (#3333)

HISTORY

IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ China's Terracotta Warriors (#3822)
- ☐ | ☐ The Pocatello Red Light District (#3248)
- ☐ The Shoshone – Bannocks in Portneuf Valley (#3823)

NATURE, SCIENCE, & TECHNOLOGY

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Apple Smart Watch: An Incredible Device (#3824)
- ☐ | ☐ Behind the Scenes of Zoo Idaho and Why Guests Visit (#3791)
- ☐ Capturing Idaho Heritage, The Story of the Ray J. Davis Herbarium (#3825)
- ☐ | ☐ Fungi: Basic Biology and fundamentals of Mushroom Identification (#3713)
- ☐ How to Grow Native Plants Using the Winter Sowing Method (#3826)
- ☐ | ☐ HumTrack 2025: Hummingbird Movement and Migration Monitoring (#3829)

- ☐ | ☐ iPhone 1.1 – An Introduction (#3716)
- ☐ | ☐ iPhone 2.1 – Intermediate Learning (#3719)
- ☐ | ☐ Libby for Beginners – An Introduction (#3102)
- ☐ | ☐ Life and Times of an Idaho Hemp Grower (#3830)
- ☐ | ☐ Massacre Rocks: 3 Volcanic Episodes in 6-million Years (#3831)
- ☐ | ☐ Photography Tips and Techniques (#3834)
- ☐ | ☐ The New Moon Race (#3832)
- ☐ | ☐ The Plants of Cherry Springs Nature Area (#3872)
- ☐ | ☐ The Secret Intelligence of Water (#3833)
- ☐ | ☐ Understanding E-Bikes and Basic Bike Maintenance (#3835)
- ☐ | ☐ What's the Scoop on this Poop? (#3836)

TRAVEL & FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ Driggs Snowscapes – Driggs, Idaho (#3837)
- ☐ Historical Caribou County Excursion (#3839)
- ☐ Plant Walk at Cherry Springs Nature Area (#3873)
- ☐ Thanksgiving Point Adventures – Lehi, Utah (#3281)
- ☐ Tour of Zoo Idaho (#3796)

WRITING & LITERATURE

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Book and a Glass (#3372)
- ☐ | ☐ From Real Life to Riveting Fiction (#3841)
- ☐ | ☐ Writing Creatively - Fiction and Non-Fiction (#3136)



NEW KNOWLEDGE ADVENTURES

NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2026

☐ New Member ☐ Previous Member

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

Name: _____

Address: _____

City/State/Zip: _____

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

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: ☐ Phone ☐ E-mail

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

REGISTRATION OPENS ON JANUARY 20TH

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8380
Pocatello ID, 83209

2—In Person at:

Roy F. Christensen Bldg. 777 Memorial Dr., Ste 184

3—Online:

cetrain.isu.edu/nka

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

Fax: 208-282-5894; ATTN. Shirley

Your Registration

Membership \$65

per person/per semester

\$ _____

Parking Fee \$6.50/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

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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.

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

Date: _____ NKA Member or Participant Signature: _____




DAY TWO REGISTRATION FORM

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

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

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

- ☐ Dinner Opera at the Yellowstone (#3235)
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ISU CRAFT CLASSES

IN-PERSON (ALL CLASSES)

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Pre-Pay \$40 (#3675)
- ☐ ISU Craft Shop Fused Glass Suncatcher
Pre-Pay \$40 (#3656)
- ☐ ISU Craft Shop Hand Building with Clay
Pre-Pay \$60 (#3599)
- ☐ ISU Craft Shop Mosaic Stepping Stone
Pre-Pay \$40 (#3244)
- ☐ ISU Craft Shop Needle Felted Bunny
Pre-Pay \$25 (#3645)

CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- ▼ Alcohol Ink Glass Art (#3644)

Section: ☐ 1 ☐ 2 ☐ 3

- ☐ Barn Quilt Painting (#3489)
- ☐ Beginning and Intermediate Knitting (#3135)
- ☐ Beginning Crochet 101 (#3563)
- ☐ Beginning Crochet 102 (#3309)
- ☐ Beginning Tatting (#3124)
- ▼ Calla Lily Painting with Chain (#3629)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Create Digital Art with Your iPad (#3492)
- ☐ Creating a Fused Glass Birdhouse (#3801)
- ☐ Creating a Fused Glass Greenhouse (#3800)
- ☐ Crochet/Knitting Service Group (#3196)
- ☐ Crochet with Recycled Bags Service Group (#3145)
- ▼ Decoupage Floral Jars (#3802)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Driftwood Suncatcher (#3803)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Fun with Crochet (#3401)
- ▼ Glass Blowing – Paperweight (#3412)
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9
- ▼ Glass Blowing – Pendants (#3414)
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9
- ☐ Knitting on Looms (#3551)
- ☐ Origami Boxes (#3283)
- ☐ Origami Spring (#3269)
- ☐ Paint Still Life (#3804)
- ☐ Paint with Acrylics (#3198)
- ▼ Painted Flag on Glass Frame (#3805)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Quilling (#3220)
- ☐ Stained Glass Snowflake Star (#3806)
- ▼ Steampunk Jewelry (#3953)
Section: ☐ 1 ☐ 2
- ▼ Uncle Sam Gnome (#3808)
Section: ☐ 1 ☐ 2 ☐ 3
- ▼ Windchime (#3242)
Section: ☐ 1 ☐ 2 ☐ 3



- ▼ Wire Wrapped Pendant (#3807)
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ Woodcarving, Beginning (#3101)
- ☐ Woodcarving, Advanced (#3558)

FITNESS & MOTION

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ 2 Mile Walking Video – Inside (#3810)
- ☐ Chair Yoga (#3842)
- ☐ Cross-Country Ski Day at Nordic Center, Beginning (#3556)
- ☐ Cross-Country Ski Day at Nordic Center, Intermediate (#3527)
- ☐ Fit and Fall Proof™ (#3106)
- ☐ Guided Snowshoeing at the Nordic Center (#3261)
- ☐ Line Dancing, Starter (#3013)
- ☐ Line Dancing, Beginning 1 (#3111)
- ☐ Line Dancing, Beginning 2 (#3112)
- ☐ Line Dancing, Intermediate (#3113)
- ☐ Line Dancing, Advanced (#3819)
- ☐ Line Dancing, Oldies but Goodies (#3110)
- ☐ | ☐ Qigong (#3282)
- ▼ Square Dance (#3105)
Section: ☐ 1 ☐ 2
- ☐ Strength Training – An Introduction (#3557)
- ☐ | ☐ Tai Chi Chih, Intermediate (#3119)
- ☐ | ☐ Tai Chi Chih, Advanced (#3104)
- ☐ Walking the Greenway (#3115)
- ☐ Water Aerobics (#3265)
- ☐ Zumba Gold® (#3952)

FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- ☐ Beer Tasting - Off the Rails Brewing (#3422)
- ☐ Dinner Opera at the Yellowstone (#3235)
- ▼ Easter Rolls at Temple Emanuel (#3415)
Section: ☐ 1 ☐ 2
- ☐ Oodles of Noodles (#3130)
- ☐ Wine Pairing at PV's Uncorked (#3943)
- ☐ Wine Pairing at the Yellowstone (#3642)
- ▼ Wine Tasting at Café Tuscano (#3120)
Section: ☐ 1 ☐ 2
- ☐ Wine Tasting at Gate City Coffee & Gifts (#3276)

GAMES

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ 2/1 Game Forcing Bridge Class (#3840)
- ▼ Games and Goodies (#3126)

Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

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

GENERAL INTEREST

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

- ☐ 21st Century Air Rifles (#3486)
- ☐ | ☐ Adventures Near Everest Base Camp and Meeting the Carters (#3165)
- ☐ | ☐ April in Iceland: A West Fjords Adventure (# 3467)
- ☐ Area V Agency on Aging: Keeping Seniors in Their Home and Resources (#3525)
- ☐ Aslett Clean World Foundation (#3797)
- ☐ | ☐ Astrology: Yesterday, Today, and Tomorrow? (#3590)
- ☐ Book Exchange (#3129)
- ☐ | ☐ Court Appointed Special Advocates (CASA): Giving Children a Voice (#3403)
- ☐ Detailing the Paint on Your Vehicle (#3686)
- ☐ | ☐ From Reykjavik to Barcelona in 15 Days (#3640)
- ☐ | ☐ Hey, Let's Climb Kilimanjaro! (#3021)
- ☐ | ☐ Hot Topics (#3827)
- ☐ | ☐ Intro to Medicare (#3905)
- ☐ | ☐ Join the Wave to Senior Games (#3579)
- ☐ | ☐ National Security Basics (#3680)
- ☐ | ☐ Oh Look it Up! (#3684)
- ☐ | ☐ Oh My! Alhambra (#3691)
- ☐ | ☐ Roller Derby in Southeast Idaho – Everything You Wanted to Know! (#3811)
- ☐ | ☐ RV Owner Basics and Poky Travelin' Gems RV Club (#3812)
- ☐ | ☐ Safari to Kenya and Tanzania (#3813)
- ☐ Spanish Language and Culture (#3814)
- ☐ | ☐ The Gift of Planning: A Comprehensive Guide to Final Arrangements (#3693)
- ☐ | ☐ The Psychology of Chance Encounters and Fortuitous Events – As Explained by Quantum Mechanics (#3815)
- ☐ | ☐ The Supreme Court's Shadow Docket (#3816)



- ☐ Traditional Native Dances of the Shoshone Bannock (#3817)
- ▼ Travel Training on the PRT (#3085)
Section: ☐ 1 ☐ 2

HEALTH & WELLNESS

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Alzheimer's Association Research Conversation (#3514)
- ▼ Breathwork Detox (#3624)
Section: ☐ 1 ☐ 2
- ☐ | ☐ Finding Everyday Joy (#3818)
- ☐ Food as Medicine: Plant Based Cooking for Health (#3821)
- ☐ Guided Meditation and Breathwork (Pranayama) (#3521)
- ▼ Health City, USA (#3319)
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ Managing Stress (#3701)
- ☐ | ☐ Mindful Ways Through Difficult Times (#3229)
- ▼ Sound Bath Music Bowls (#3540)
Section: ☐ 1 ☐ 2
- ☐ | ☐ Stop the Bleed® (#3333)

HISTORY

IN PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ China's Terracotta Warriors (#3822)
- ☐ | ☐ The Pocatello Red Light District (#3248)
- ☐ The Shoshone – Bannocks in Portneuf Valley (#3823)

NATURE, SCIENCE, & TECHNOLOGY

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ | ☐ Apple Smart Watch: An Incredible Device (#3824)
- ☐ | ☐ Behind the Scenes of Zoo Idaho and Why Guests Visit (#3791)
- ☐ Capturing Idaho Heritage, The Story of the Ray J. Davis Herbarium (#3825)
- ☐ | ☐ Fungi: Basic Biology and fundamentals of Mushroom Identification (#3713)
- ☐ How to Grow Native Plants Using the Winter Sowing Method (#3826)
- ☐ | ☐ HumTrack 2025: Hummingbird Movement and Migration Monitoring (#3829)

- ☐ | ☐ iPhone 1.1 – An Introduction (#3716)
- ☐ | ☐ iPhone 2.1 – Intermediate Learning (#3719)
- ☐ | ☐ Libby for Beginners – An Introduction (#3102)
- ☐ | ☐ Life and Times of an Idaho Hemp Grower (#3830)
- ☐ | ☐ Massacre Rocks: 3 Volcanic Episodes in 6-million Years (#3831)
- ☐ | ☐ Photography Tips and Techniques (#3834)
- ☐ | ☐ The New Moon Race (#3832)
- ☐ | ☐ The Plants of Cherry Springs Nature Area (#3872)
- ☐ | ☐ The Secret Intelligence of Water (#3833)
- ☐ | ☐ Understanding E-Bikes and Basic Bike Maintenance (#3835)
- ☐ | ☐ What's the Scoop on this Poop? (#3836)

TRAVEL & FIELD TRIPS

IN-PERSON (ALL CLASSES)

- ☐ Driggs Snowscapes – Driggs, Idaho (#3837)
- ☐ Historical Caribou County Excursion (#3839)
- ☐ Plant Walk at Cherry Springs Nature Area (#3873)
- ☐ Thanksgiving Point Adventures – Lehi, Utah (#3281)
- ☐ Tour of Zoo Idaho (#3796)

WRITING & LITERATURE

IN-PERSON | ZOOM

(CHECK BOX FOR HOW ATTENDING)

- ☐ Book and a Glass (#3372)
- ☐ | ☐ From Real Life to Riveting Fiction (#3841)
- ☐ | ☐ Writing Creatively - Fiction and Non-Fiction (#3136)



NEW KNOWLEDGE ADVENTURES RESOURCES

AID FOR FRIENDS DAY RESOURCE CENTER & EMERGENCY SHELTER

208-232-5669

209 E Lewis, Pocatello, Idaho 83201

AREA 5 AGENCY ON AGING

- Supplemental Food Program (CFSP)
- Idaho Family Caregiver Support Program
- Lifespan Respite, Dementia Capable
- Senior community Service
EmploymentProgram Medicare
Improvements forParents and Providers
(MIPPA)
- Adult Protective Services Ombudsman
- Medicare Fraud (SMP) Legal Assistance

HEALTH WEST

(208) 232-7862

500 S. 11th Ave. Ste. 400 Pocatello, Idaho

Healthcare services are offered on a sliding
fee scale

IDAHO FOOD BANK

<https://idahofoodbank.org/>

Listing of food distribution locations and free
meals.

POCATELLO FREE CLINIC

(208) 233-6245

1001 N. 7th Ave #155 Pocatello, Idaho

Clinic provides free medical and dental care,
including labs and prescriptions, to those who
are uninsured and below 300% of the Federal
Poverty Level.

POCATELLO REGIONAL TRANSIT

208-234-A-BUS (2287)

Para transit Transportation Services contact

208-232-0111

(Door-To-Door Line) \$2.00 per the Area Agency
on Aging. PRT also has Saturday service from
9:00am to 5:00pm and requires a \$2.00 per-trip

**Non-Emergency Medical Transportation
(NEMT)** Services contact MTM (1-877-503-1261)

SEICA SOUTHEAST IDAHO COMMUNITY ACTION AGENCY

(208) 232-1114

Fax: (208) 233-8122

information@seicaa.org

Energy Assistance, Meals on Wheels, Housing,
Weatherization

Dial 2-1-1 for Information

Nextdoor app. Local help from Neighbors

SENIOR ACTIVITY CENTER POCATELLO

(208) 233-1212

427 N 6TH Avenue

senioractivities@ida.net

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

SICOG (Southeast Council of Governments)

208-233-4535

214 E Center Street Pocatello, Idaho



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EMAIL: cetrain@isu.edu
WEB: cetrain.isu.edu/nka

NKA learning tree logo by Erica Lothspeich