

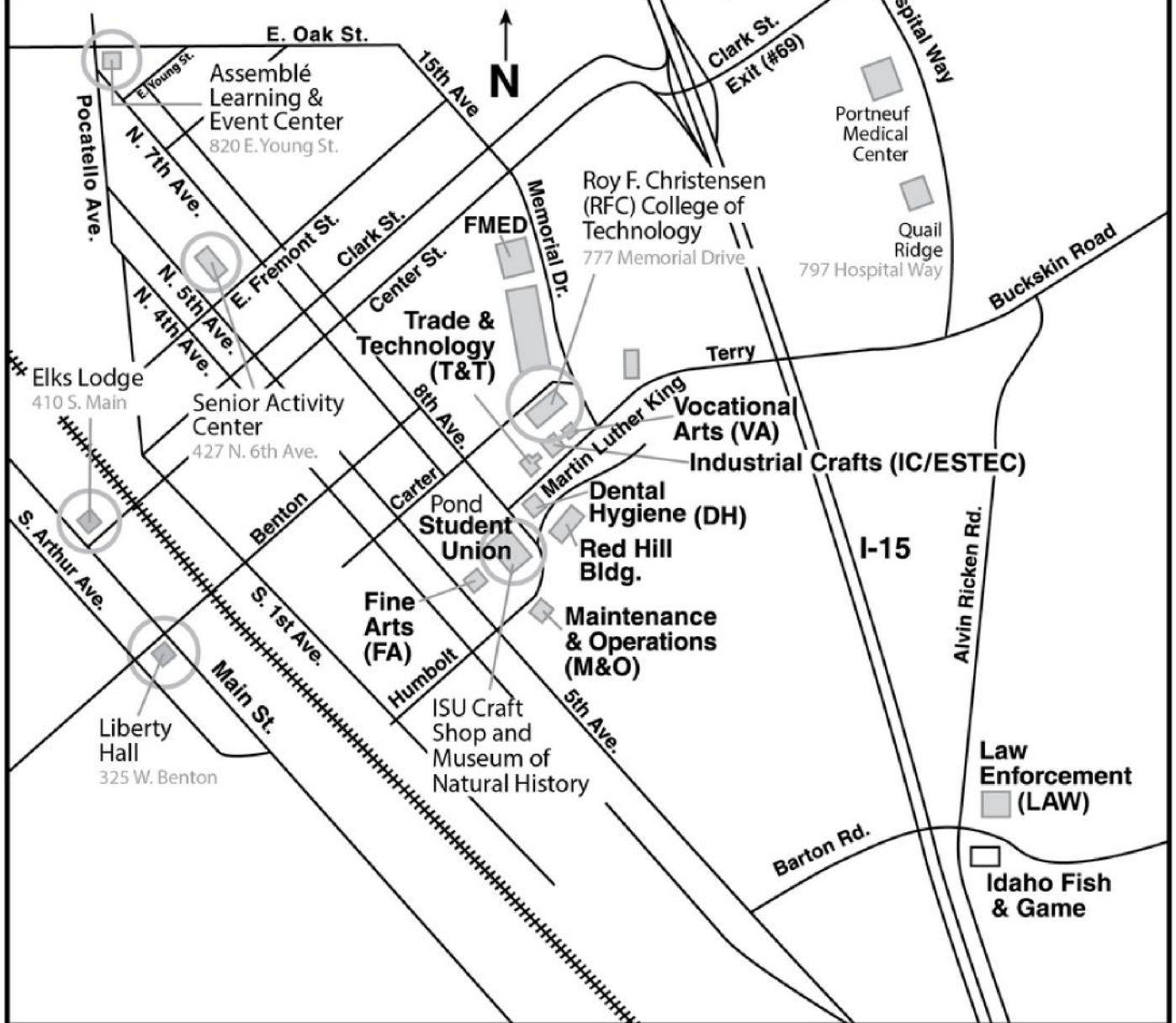
NEW KNOWLEDGE ADVENTURES

# NKA

Spring 2024



# NEW KNOWLEDGE ADVENTURES



## NKA FACEBOOK PAGE



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

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

# NEW KNOWLEDGE ADVENTURES

## NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2024

PLEASE: PRINT NEATLY  
SIGN BELOW  
COMPLETE BOTH SIDES

New Member  Previous Member

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

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Contact Person and Phone: \_\_\_\_\_

Preferred method of contact:  Phone  E-mail

Preferred method of registration receipt:  Mailed  E-mailed

### REGISTRATION OPENS ON JANUARY 10

Three options are available to register:

#### 1—By Mail:

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

#### 2—In Person at:

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

#### 3—Online:

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

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

Fax: 208-282-5894; ATTN. Shirley

### Your Registration

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

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

**TOTAL DUE**  
\$ \_\_\_\_\_

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

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

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

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

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

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

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

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

# NEW KNOWLEDGE ADVENTURES

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

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

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

### ART, MUSIC & THEATER

- NKA Annual Meeting Skit (#3303)
- Preview to the Jazz Fest (#3497)
- Preview to the Play: Sunday in the Park with George (#3512)
- Preview to the Play: The Twits (#3588)
- Preview to the Symphony (#3322)

### ISU CRAFT CLASSES

#### IN-PERSON (ALL CLASSES)

For those taking ISU craft shop classes, pre-payment is required at time of enrollment. Cancellations will NOT be reimbursed unless a replacement for your seat is found. Emergencies are an exception. Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

- Craft Shop Calligraphy Pre-Pay \$10 (#3243)
- ▼ Craft Shop Fused Glass Pre-Pay \$25 (#3533)  
SECTION:  1  2
- Craft Shop Hand Building with Clay Pre-Pay \$35 (#3599)
- Craft Shop Mosaic Stepping Stones Pre-Pay \$20 (#3244)
- ▼ Craft Shop Resin Suncatcher Pre-Pay \$20 (#3592)  
SECTION:  1  2

### CRAFTS & HOBBIES

- Beginning Crochet 102 (#3309)
- Beginning and Intermediate Knitting (#3135)
- Beginning Tatting (#3124)
- Create a Vision Board for 2024 (#3583)
- ▼ Creative Cards for Valentines & Birthdays (#3739)  
SECTION:  1  2
- Crochet/Knitting Service Group (#3196)
- Crochet with Recycled Bags – Service Group (#3145)
- ▼ Fused Glass Idaho (#3560)  
SECTION:  1  2
- Let's Go Retro! Making Salt Dough Creations (#3544)
- Origami Boxes (#3283)
- Origami Simple Kusudama (#3155)
- Origami Spring (#3269)
- Printing with Pressure (#3149)
- Quilling (#3220)
- Spring Wreath (#3153)
- Steam Punk Jewelry (#3151)
- Valentine Décor Workshop (#3239)
- Wind Chimes (#3242)
- Woodcarving, Beginner (#3101)
- Woodcarving, Advanced (#3558)

### FITNESS & MOTION

- Advanced T'ai Chi Chih (#3104)
- Contra Dancing (#3254)
- Fit and Fall Proof® (#3106)
- Guided Snowshoeing at the Nordic Center (#3261)
- ▼ Lady Niners Golf (#3116)  
SECTION:  1  2
- Line Dancing: Starter (#3013)
- Line Dancing: Beginning 1 (#3111)
- Line Dancing: Beginning 2 (#3112)
- Line Dancing: Intermediate (#3113)
- Line Dancing: Oldies but Goodies (#3110)
- Line Dancing: Step it Up (#3819)
- Qigong (#3282)

- Snowshoeing the Hills (#3570)
- ▼ Square Dance (#3105)  
SECTION:  1  2
- Walking the Greenway (#3115)
- Water Aerobics in the Lava Hot Springs Indoor Pool (#3265)
- Zumba Gold® (#3952)

### FOOD & BEVERAGE

- Making Traditional Jewish Bread (#3271)
- The Mighty Microgreen – Growing Good Health at Home (#3272)
- ▼ Whole Foods Plant-Based Meals for Health (#3274)  
SECTION:  1  2
- 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 (#3276)
- Year of the Dragon – Chinese New Year, 2024 (#3266)

### GAMES

- Let's Play Bridge! (#3194)
- ▼ Lunch and Games (#3126)  
SECTION:  1  2  3  4  5
- Mahjong (#3125)
- Team Trivia (#3014)
- Texas Hold'em Poker (#3127)

### GENERAL INTEREST

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- Aging in Place: A Planning & Design Perspective (#3279)
- C.A.S.A. Volunteers: Changing a Child's Story (#3403)
- Climate Resilient Landscaping (#3280)
- Coffee, Tea, and Conversation (#3286)
- C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)
- Do Not Let RMDs Catch You Off Guard – What You Need to Know (#3293)
- Habitat for Humanity in Pocatello (#3901)
- High Authoritarian Individuals (#3183)
- Hot Topics (#3827)
- Introduction to Safe Teen Assessment Centers and The Village (#3297)
- It Takes a Village (#3299)
- Light up the Night (#3346)
- Portneuf River Vision (#3911)
- Reminisce with Steve Hayes about ISU Athletics and NBA Experience (#3252)
- The Senior Activity Center Inside and Out (#3301)
- The "Unabridged" Story of Creation (#3304)
- The USS Idaho (#3310)
- Visit to the Pocatello Mosque (#3413)
- Women in the Military (#3315)

### HEALTH & WELLNESS

- Aging and Perception (#3316)
- Beginning Mat Yoga (#3717)
- The Fundamentals of Mindfulness (#3229)
- Guided Meditation, Find Inner Radiance (#3307)
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SECTION:  1  2  3  4  5  6  7

- Healthy Living is Healthy Aging (#3323)
- Music Medicine – Self-Healing with Sound (#3324)
- Opioid Overdose Prevention and Response Training (#3326)
- Sleep, Alcohol Use, and Health in Older Adults (#3329)
- Steps to Safety (#3330)
- Stop the Bleed (#3333)
- Taking Steps to Prevent Falls (#3334)
- This is My cup: Our Faith Journey (#3335)

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- Karl Timmerman and the Ludendorff Bridge (#3348)
- Lodge Halls and Railroad Houses (#3350)
- Pocatello Street Names Preserve History (#3447)
- The Power of Books: A Brief History of Censorship (#3351)
- Thalidomide: The Geneva Connection (#3353)
- We Want Our Regimental Flag Back (#3117)

### NATURE, SCIENCE, & TECHNOLOGY

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- The Bonneville Flood and SE Idaho Landscape Change Over the Last 8 Million Years (#3186)
- Edson Fichter Walk and Talk with Fish & Game (#3515)
- How You Can Reduce Your Electric Bills and Make Your Home Warmer with the IRA (#3464)
- The Interesting Things About Bats (#3468)
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- Obstacles to a Clean Energy Future (#3213)
- The Plants of Cherry Springs Nature Area (#3872)
- Roads vs. Wildlife (#3247)
- Taking Better Pictures with Your iPhone (#3325)
- The Topography of Central Idaho and the Plume of the Yellowstone Hotspot (#3359)
- Using iNaturalist to Catalog the Diversity of Life (#3360)
- Watershed Guardians (#3361)
- Weather in Idaho (#3363)
- Why Your Next Vehicle Could Be a Fun Electric (#3364)

### TRAVEL & FIELD TRIPS

- Diamond Tours, Garden of the Gods, Colorado (#3365)
- Jackson Hole Elk Refuge (#3140)
- Minidoka National Historic Site, Jerome Idaho (#3182)
- Plant Walk at Cherry Springs Nature Area (#3873)
- Potato Museum and Lunch (#3260)

### WRITING & LITERATURE

- Book Group and a Glass (#3372)
- Writing Creatively - Fiction and Non-Fiction (#3136)

# Welcome to New Knowledge Adventures

## A MESSAGE FROM THE PRESIDENT

Dear NKA Members,

As I look over the spring semester classes, I notice many of the same dependable instructors and facilitators. We could not be successful without them. We have some favorite classes as repeats, and have added many new ones. All members should be able to find some classes that spark an interest. Keep an eye out for emails informing members of opportunities for NKA participation in various social events.

This fall we have been trying to get better organized and more efficient, but we continue to need help. At the initial deadline, there were only 72 classes. There are now over 115 classes with 30 facilitators. Thank you to all who stepped up to participate! I challenge all of you to think about getting more involved in the process of what makes us NKA. There is a lot of talent and knowledge out there. Please help us find it and share it with our members.

We continue to have last-minute cancellations and no-shows (30-40%), as well as lots of phone calls by facilitators. As always, please cancel if you can't make it. This is more of an issue with classes having fees. After a bit of brainstorming, we are implementing a trial of a pre-pay program for the ISU craft shop classes that I am facilitating. Please note: For those taking the ISU craft shop classes, there is a pre-payment required before being enrolled in a class. The fee is non-refundable unless your space in the class can be replaced. We hope to identify and fix any glitches found so we can potentially add other fee classes to this list if it works. So far, the idea of pre-payment has been well received by the members I have spoken to. We want this to be user-friendly, so please give me your input. We want NKA to continue to be a great resource for older adults to learn, participate, and enjoy.

Let's make this a great semester!

- *Chris Brower*, NKA President

## NKA 2023-2024 OFFICERS AND BOARD

### OFFICERS:

President: **Christine Brower**

208-681-8483

President Elect: **Teresa Westfall**

703-973-5074

Past President: **Geoff Hogander**

208-232-3437

Secretary: **Suzanne Johnson**

208-589-5122

Treasurer: **Phil Joslin**

208-251-1951

### DIRECTORS-AT-LARGE:

**Nancy Dafoe** (3-year term ending 6/30/2024)

208-596-0491

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

208-251-2586

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

209-625-6160

### COMMITTEE CHAIRS:

Community Service: **Paula Jull**

208-406-9248

Publicity: **Teresa Timpson**

208-251-5831

Curriculum: **Geoff Hogander**

208-232-3437

Social: **Kathleen Stephens**

208-244-2732

History: **Trish Mooney**

208-220-1283

Travel: **Katie Sierra**

208-244-1418

### CONTINUING ED. Management Assistant:

**Shirley Hockett** - 208-282-2789; shirleyhockett@isu.edu

*Donate to our new building at:*

**United Seniors Project**

P.O. Box 4378

Pocatello, Idaho 83205

## 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, (with space limitations).*

1. Each class has a facilitator who fills out the facilitator sheet 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, Elk's Lodge, Assemble, SAC), 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. Non-member presenters are invited to the Spring luncheon as guests of NKA. We are very fortunate that our presenters share their time and knowledge with us. Please take a minute to thank them.

### HOW DO YOU BECOME A MEMBER

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

### NKA MEMBERSHIP CLASS REQUESTS

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

### NOTICES

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

### PARKING

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

### BUS TRANSPORTATION

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

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

# Adventures for the Spring of 2024

## ART, MUSIC & THEATER

### NKA Annual Meeting Skit (#3303)

*Wednesdays: April 24 – May 15; 3:00 – 4:00 p.m.*

This class is an abbreviated version of Reader's Theater. We'll create, rehearse and perform a 5 to 10-minute skit to entertain NKA members at the annual meeting (date TBD). Plan on having fun. No memorization needed. Lines will be read.

**Location:** Liberty Hall lecture room

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

**Class Limit:** 20

### Preview to the Jazz Fest (#3497)

*Thursday: February 8; 9:00 – 10:00 a.m.*

Swing and groove to the mesmerizing melodies of jazz. Delve into the world of improvisation, rhythm, and soulful tunes that will leave you tapping your feet and craving more.

**Performance Date:** February 10th, Jensen Hall, Stevens Performing Arts Center

**Location:** Stephens Performing Arts Center

**Instructor:** Jon Armstrong

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

### Preview to the Play: Sunday in the Park with George (#3512)

*Friday: April 5; Noon – 1:00 p.m.*

Immerse yourself in an extraordinary blend of art, love, and ambition as we present this Tony Award-winning musical. Experience the passion and creativity of Georges Seurat, brought to life in a mesmerizing performance. (Recommended for ages 10+)

**Play Performance Dates:** April 12, 13, 18, 19, & 20

**Location:** Chick and Diane Bilyeu Theatre, Frazier Hall

**Instructor:** Vanessa Ballam

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

### Preview to the Play: The Twits (#3588)

*Friday: February 2; Noon – 1:00 p.m.*

Witness the mischief and mayhem unfold in this twisted and hilarious adaptation of Roald Dahl's beloved story.

Prepare to be captivated by the wickedly funny antics of Mr. and Mrs. Twit. (Recommended for ages 8+)

**Play Performance Dates:** February 9, 10, 15-16, Bistline Theatre, SPAC

**Location:** Bistline Theatre, Stephens Performing Arts Center and Zoom

**Instructor:** Tara Young and Octavia Biggs

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

### Preview to the Symphony (#3322)

*Friday: February 9, March 1, & April 19; 3:00 – 4:00 p.m.*

This symphony season will focus on the music of Latin America, plus masterpieces from the classical canon. In each class, Dr. Flanders will share the compositions that will be performed, backstories about the composers, and other information that will increase our appreciation of the music we will hear at the next concert. For more information, visit <https://thesymphony.us/show-details/2023-2024-concert-season-music-of-latin-america>.

**Symphony Performance Dates:**

**Pedro Giraudo Tango Quartet:** Friday, February 16, 2024

**ISCS New Music Ensemble:** Saturday, March 9, 2024

**Brazilian Voices:** Friday, April 26, 2024

**Location:** Liberty Hall 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.

### Craft Shop Calligraphy (#3243)

*Tuesday: February 13; 12:30 – 2:30 p.m.*

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

**Location:** ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass. (continues...)

(continues: *Craft Shop Calligraphy*)

**Instructor:** Sarah Austill

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

**Class Limit:** 8

**Class Fee:** Pre-pay \$10

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

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

*Section 1 – Tuesday: January 16; 12:30 – 2:30 p.m.*

*Section 2 – Tuesday: February 6; 12:30 – 2:30 p.m.*

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

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

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

**Instructor:** Alesha Kelley & Mary Miller

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

**Class Limit:** 8

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

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

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

*Tuesday: March 5, & 26; 12:30 – 2:30 p.m.*

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

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

**Instructor:** Bret Lowman & Mary Miller

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

**Class Limit:** 10

**Class Fee:** Pre-Pay \$35

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

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

*Tuesday: May 7; 12:30 – 2:30 p.m.*

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

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

**Instructor:** Sarah Austill

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

**Class Limit:** 8

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

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

### **Craft Shop Resin Suncatcher (#3592)**

*Section 1 – Tuesday: January 23; 12:30 – 2:30 p.m.*

*Section 2 – Tuesday: February 27; 12:30 – 2:30 p.m.*

BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this workshop you will be cutting pieces of glass to make a design of your own. The glass will be set into a 5x7 frame. Once your design is set, we will be pouring resin over the entire piece. After a few days it can be picked up at the Craft Shop.

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

**Instructor:** Alesha Kelley & Mary Miller

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

**Class Limit:** 8

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

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

**CRAFTS & HOBBIES****Beginning Crochet 102 (#3309)***Tuesdays: January 16 – April 30; 10:30 - Noon*

Participants will continue learning new stitches and work on projects provided by us, or projects of their own. Rosita will teach you to make kitchen towel toppers and will explain your material needs at the first class.

Linda will be working on crochet gnomes, and will also help you with your personal projects. Supplies needed as described on your chosen project pattern. You can contact Linda for materials needed for the gnomes, or get the info and pattern at the first class. If you attended Beginning Crochet 101 last semester and didn't finish your projects, feel free to bring them in as well.

**Location:** Senior Activity Center, Room 6**Instructor:** Linda Furstenwerth & Rosita Park**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)**Class Limit:** 15**Class Fee:** \$1 for handouts**Beginning and Intermediate Knitting (#3135)***Tuesdays: January 16 – May 14; 1:30 – 3:30 p.m.*

Basic knowledge of casting on stitches, as well as knit and pearl required. You will need to bring size 8 or 9 knitting needles and cotton yarn or 4-ply acrylic. You may choose a project from the many patterns on hand or bring your own to share.

**Location:** Senior Activity Center, Room 11**Instructor:** Shanna Erickson**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)**Class Limit:** 12-14**Beginning Tatting (#3124)***Wednesdays: April 3 – 24; 1:00 – 3:00 p.m.*

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

**Location:** Senior Activity Center, Room 6**Instructor:** Verla Negus**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)**Class Limit:** 10**Class Fee:** \$10 for supplies**Create a Vision Board for 2024 (#3583)***Wednesday: January 17; 1:00 – 2:30 p.m.*

Do you have goals and aspirations for 2024? Do you *(continues...)*

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

**Location:** Senior Activity Center, Room 11**Instructor/Facilitator:** Brenda Ehrler, 500-hour Registered Yoga (RYT), and Certified Vishoka Meditation Teacher (801-554-9396, bl\_ehrler@att.net)**Class Limit:** 12**Class Fee:** \$10 for supplies**Creative Cards for Valentines & Birthdays (#3739)***Section 1 – Wednesday: January 31; 10:00 a.m. - Noon**Section 2 – Wednesday: January 31; 1:00 – 3:00 p.m.****BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE***

Create four or five handmade cards using stamps, dies and embossing folders. BRING SMALL SCISSORS.

**Location:** Senior Activity Center, Room 11**Instructor:** Diane Tauscher**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)**Class Limit:** 10**Class Fee:** \$10 for supplies**Crochet/Knitting Service Group (#3196)***Tuesdays: January 16 – May 28; 1:30 – 3:00 p.m.*

A service project crocheting and knitting lap blankets for the PMC cancer center. Yarn is provided for these projects. It's helpful to bring your own hooks and needles, but we will have some on hand to lend if needed. A basic knowledge of crocheting or knitting is also helpful, plus we have talented members to assist you. This is a fun way to practice your skills and to be creative with colors and patterns while helping others at the same time.

**Location:** Senior Activity Center, Dining Room**Instructor/Facilitator:** Nancy Ellis (208-237-0995, Rnellis6050@gmail.com)**Class Limit:** 20**Crochet with Recycled Bags – Service Group (#3145)***Thursdays: January 18 – May 2; 10:30 a.m. – Noon*

Using recycled grocery, department store and trash bags, we will be crocheting sleeping mats for the homeless. Please bring any plastic bags you have, we also have bags available

(continued: *Crochet with Recycled Bags - Service Group*)  
to use, and are accepting donations. Bring a size K/10.5 (6.5 mm) or larger crochet hook and sharp scissors to cut the bags.

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

**Instructor:** Linda Furstenwerth and Rosita Park

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

**Class Limit:** 15

**Fused Glass Idaho (#3560)**

*Section 1 – Thursday: March 7; 10:30 a.m. - Noon*

*Section 2 – Thursday: March 14; 10:30 a.m. - Noon*

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

Decorate a pre-formed Idaho shaped glass piece with fused glass of varied shapes, sizes and colors to create a unique gift for someone or for yourself. This will be fired and ready for pick up a week after created.

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

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

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

**Class Limit:** 12

**Class Fee:** \$40

**How to Pay:** Please confirm your spot by sending a check payable to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by **February 28th**.

**Let's Go Retro! Making Salt Dough Creations (#3544)**

*Wednesday: February 7; 1:00 – 3:00 p.m.*

Take salt, flour and water to make basic salt dough. Get some creative ideas and make some models to take home to bake! So fun and easy! There is no end to the possibilities.

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

**Instructor:** Suzanne Johnson

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**Class Limit:** 15

**Class Fee:** \$3

**Origami Boxes (#3283)**

*Thursday: February 22, 29, & March 7; 1:00 – 3:00 p.m.*

Experience the magic of origami as you transform eight squares of patterned paper into an amazing octagon kaleidoscope design, that is also a lovely gift box. Colorful paper designed especially for origami artists is provided.

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

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**Class Limit:** 10

**Class Fee:** \$5

**Origami Simple Kusudama (#3155)**

*Thursday: March 28, April 4 & 11; 1:00 – 3:00 p.m.*

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

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

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**Class Limit:** 10

**Class Fee:** \$5 for paper, payable first day of class

**Origami Spring (#3269)**

*Thursday: January 18, 25 & February 1; 1:00 – 3:00 p.m.*

Spring is full of young animals, blooming flowers and surprises. Students with little or no origami experience welcome. Colorful paper designed especially for origami artists is provided.

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

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**Class Limit:** 10

**Class Fee:** \$5

**Printing with Pressure (#3149)**

*Tuesday: February 6, 13, & 20; 12:30 – 2:30 p.m.*

We will cut shapes to create a print on paper with colored ink. This process is easy and fun to create abstract and simple designs.

**Location:** Pinyon Jay Press, Liberal Arts Building, Room 139 (downstairs) at ISU. Quad side entrance.

**Instructor:** Paula Jull, Professor Emerita, ISU

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

**Class Limit:** 6

**Class Fee:** \$10 pays for inks, cardstock, and other tools and supplies to make the book

**How to Pay:** Please bring cash or check to first class

**Quilling (#3220)**

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

Hop into spring with Carol learning to quill a card to share for Easter just around the corner. We will be making spring bunnies with bright easy to make spring flowers.

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

**Instructor:** Carol Johnston

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

**Class Limit:** 10

**Class Fee:** \$5 for supplies

**Spring Wreath (#3153)**  
*Monday: March 13; 6:00 p.m.*

You will be making a spring wreath. All supplies will be provided.

**Location:** The Elwen Cottage, 334 N. Main Street, Pocatello

**Instructor:** Wendy Vaughn

**Facilitator:** Teresa L. Timpson (208-251-5831, [timplt@outlook.com](mailto:timplt@outlook.com))

**Class Limit:** 14

**Class Fee:** \$10 for supplies

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**Steam Punk Jewelry (#3151)**  
*Monday: January 15; 6:00 p.m.*

You will make two pieces of Steampunk jewelry. All supplies will be provided.

**Location:** The Elwen Cottage, 334 N. Main Street, Pocatello

**Instructor:** Wendy Vaughn

**Facilitator:** Teresa L. Timpson (208-251-5831, [timplt@outlook.com](mailto:timplt@outlook.com))

**Class Limit:** 23

**Class Fee:** \$10 for supplies

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**Valentine Décor Workshop (#3239)**  
*Tuesday: January 30; 1:00 – 3:00 p.m.*

Use reusable stencils and chalk paste to create a Valentine decoration for your front porch, family room, or anywhere else you decorate for a holiday.

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

**Instructor:** Annie Gardner, owner of The Craft Shop in Blackfoot

**Facilitator:** Diane Tauscher (208-680-2303, [dmt88bailey@q.com](mailto:dmt88bailey@q.com))

**Class Limit:** 10

**Class Fee:** \$10 for supplies

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**Wind Chimes (#3242)**  
*Monday: February 5; 6:00 p.m.*

You will make a wind chime out of various kitchen items.

**Location:** The Elwen Cottage, 334 N. Main Street, Pocatello

**Instructor:** Wendy Vaughn

**Facilitator:** Teresa L. Timpson (208-251-5831, [timplt@outlook.com](mailto:timplt@outlook.com))

**Class Limit:** 14

**Class Fee:** \$10 for supplies

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**Woodcarving, Beginner (#3101)**  
*Mondays, Wednesdays, and Fridays as desired: January 24 – May 17; 9:00 a.m. – Noon (Clean-up from 11:30 – Noon).*  
*It is STRONGLY advised to attend first class. After this first class, you may come any Monday, Wednesday and Friday as desired.*

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

Beginning Woodcarver classes are for those individuals who have little or no experience in woodcarving. Beginners will use rotary tools and related equipment provided by the class. Projects will begin with a stylized bird, then a shelf cat, and a final project selected by the carver and approved by the instructor. Related optional activities during the spring semester include participation at carvers shows and displays.

Shorty Miller and Diane Porter have been teaching these classes for numerous years. Each have participated in numerous woodcarving competitions throughout the region for many years and have received recognition in various woodcarving journals. They are highly qualified, friendly and understand the needs of the beginning woodcarving student.

**Location & Address:** Home Depot lumber department, 4340 Hawthorne Rd., Chubbuck

**Instructors:** Shorty Miller & Diane Porter

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

**Class Limit:** 10

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

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**Woodcarving, Advanced (#3558)**  
*Mondays, Wednesdays, and Fridays as desired: January 15 – May 17; 9:00 a.m. – Noon (Clean-up from 11:30 – Noon)*

Advanced woodcarving classes are for carvers who have completed at least one semester as a beginner carver or who have prior experience and do not require constant assistance and/or supervision. Advanced carvers will provide their own tools and equipment to include rotary power tools and knives/gouges (edged hand tools). Carvers select projects per their individual interests. Related optional activities include participation in woodcarving competitions and displays.

Shorty Miller and Diane Porter have been teaching these classes for numerous years. Each has received numerous awards in woodcarving competitions and has received recognition in woodcarving journals. They are highly qualified, friendly and understand the needs of the beginning and advanced woodcarving student.

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

**Instructors:** Shorty Miller & Diane Porter

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

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

**FITNESS & MOTION****Advanced T'ai Chi Chih (#3104)***Tuesdays and Thursdays:**January 16 – May 16; 9:00 – 10:00 a.m. (no class March 12 & 14)*

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

**Location:** Liberty Hall upstairs and Zoom**Instructor/Facilitator:** Stephanie Gill (208-234-4184, 208-241-1990, sgillforterra@gmail.com)**Class Limit:** 25**Contra Dancing (#3254)***Wednesday: February 21, 28, March 6 & 13; 1:00 – 2:00 p.m.*

Try something new for exercise and fun! Contra dance is a simple form of folk dancing. Couples (no need to bring a partner), form a set with another couple in long lines. Couples progress up and down these lines, dancing with other couples in the line. A caller teaches the sequence of moves. Since there is no required footwork, many people find contra dance easier than other forms of social dancing. If you can walk, you can contra dance! Music includes Irish, Scottish, old-time, bluegrass, French-Canadian folk tunes, etc. Please wear shoes that won't mark the floor.

**Location & Address:** Assemble' Learning and Event Center, 820 E. Young Ave., Pocatello**Instructor/Facilitator:** Luann Claussen (636-448-1063, clauslu@gmail.com)**Class Limit:** 72**Fit and Fall Proof® (#3106)***Mondays and Wednesdays: February 5 – May 8; 9:30 – 10:30 a.m.*

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

**Location:** Senior Activity Center, Room 3**Instructors/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)**Class Limit:** 30**Guided Snowshoeing at the Nordic Center (#3261)***Wednesday: February 7; 2:00 p.m.*

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

**Location:** East Mink Creek Nordic Center, Pocatello**Instructors:** Andrea Faust**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)**Class Limit:** 15**Class Fee:** \$10**Lady Niners Golf (#3116)***Wednesdays: April 3 – Summer (weather permitting)***SECTION 1: Experienced Golfers – 11:00 a.m.****SECTION 2: Beginners – Noon**

Every Wednesday ladies can meet at Riverside Golf Course for group clinics conducted by golf pro, Greg Albright. A block of tee times will be reserved beginning about 12:00 noon for those wanting to play following the clinic. A reduction in greens fees and cart rentals is also offered for those who participate with Lady Niners. The organizational meeting on Wednesday, April 3 will give more information about the 2024 golf season.

**Location & Address:** Riverside Golf Course, 3500 Bannock Hwy., Pocatello**Instructor:** Greg Albright, Golf Pro (208-232-9515)**Class Fee:** \$5 per person per clinic, payable at the pro-shop when you sign in.**Line Dancing: Starter (#3013)***Mondays: February 5 – April 15; Noon – 12:50 p.m. (No class March 18 – Spring Break.)*

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

**Location & Address:** Elks Lodge, 410 S. Main St., Pocatello**Instructors:** Judy Liday & Luann Claussen**Facilitator:** Judy Liday (208-317-6664, lidayjam@gmail.com)**Class Limit:** 35**Line Dancing: Beginning 1 (#3111)***Mondays: February 5 – April 15; 1:00 – 1:55 p.m. (No class March 18 – Spring Break.)*

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

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

**Instructors:** Penny Cooper, Diane Bilyeu & Shannon Sudweeks

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

**Class Limit:** 35

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

*Mondays: February 5 – April 15; 2:05 – 3:00 p.m. (No class March 18 – Spring Break.)*

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

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

**Instructors:** Kay Elsethagen and Carlyn Rice

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

**Class Limit:** 35

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

*Tuesdays: February 6 – April 16; 9:30 – 10:25 a.m. (No class March 19 – Spring Break.)*

Intermediate line dancing is for those who have completed the Beginning 2 Line Dance class. This class introduces more challenging dances. We will start slowly and keep adding to our repertoire, working up to the intermediate level. You'll have lots of fun learning new dances. You may bring water.

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

**Instructor:** Susan Cramer (208-237-8709, s.kramer1@gmail.com)

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

**Class Limit:** 35

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

*Tuesdays: February 6 – April 16; 10:35 – 11:30 a.m. (No class March 19 – Spring Break.)*

This class is a combination of dances previously learned in the Beginner and Intermediate dance classes with a few advanced dances at the end. All dances will be reviewed (not taught) with a variety of music and rhythms beginning with very easy dances to the intermediate and advanced 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. You may bring water.

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

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

**Class Limit:** 35

**Line Dancing: "Step it Up" (#3819)**

*Thursdays: February 8 – April 18; 9:30 – 11:00 a.m. (No class March 21 – Spring Break.)*

If you like a little more challenge to your line dancing, we encourage those who have completed the beginning/intermediate classes and are familiar with most line dance steps, to join our "STEP-IT-UP" dance class. We teach new dances and review/reteach oldies and then incorporate different songs/rhythms. These dances are not advanced dances; rather they are geared toward introducing additional steps/turns to slightly more complicated dances. You may bring water.

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

**Instructors:** Susan Cramer and Tom Baxter

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

**Class Limit:** 35

**Qigong (#3282)**

*Fridays: February 2 – May 3; 9:00 - 10:00 a.m. (no class March 15)*

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

**Location:** Liberty Hall and Zoom

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

**Class Limit:** 12

**Snowshoeing the Hills (#3570)**

*Fridays: January 19 – March 29; 9:30 a.m.*

We'll be snowshoeing on trails in SE Idaho, mostly within 30 minutes of Pocatello. You will need to provide your own snowshoes. The location of each week's hike will be emailed a few days prior. The hikes will be 4 to 5 miles in length round-trip.

**Location:** SE Idaho Trails

**Instructors:** Eileen Huestis

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

**Square Dance (#3105)**

*Fridays: January 19 – May 17*

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

**SECTION 2 – Introduction to Plus Level (for those who have completed Basic & Mainstream): 7:30 – 9:00 p.m.**

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



*(continued: Square Dance)*

a nationally known, third-generation, licensed, square dance caller.

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

**Instructor:** Steve Sullivan, Licensed Square Dance Caller

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

**Class Limit:** 24

**Class Fee:** Non-NKA members: \$5/person per evening

**Walking the Greenway (#3115)**

*Fridays: April 5 – May 24; 10:00 – 11:30 a.m.*

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

**Instructors/Facilitators:** LoLane Andra (208-241-5282, lolaneandra\_@yahoo.com)

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

*Saturday: March 16, 23, 30, April 6, 13, & 20; 9:00 – 10:00 a.m.*

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

**Location & Address:** 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:** 10

**Class Fee:** \$30 total for 6 classes

**How to Pay:** Please bring payment to first class

**Zumba Gold® (#3952)**

*Mondays: January 15 – March 4; 10:00 – 11:00 a.m.*

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

**Location & Address:** Assemble' Learning and Event Center, 820 E. Young Ave., Pocatello

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

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

**Class Limit:** 40

**FOOD & BEVERAGE**

**Making Traditional Jewish Bread (#3271)**

*Thursday: April 18; 1:00 p.m.*

Come to the Temple Emanuel to learn how to make Challah, a special bread of Ashkenazi Jewish origin, usually braided and typically eaten on ceremonial occasions such as Shabbat and major Jewish holidays.

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

**Instructor:** Dale Spencer

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

**Class Limit:** 12

**Class Fee:** Donations Accepted

**The Mighty Microgreen – Growing Good Health at Home (#3272)**

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

Microgreens have up to 40X more nutrients than full grown vegetables, yet are grown indoors on a small windowsill and harvested in just 10 days. Learn the why, the how, and everything you need to know about growing these tasty, tiny superfoods. A hands-on class, you will plant your own tray of microgreens and enjoy the confidence and ability to grow your own good health with microgreens. No green thumb needed! In addition, you will learn how to easily incorporate your harvest year-round in breakfast, lunch, dinner, appetizers, snacks and desserts.

**Location:** Liberty Hall

**Instructor:** Margo Clayson

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

**Class Limit:** 30

**Class Fee:** \$10

# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## SPRING TRAVEL

**February 6:** Jackson Hole Refuge  
**April 24:** Minidoka National Historic Site, Jerome Idaho  
**June 9 – 15:** Diamond Tours, Garden of the Gods, Colorado

## SPRING FIELD TRIPS

**May 11:** Plant Walk at Cherry Springs Nature Area  
**April 10:** Potato Museum and Lunch

# FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

5  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Zumba Gold • 10:00-11:00 am  
Pocatiello Streets • 10:30-Noon  
Ln DncStarter • Noon-12:50 pm  
Ln Dnc Beg 1 • 1:00-1:55 pm  
Creative Writing • 2:00-4:00 pm  
Ln Dnc Beg 2 • 2:05-3:00 pm  
Wind Chimes • 6:00 pm

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

18  
19  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Zumba Gold • 10:00-11:00 am  
Military Women • 10:30-Noon  
Ln DncStarter • Noon-12:50 pm  
Ln Dnc Beg 1 • 1:00-1:55 pm  
Creative Writing • 2:00-4:00 pm  
Ln Dnc Beg 2 • 2:05-3:00 pm

25  
26  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Zumba Gold • 10:00-11:00 am  
Lodge Halls • 10:30-Noon  
Ln DncStarter • Noon-12:50 pm  
Ln Dnc Beg 1 • 1:00-1:55 pm  
Creative Writing • 2:00-4:00 pm  
Ln Dnc Beg 2 • 2:05-3:00 pm

6  
Jackson Hole Trip • 7:00 am  
Adv Tai Chi • 9:00-10:00 am  
Bridge • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Crochet 102 • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30 am  
C.S. Fused Glass:  
-Section 2 • 12:30-2:30 pm  
Printing • 12:30-2:30 pm  
Roads vs Wildlife • 10:30-Noon  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

13  
Adv Tai Chi • 9:00-10:00 am  
Bridge • 9:30-Noon  
LnDnc Inter • 9:30-10:25 am  
Crochet 102 • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30 am  
C.S. Calligraphy • 12:30-2:30 pm  
Printing • 12:30-2:30 pm  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

20  
Adv Tai Chi • 9:00-10:00 am  
Bridge • 9:30-Noon  
Ln. Dnc. Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Crochet 102 • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
Printing • 12:30-2:30 pm  
Portneuf River • 10:30-Noon  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

27  
Adv Tai Chi • 9:00-10:00 am  
Bridge • 9:30-Noon  
Ln. Dnc. Inter • 9:30-10:25 am  
Crochet 102 • 10:30-Noon  
Hot Topics • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
C.S. Suncatcher:  
-Section 2 • 12:30-2:30 pm  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

7  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Teen Centers • 10:30-Noon  
Healthy City:  
-Section 1 • Noon-1:00 pm  
Meditation • 1:00-2:30 pm  
Salt Dough • 1:00-3:00 pm  
Nordic Snowshoe • 2:00 pm  
Texas Hold'em • 2:00-4:00 pm

14  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Texas Hold'em • 2:00-4:00 pm

21  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Peru • 10:00-11:30 am  
Healthy City:  
-Section 2 • Noon-1:00 pm  
Contra Dancing • 1:00-2:00 pm  
Healthy Living • 1:00-2:30 pm  
Chinese New Year • 1:30-3:00  
Texas Hold'em • 2:00-4:00 pm

28  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Contra Dancing • 1:00-2:00 pm  
Energy Trans. • 1:00-2:30 pm  
Texas Hold'em • 2:00-4:00 pm

1  
Adv Tai Chi • 9:00-10:00 am  
CASA • 10:30-Noon  
Crochet/Bags • 10:30-Noon  
Origami Spring • 1:00-3:00 pm  
Book Group • 3:00-4:30 pm

8  
Adv Tai Chi • 9:00-10:00 am  
Jazz Fest • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
iPhone Pics • 10:30-12:30 pm  
Rancho La Brea • 2:00-3:00 pm  
Whole Foods:  
-Section 1 • 3:00-5:00 pm

15  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
CRASE • 10:30-Noon  
Crochet/Bags • 10:30-Noon  
Whole Foods:  
-Section 1 • 3:00-5:00 pm

22  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Aging Perception • 10:30-Noon  
Crochet/Bags • 10:30-Noon  
Origami Boxes • 1:00-3:00pm  
Whole Foods:  
-Section 1 • 3:00-5:00 pm  
Wine/Yellowstone • 5-7:00 pm

29  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
Wildlife • 10:30-Noon  
Origami Boxes • 1:00-3:00pm

2  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
The Twits • Noon-1:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

9  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Symphony • 3:00-4:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

16  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Lunch & Games • Noon-3:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

23  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Music Med • 10:00-11:30 am  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

3

10  
Wine/Gate City Coffee  
5:00-7:00 pm

17

24

# MARCH 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

1  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Symphony • 3:00-4:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

5  
Adv Tai Chi • 9:00-10:00 am  
Bridge • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Crochet 102 • 10:30-Noon  
Idaho Weather • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30 am  
C.S. Clay Bldg • 12:30-2:30 pm  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

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

3

9

8  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Sleep Health • 10:30-Noon  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

7  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
Fused Glass Idaho:  
-Section 1 • 10:30-Noon  
Origami Boxes • 1:00-3:00pm  
RMDs • 1:00-2:00 pm  
Book Group • 3:00-4:30 pm  
Wine/PVs • 6:00-8:00 pm

6  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Healthy City:  
-Section 3 • Noon-1:00 pm  
Contra Dancing • 1:00-2:00 pm  
Opioid Overdose • 1:00-2:30 pm  
Quilling • 1:00-3:00 pm  
Texas Hold'em • 2:00-4:00 pm

12  
Bridge • 9:30-Noon  
Ln Dnc Inter • 9:30-10:25 am  
Crochet 102 • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30 am  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

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

10

16  
Water Aerobics • 9:00-10:00 am

15  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Lunch & Games • Noon-3:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

14  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
Fused Glass Idaho:  
-Section 2 • 10:30-Noon

13  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Contra Dancing • 1:00-2:00 pm  
Quilling • 1:00-3:00 pm  
Texas Hold'em • 2:00-4:00 pm  
Spring Wreath • 6:00 pm

19  
Adv Tai Chi • 9:00-10:00 am  
Bridge • 9:30-Noon  
Coffee/Tea • 10:00 am  
Hot Topics • 10:30-Noon  
Crochet 102 • 10:30-Noon  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

18  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Creative Writing • 2:00-4:00 pm

17

23  
Water Aerobics • 9:00-10:00 am

22  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Habitat Humanity • 10:30-Noon  
Irish Revolution • 1:00-2:30 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

21  
Adv Tai Chi • 9:00-10:00 am  
Crochet/Bags • 10:30-Noon  
Ireland Castles • 10:30-Noon  
Yoga • 1:00-2:30 pm  
Whole Foods:  
-Section 1 • 3:00-5:00 pm

20  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Aging in Place • 10:30-Noon  
Healthy City:  
-Section 4 • Noon-1:00 pm  
Quilling • 1:00-3:00 pm  
Texas Hold'em • 2:00-4:00 pm

26  
Adv Tai Chi • 9:00-10:00 am  
Ln Dnc Inter • 9:30-10:25 am  
Crochet 102 • 10:30-Noon  
Landscaping • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30 am  
Clay Building • 12:30-2:30 pm  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

25  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Ln Dnc Starter • Noon-12:50 pm  
Ln Dnc Beg 1 • 1:00-1:55 pm  
Creative Writing • 2:00-4:00 pm  
Ln Dnc Beg 2 • 2:05-3:00 pm

24

30  
Water Aerobics • 9:00-10:00 am

29  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Snowshoeing • 9:30 am  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

28  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
USS Idaho • 10:30-Noon  
Kusudama • 1:00-3:00pm  
Yoga • 1:00-2:30 pm

27  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
High Auth. Individ. • 10:30-Noon  
Fall Prevention • 1:00-2:30 pm  
Texas Hold'em • 2:00-4:00 pm

26  
Adv Tai Chi • 9:00-10:00 am  
Ln Dnc Inter • 9:30-10:25 am  
Crochet 102 • 10:30-Noon  
Landscaping • 10:30-Noon  
Ln Dnc Oldies • 10:35-11:30 am  
Clay Building • 12:30-2:30 pm  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

25  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Ln Dnc Starter • Noon-12:50 pm  
Ln Dnc Beg 1 • 1:00-1:55 pm  
Creative Writing • 2:00-4:00 pm  
Ln Dnc Beg 2 • 2:05-3:00 pm

24

# APRIL 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**6**  
Water Aerobics • 9:00-10:00 am  
Mosque • 6:45-9:00 pm

**5**  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Greenway • 10:00-11:30 am  
Sunday/Park • Noon-1:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

**4**  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
Kusudama • 1:00-3:00 pm  
Story of Creation • 1:00-2:30 pm  
Yoga • 1:00-2:30 pm  
Book Group • 3:00-4:30 pm

**3**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Lady Miners:  
-Sec 1 • 11:00 am  
-Sec 2 • Noon  
Healthy City:  
-Section 5 • Noon-1:00 pm  
Tattooing • 1:00-3:00 pm

**2**  
Adv Tai Chi • 9:00-10:00 am  
Ln.Dnc. Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Mindfulness • 10:00-11:30 am  
Crochet 102 • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

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

**13**  
Water Aerobics • 9:00-10:00 am

**12**  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Greenway • 10:00-11:30 am  
Power of Books • 10:30-Noon  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

**11**  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
Steps to Safety • 10:30-Noon  
Kusudama • 1:00-3:00 pm  
Yoga • 1:00-2:30 pm  
Light up the Night • 8:00 pm

**10**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Lady Miners:  
-Section 1 • 11:00 am  
-Section 2 • Noon  
Potato Museum • 11:30 am  
ISU Athletics • 1:00-2:30 pm  
Tattooing • 1:00-3:00 pm

**9**  
Adv Tai Chi • 9:00-10:00 am  
Ln.Dnc. Inter • 9:30-10:25 am  
Mindfulness • 10:00-11:30 am  
Thalidomide • 10:30-Noon  
Crochet 102 • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

**8**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Ln Dnc Starter • Noon-12:50 pm  
Ln Dnc Beg 1 • 1:00-1:55 pm  
Creative Writing • 2:00-4:00 pm  
Ln Dnc Beg 2 • 2:05-3:00 pm

**20**  
Water Aerobics • 9:00-10:00 am

**19**  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Greenway • 10:00-11:30 am  
Lunch & Games • Noon-3:00 pm  
Symphony • 3:00-4:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

**18**  
Adv Tai Chi • 9:00-10:00 am  
Step It Up • 9:30-11:00 am  
Crochet/Bags • 10:30-Noon  
Water Guardians • 10:30-Noon  
Jewish Bread • 1:00 pm  
Yoga • 1:00-2:30 pm  
Bats • 6:00-7:30 pm

**17**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Lady Miners:  
-Section 1 • 11:00 am  
-Section 2 • Noon  
Healthy City:  
-Section 6 • Noon-1:00 pm  
Tattooing • 1:00-3:00 pm

**16**  
Adv Tai Chi • 9:00-10:00 am  
Ln.Dnc. Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Mindfulness • 10:00-11:30 am  
Crochet 102 • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Wine/Tusciano:  
Section 1 • 2:00-4:00 pm  
Section 2 • 5:00-7:00 pm  
Mahjong • 1:30-4:00 pm

**15**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Ln Dnc Starter • Noon-12:50 pm  
Ln Dnc Beg 1 • 1:00-1:55 pm  
Creative Writing • 2:00-4:00 pm  
Ln Dnc Beg 2 • 2:05-3:00 pm

**27**

**26**  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Greenway • 10:00-11:30 am  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

**25**  
Adv Tai Chi • 9:00-10:00 am  
Crochet/Bags • 10:30-Noon  
Yoga • 1:00-2:30 pm  
Whole Foods:  
-Section 2 • 3:00-5:00 pm

**24**  
Minidoka • 7:30 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Lady Miners:  
-Section 1 • 11:00 am  
-Section 2 • Noon  
Clean Energy • 1:00-2:30 pm  
Tattooing • 1:00-3:00 pm  
NKA Skit • 3:00-4:00 pm

**23**  
Adv Tai Chi • 9:00-10:00 am  
Crochet 102 • 10:30-Noon  
Hot Topics • 10:30-Noon  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm

**22**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Astronomy 13 • 10:30-Noon  
Creative Writing • 2:00-4:00 pm

**28**

**29**  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Creative Writing • 2:00-4:00 pm

**30**  
Adv Tai Chi • 9:00-10:00 am  
Coffee/Tea • 10:00 am  
Bonneville Flood • 10:30-Noon  
Crochet 102 • 10:30-Noon  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm

**30**  
Adv Tai Chi • 9:00-10:00 am  
Ln.Dnc. Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Mindfulness • 10:00-11:30 am  
Crochet 102 • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

**30**  
Adv Tai Chi • 9:00-10:00 am  
Ln.Dnc. Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Mindfulness • 10:00-11:30 am  
Crochet 102 • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

**30**  
Adv Tai Chi • 9:00-10:00 am  
Ln.Dnc. Inter • 9:30-10:25 am  
Coffee/Tea • 10:00 am  
Mindfulness • 10:00-11:30 am  
Crochet 102 • 10:30-Noon  
Ln. Dnc. Oldies • 10:35-11:30 am  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm  
Mahjong • 1:30-4:00 pm

# MAY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

3  
Qigong • 9:00-10:00 am  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Greenway • 10:00-11:30 am  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

2  
Adv Tai Chi • 9:00-10:00 am  
Crochet/Bags • 10:30-Noon  
Idaho Topography • 1:30-3:00 pm  
Book Group • 3:00-4:30 pm

1  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Lady Niners:  
-Section 1 • 11:00 am  
-Section 2 • Noon  
Healthy City:  
-Section 7 • Noon-1:00 pm  
NKA Skit • 3:00-4:00 pm

7  
Adv Tai Chi • 9:00-10:00 am  
C.S. Mosaics • 12:30-2:30 pm  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm

6  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Creative Writing • 2:00-4:00 pm

5

11  
Cherry Springs Walk • 10:30 -12:30 pm

10  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Greenway • 10:00-11:30 am  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

9  
Adv Tai Chi • 9:00-10:00 am  
Cherry Springs Plants-10:30-Noon  
Edson Fichter • 1:00-3:00 pm  
Whole Foods:  
-Section 2 • 3:00-5:00 pm

8  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Lady Niners:  
-Section 1 • 11:00 am  
-Section 2 • Noon  
Electric Bills • 1:00-2:30 pm  
NKA Skit • 3:00-4:00 pm

7  
Adv Tai Chi • 9:00-10:00 am  
C.S. Mosaics • 12:30-2:30 pm  
Team Trivia • 1:00-2:30 pm  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm

6  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Fit and Fall • 9:30-10:30 am  
Creative Writing • 2:00-4:00 pm

5

18

17  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Greenway • 10:00-11:30 am  
Lunch & Games • Noon-3:00 pm  
Square Dance:  
-Section 1 • 6:00-7:30 pm  
-Section 2 • 7:30-9:00 pm

16  
Adv Tai Chi • 9:00-10:00 am  
Whole Foods:  
-Section 2 • 3:00-5:00 pm

15  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Lady Niners:  
-Section 1 • 11:00 am  
-Section 2 • Noon  
NKA Skit • 3:00-4:00 pm

14  
Adv Tai Chi • 9:00-10:00 am  
Coffee/Tea • 10:00 am  
Crochet/Knit Svc • 1:30-3:00 pm  
Knitting • 1:30-3:30 pm

13  
Woodcarving Beg • 9:00-Noon  
Woodcarving Adv • 9:00-Noon  
Creative Writing • 2:00-4:00 pm

12

25

24  
Greenway • 10:00-11:30 am

23  
Whole Foods:  
-Section 2 • 3:00-5:00 pm

22  
Lady Niners:  
-Section 1 • 11:00 am  
-Section 2 • Noon

21  
Crochet/Knit Svc • 1:30-3:00 pm

20  
Crochet/Knit Svc • 1:30-3:00 pm

19

31

30  
Lady Niners:  
-Section 1 • 11:00 am  
-Section 2 • Noon

29  
Lady Niners:  
-Section 1 • 11:00 am  
-Section 2 • Noon

28  
Crochet/Knit Svc • 1:30-3:00 pm

27  
Crochet/Knit Svc • 1:30-3:00 pm

26

**Whole Foods Plant-Based Meals for Health (#3274)**  
*Section 1 – Thursday: February 8, 15, 22 & March 21; 3:00–5:00 p.m.*  
*Section 2 – Thursday: April 25, May 9, 16 & 23; 3:00–5:00 p.m.*  
**BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

If you have been curious about how to make nutritious whole foods plant-based meals, this is the class for you. We will take a look at some results from research, as well as the how-to's so you can get started preparing easy plant-based meals. You will learn about cooking techniques, time-savers, ingredients and seasonings for preparing easy plant-based meals. We'll work in groups to prepare and sample each item. Bring a paring knife, chef's knife and plastic cutting board.

**Location:** Liberty Hall

**Instructor:** Helena Rizor, dietitian and physician assistant

**Facilitator:** Susan Cramer (208-237-8709, s.kramer@gmail.com)

**Class Limit:** 12 per section

**Class Fee:** \$30

**How to Pay:** Please send check payable to Helena Rizor, 544 Taylor Ave., Chubbuck ID 83202 by **January 24th** (Section 1), **April 8th** (Section 2).

**Wine Pairing at PV's Uncorked (#3943)**  
*Wednesday: March 7; 6:00 – 8:00 p.m.*

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

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

**Instructors:** Donnie and Jenn Flores

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

**Class Limit:** 30

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

**How to Pay:** Make check payable to PV's Uncorked. Send to Geoff Hogander, 255 Fairmont Ave., Pocatello ID 93201 by Friday, **March 3rd**.

**Wine Pairing at the Yellowstone (#3642)**  
*Thursday: February 22; 5:00 – 7:00 p.m.*

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

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

**Instructors:** Jennifer Erchul, owner

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

**Class Limit:** 50

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

**How to Pay:** Send check payable to Geoff Hogander, 255 Fairmont Ave., Pocatello ID 83201 by **February 16th**.

**Wine Tasting at Café Tuscano (#3120)**  
*Tuesday: April 16; Section 1: 2:00 – 4:00 p.m.*

*Section 2: 5:00 – 7:00 p.m.*

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

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

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

**Instructors:** Allyson Burnham

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

**Class Limit:** 32

**Class Fee:** \$25 – pays for wines, appetizers and gratuity

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

**Wine Tasting at Gate City Coffee (#3276)**  
*Saturday: February 10; 5:00 – 7:00 p.m.*

Join friends at Gate City Coffee for a fun evening of wine tasting with Terry Capell. There will be 4 delicious desserts available for purchase to add to your enjoyment. It's a cozy environment with a great selection of gifts to browse.

**Location & Address:** Gate City Coffee, 320 West Center St., Pocatello

**Instructors:** Terry Capell with host Bill Kelvie

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

**Class Limit:** 30

**Class Fee:** \$12

**How to Pay:** Please RSVP and send check payable to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by **January 31st**.

**Year of the Dragon – Chinese New Year, 2024 (#3266)**  
*Wednesday: February 21; 1:30 – 3:00 p.m.*

Suzanne Johnson will introduce us to the Year of the Dragon, Chinese New Year and teach you to cook some easy fried rice!

**Location:** Senior Activity Center, dining room

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

**Class Limit:** 75

**Class Fee:** \$2

## GAMES

### Let's Play Bridge! (#3194)

*Tuesdays: January 16 – March 19; 9:30 a.m. – Noon*

Join us! Let's get competitive! We will discuss strategies to use when both partnerships are bidding. Be aggressive! Bid the best contract for your side. Be obstructive! Make it hard for your opponents to win the bidding! Basic knowledge of bridge bidding is needed.

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

**Instructor:** Peggy Vogt

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

**Class Fee:** \$5 for handouts, payable first day of class

### Lunch and Games (#3126)

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

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

*Section 2 – Friday, February 16; Noon – 3:00 p.m.*

*Section 3 – Friday, March 15; Noon – 3:00 p.m.*

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

*Section 5 – Friday, May 17; Noon – 3:00 p.m.*

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

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

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

**Class Limit:** 72

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

### Mahjong (#3125)

*Tuesdays: February 6 – April 16; 1:30 – 4:00 p.m.*

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

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

**Instructor:** Lucy Bonman

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

**Class Limit:** 24

### Team Trivia (#3014)

*Tuesdays: January 30 – May 7; 1:00 – 2:30 p.m. (no class March 12)*

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

**Location:** Liberty Hall and Zoom

**Instructors:** Jim Mariani & Carol Nelson

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

**Class Limit:** 40

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

*Wednesdays: January 17 – March 27; 2:00 – 4:00 p.m.*

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

**Location & Address:** Quail Ridge, 797 Hospital Way

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

**Class Limit:** 24

## GENERAL INTEREST

### Adventures in Peru (#3278)

*Wednesday: February 21; 10:00 – 11:30 a.m.*

Geoff Hogander joins a friend in Peru and they travel from the Nazca lines to the Amazon, and then hike to Machu Picchu.

**Location:** Liberty Hall and Zoom

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

### Aging in Place: A Planning & Design Perspective (#3279)

*Wednesday: March 20; 10:30 a.m. – Noon*

Our rapidly aging population both nationally and locally demands a fundamental shift in planning to minimize the economic, social, and health challenges that will otherwise overwhelm communities. Many communities, however, have had difficulty bringing planners and aging professionals together to plan livable communities for all ages. This presentation will explore how the design of housing and neighborhoods impact the livability of a community and what can be done at a local level to create resilient communities for an aging population.

**Location:** Liberty Hall and Zoom

**Instructor:** Jim Anglesey

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

**Class Fee:** \$5 for handouts, payable the day of class



**C.A.S.A. Volunteers: Changing a Child's Story (#3403)**  
*Thursday: February 1; 10:30 a.m. – Noon*

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

**Location:** Liberty Hall and Zoom

**Instructor:** Leslie Schei

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

**Climate Resilient Landscaping (#3280)**  
*Tuesday: March 26; 10:30 a.m. - Noon*

Whether your home landscape is 5 square feet or 5 acres, join us to explore the assumptions that drive residential landscaping practices. We will learn to apply basic concepts from the fields of ecology and design to help you shift your landscape toward a more resilient, ecologically vibrant space!

**Location:** Liberty Hall and Zoom

**Instructor:** Alissa Salmore

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

**Coffee, Tea, and Conversation (#3286)**  
*Tuesday: January 23, February 6, 20, March 5, 19, April 2, 16, 30, & May 14; 10:00 a.m.*

Let's beat the winter blues by meeting for coffee or tea or conversation. It gives us a chance to see old friends and make new ones. No topic too big or small (but no politics or religion, please).

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

**Instructor:** Marylou Powers

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

**C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)**  
*Thursday: February 15; 10:30 a.m. - Noon*

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

**Location:** Liberty Hall and Zoom

**Instructor:** Zac Bartschi

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

**Do Not Let RMDs Catch You Off Guard – What You Need to Know (#3293)**

*Thursday: March 7; 1:00 – 2:00 p.m.*

This one-hour class will focus on Required Minimum Distributions (RMDs) for all retirement plans and will show examples of how RMDs are computed and at what age plan participants must take them. The workshop will also distinguish between inherited IRAs and regular IRAs, and how the rules are different in determining RMDs. Options for the RMDs including QCDs – Qualified Charitable Distributions will also be discussed, as well as an update of retirement plan regulations for 2024. A question/answer session will follow. George is a Certified Financial Planner with American Financial since 1987. His son, Orie, an MBA, joined Ameriprise Financial in 2016.

**Location:** Liberty Hall and Zoom

**Instructor:** George and Orie Katsilometes

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

**Habitat for Humanity in Pocatello (#3901)**

*Friday: March 22; 10:30 a.m. – Noon*

A member of the board of directors for the local Habitat for Humanity will discuss the activities of our local Habitat for Humanity chapter, including operation of the ReStore, how families are chosen for housing, and the current construction project.

**Location:** Liberty Hall and Zoom

**Instructor:** TBD

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

**High Authoritarian Individuals (#3183)**

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

A repeat of last fall's class, Dr. Joe will lead a discussion regarding the distinction between a high authoritarian person with democratic beliefs, and a high authoritarian person with antidemocratic beliefs as it relates to the psychological constructs of the Authoritarian Personality and the Dark Triad.

**Location:** Liberty Hall and Zoom

**Instructor:** Victor C. Joe, Professor Emeritus of Psychology, ISU

**Facilitator:** Virginia Kelly (ginnykelly@gmail.com)

**Hot Topics (#3827)**

*Tuesday: January 30, February 27, March 19 & April 23; 10:30 a.m. - Noon*

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

**Location:** Liberty Hall and Zoom

**Instructor:** Various

**Facilitator:** Trent Stephens (208-240-4994, stephentrent7@gmail.com)

**Introduction to Safe Teen Assessment Centers and The Village (#3297)**

*Wednesday: February 7; 10:30 a.m. - Noon*

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

**Location & Address:** The Village, 245 N. 5th Ave., Pocatello

**Instructor:** Todd Mauger, Director

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

**Class Limit:** 40

**It Takes a Village (#3299)**

*Wednesday: January 17; Noon - 1:00 p.m.*

This class will explore the many ideas for a spring fundraiser for USP. Anyone is welcome to attend with their ideas or to become a part of the committee planning, organizing and making the event a reality. Many hands make light work for all.

**Location:** Liberty Hall

**Instructors/Facilitators:** Anita Rounds (208-251-1848, Roundsaa@gmail.com) & Sharon Manning (208-233-9425, manninsh@aol.com)

**Light up the Night (#3346)**

*Thursday: April 11; 8:00 p.m.*

Relight the Night committee chair Randy Dixon will guide you on the Historic Downtown Historic Neon Sign Walking Tour. Starting at the Chief Theatre Neon Sign at 8:00 p.m., the 1.6-mile tour will guide you past twenty-one historic signs in Historic Downtown Pocatello. The

history of each sign will be discussed. Dress accordingly and bring an umbrella if needed.

**Location:** Old Chief Theatre, 233 N. Main Street

**Instructor:** Randy Dixon

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

**Class Limit:** 30

**Portneuf River Vision (#3911)**

*Tuesday: February 20; 10:30 a.m. - Noon*

Hannah Sanger will talk about the Portneuf River Vision, including completed and in-progress projects as well as plans for the future. Learn about the Water Trail that runs right through Pocatello – and how you can access it by kayak, tube or paddleboard. There will be a brief overview of the history of the Portneuf River in the Pocatello area and the ecosystem health concerns we are working to address.

**Location:** Liberty Hall and Zoom

**Instructor:** Hannah Sanger

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

**Reminisce with Steve Hayes about ISU Athletics and NBA Experience (#3252)**

*Wednesday: April 10; 1:00 - 2:30 p.m.*

Reminisce with ISU basketball star Steve Hayes about ISU athletics and his NBA experiences.

**Location:** Liberty Hall and Zoom

**Instructor:** Brad Bugger

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**The Senior Activity Center Inside and Out (#3301)**

*Wednesday: January 17; 10:30 a.m.*

Learn about our own Senior Center, what's happening now, the history and hopes/plans for the future.

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

**Instructor:** Anita Valladolid

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

**The "Unabridged" Story of Creation (#3304)**

*Thursday: April 4; 1:00 - 2:30 p.m.*

Judaism is filled with a rich tradition of mythology and folklore. Join us as we look at the story of creation and expand its boundaries by looking beyond the printed words in the bible.

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

**Instructor:** Rabbi Sara Goodman

**Facilitator:** Liz Benson (208-232-0054, lizbeth.idaho@gmail.com)

**Class Limit:** 60

**The USS Idaho (#3310)**

*Thursday: March 28; 10:30 a.m. - Noon*

The USS IDAHO SSN 799 Commissioning Foundation and Committee, of which Don Hulse is a part, has been instrumental in getting the name USS IDAHO attached to a Virginia Class nuclear-powered fast attack submarine being built by General Dynamics Electric Boat in Connecticut. She will be christened sometime between late 2023 and spring 2024, and is likely to be commissioned into the Navy fleet during the spring of 2025.

**Location:** Liberty Hall and Zoom

**Instructor:** Don Hulse

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

**Visit to the Pocatello Mosque (#3413)**

*Saturday: April 6; 6:45 – 9:00 p.m.*

The Pocatello Muslim community invites you to share in our celebration of the Holy Month of Ramadan. We will meet at the Mosque for a presentation and Q&A session from 7:00 – 8:00 p.m. Fast breaking at sunset: 8:04 p.m. After sunset, mandatory prayer for Muslims: 8:10 – 8:20 p.m. Dinner for all participants: 8:20 – 9:00 p.m. Dispersal/goodbye: 9:00 p.m.

**Location:** Pocatello Mosque, 1513 S. 5th Ave., Pocatello

**Instructor:** Mohammad Safdar

**Facilitator:** Virginia Kelly (ginnykelly@gmail.com)

**Class Limit:** 22

**Women in the Military (#3315)**

*Monday: February 19; 10:30 a.m. - Noon*

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

**Location:** Liberty Hall and Zoom

**Instructor:** Linda Scott

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

complexity and nuance, those that were able to age and evolve over many years, that touched the emotions, inspired contemplation, and provoked discussion. At the least, all great minds ought to be balanced and harmonious, and need to be refreshed. We'll talk about how to choose the best kind for your palate, how to treat it properly and keep it engaged, and the finer nuances of the science of mind making.

**Location:** Liberty Hall and Zoom

**Instructor:** Dr. Curt Anderson, PhD

**Facilitator:** Lizbeth Benson (208-232-0054, Lizbeth.idaho@gmail.com)

**Beginning Mat Yoga (#3717)**

*Thursdays: March 21 – April 25; 1:00 – 2:30 p.m.*

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

**Location:** Liberty Hall, upstairs

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

**Class Limit:** 12

**The Fundamentals of Mindfulness (#3229)**

*Tuesday: April 2, 9, & 16; 10:00 – 11:30 a.m.*

Mindfulness practices provide powerful tools for learning to live in the present moment, to be resilient in the face of crises, and to develop compassion and joy. This course introduces mindfulness as well as experience using numerous practices to increase mindfulness.

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

**Instructor:** Drs. Paula and Tony Seikel

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

**Class Limit:** 25 in-person; unlimited on Zoom

**Guided Meditation, Find Inner Radiance (#3307)**

*Wednesday: February 7; 1:00 – 2:30 p.m.*

Discover a guided meditation from the yoga perspective. This is an ancient meditation that has the power to change your life. Learn how to experience jyotishmati, Sanskrit for intrinsic luminosity of our core being. This meditation is easy to learn, accessible to anyone, and timely in our challenging life conditions. This powerful meditation can be practiced sitting in a chair.

**HEALTH & WELLNESS**

**Aging and Perception (#3316)**

*Thursday: February 22; 10:30 a.m. - Noon*

Like fine wine, for the mind to age properly, it must be under optimal conditions. Here, we'll discuss the prats and pitfalls of a fine, well, uncorked mind. Greatness has classically been associated with minds that showed

It is especially available to those who would like to meditate but worry about their ability to quiet their mind.

**Location:** Liberty Hall and Zoom

**Instructor/Facilitator:** Brenda Ehrler, Certified 500-hour Yoga instructor (801-554-9396, bl\_ehrler@att.net)

**Class Limit:** 30

**Class Fee:** \$15 for Vishoka Meditation book by Pandit Rajmani Tigunait, PhD. Pay and receive a book on day of class.

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

*Wednesday: February 7, 21, March 6, 20, April 3, 17, & May 1; Noon – 1:00 p.m.*

Healthy City, USA, NKA, and Portneuf Medical Center's Diabetes and Nutrition Education Team have worked together to bring special health-related classes for our membership. These classes are geared towards the 65+ age group but are open to anyone in the community. Seven topics are listed below. Please select the classes you would like to attend. You must register for each class you wish to attend.

**Section 1** – *February 7: Healthy Living in your Silver and Golden Years*

**Section 2** – *February 21: Harvesting Healthy Habits*

**Section 3** – *March 6: Nourish with Knowledge*

**Section 4** – *March 20: Nourish for the Now and Then*

**Section 5** – *April 3: Lively Life Planning*

**Section 6** – *April 17: Donuts, Dealers, and Drugs, oh my!*

**Section 7** – *May 1: Treat Yourself and Another*

**Location:** City Center Campus, 1001 N. 7th – Training Level (Old Blocks Building)

**Instructor:** Healthy City, USA Staff

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

**Class Limit:** 30

### **Healthy Living is Healthy Aging (#3323)**

*Wednesday: February 21; 1:00 – 2:30 p.m.*

Promoting health and preventing disease across the lifespan is the key to staying healthy as we age. Healthy living is healthy aging! Developing and maintaining healthy aging practices throughout the lifespan contributes to greater resilience and opportunities to thrive as we age. There are essential steps to healthy aging you will learn about in this presentation!

**Location:** Liberty Hall and Zoom

**Instructor:** Michelle Butterfield

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

### **Music Medicine – Self-Healing with Sound (#3324)**

*Friday: February 23; 10:00 – 11:30 a.m.*

The focus of this class is to understand how music affects the brain and can be an integral part of improving physical and mental well-being. A brief concept of the Music Medicine Wheel will be introduced and its healing connections for symptoms of brain disorders, such as Parkinson's and Alzheimer diseases will be discussed. During the rest of the hour, we will do hands-on music practices for its four elements – rhythm, melody, harmony, and silence. If you have any hand drums, shakers, instruments, bring them with you to the class. This is a class for knowledge, awareness, and fun. It is open to community and NKA members.

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

**Instructors/Facilitators:** Rachel W. Damewood (208-604-0741, racheldamewood91@gmail.com) and Frank Chalmers (508-922-8900, frankchalmers@gmail.com)

**Class Limit:** 50

### **Opioid Overdose Prevention and Response Training (#3326)**

*Wednesday: March 6; 1:00 – 2:30 p.m.*

This training covers information on opioids, resources, evidence-based overdose prevention strategies, and how to identify and respond to an opioid overdose.

**Location:** Liberty Hall and Zoom

**Instructor:** Morgan Anderson

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

### **Sleep, Alcohol Use, and Health in Older Adults (#3329)**

*Friday: March 8; 10:30 a.m. - Noon*

We will discuss sleep issues among older adults (aged 65 and older), and how sleep may affect health and other health outcomes.

**Location:** Liberty Hall and Zoom

**Instructor:** Maria Wong

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

### **Steps to Safety (#3330)**

*Thursday: April 11; 10:30 a.m. - Noon*

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

**Location:** Liberty Hall and Zoom

**Instructor:** Kim Stouse

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

**Stop the Bleed (#3333)**

*Monday: April 1; 10:30 a.m. - Noon*

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

**Location:** Liberty Hall and Zoom

**Instructors:** Kim Stouse, PFD, and Jordan Johnson, PPD

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

**Taking Steps to Prevent Falls (#3334)**

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

One in four Americans aged 65+ falls each year. Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. Learning how to prevent a fall is important to keep you safe and healthy.

**Location:** Liberty Hall and Zoom

**Instructor:** Michelle Butterfield

**Facilitator:** Teresa Westfall (703-973-5074, westfall0@gmail.com)

**This Is My Cup: Our Faith Journey (#3335)**

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

The story of our life's journey in the fight through Leukemia.

**Location:** Liberty Hall and Zoom

**Instructors:** Forest and Pam Holmes

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

**HISTORY**

**Castles of Ireland (#3342)**

*Thursday: March 21; 10:30 a.m. – Noon*

Ireland has one of the highest concentrations of castles anywhere in the world. There are over 2,000 tower houses (small castles) alone in the west central part of the emerald island. In the spring and fall of 2016, I traveled to Ireland to do some thalidomide medical-legal consulting. While there, of course I visited as many castles as possible – including kissing the Blarney Stone. I also visited many other historic sites such as Irish monasteries and Newgrange. This is lecture three in my series of castle classes for NKA.

**Location:** Liberty Hall and Zoom

**Instructor:** Trent Stephens

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

**The Irish Revolution, 1913-1923: Politics, Violence, and Environment (#3347)**

*Friday: March 22; 1:00 – 2:30 p.m.*

This class will explore the origins, phases, and consequences of the Irish Revolution. It will specifically focus on the 1916 Easter Rising, the Irish War of Independence, and the Irish Civil War, drawing on the instructor's recently published book, *Enduring Ruin: Environmental Destruction During the Irish Revolution*. If attendees would like to read a copy of the book that portions of my talk will be based on, it is available on Amazon.

**Location:** Liberty Hall and Zoom

**Instructor:** Justin Dolan Stover, PhD

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

**Karl Timmerman and the Ludendorff Bridge (#3348)**

*Monday: March 4; 10:30 a.m. - Noon*

First Lt. Karl H. Timmerman was the first U.S. soldier to cross the Rhine River in World War II. His unit, the 9th Armored Division found the Ludendorff Railroad Bridge at Remagen to still be intact on March 7, 1945, and his infantry company was ordered to seize it. The Germans attempted to blow the bridge but failed. The allies used the bridge to move tanks, trucks, and 8,000 soldiers across it in the first 24 hours. This presentation will explain how they did it.

**Location:** Liberty Hall and Zoom

**Instructor:** F.C. "Chuck" Humphrey, PhD; Lt Colonel, U.S. Army (Retired)

**Facilitator:** Jane E. Humphrey (208-540-2284, jehumphrey@gmail.com)

**Lodge Halls and Railroad Houses (#3350)**

*Monday: February 26; 10:30 a.m. - Noon*

Lodges and fraternal organizations had a lasting effect on the development of business districts in growing towns and cities in Idaho and the West. A number of buildings in historic downtown, still standing and some long gone, contributed to the development of Pocatello. Learn where they are, their history, and their contributions to the city. Railroad houses were prefabricated houses brought in on flatbed rail cars to provide housing for the first railroad workers and other settlers. Many of them still exist around the city, and can be seen by certain characteristics which make them recognizable today. This presentation includes illustrations of many of them including how they looked originally, and how they look today.

**Location:** Liberty Hall and Zoom

**Instructor:** Arlen Walker

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**Pocatello Street Names Preserve History (#3447)***Monday: February 5; 10:30 a.m. – Noon*

Pocatello had its beginnings as a stage stop, which became a railroad junction, and finally a townsite by 1889. This presentation illustrates the growth of the town, the platting of the streets in the original townsite, how they got their names and how the streets of Pocatello preserve the history of the settlement of the West.

**Location:** Liberty Hall and Zoom**Instructor:** Arlen Walker**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)**The Power of Books: A Brief History of Censorship (#3351)***Friday: April 12; 10:30 a.m. – Noon*

We will talk about the nefarious practice of book banning, how to combat it, and who it affects. This class is a repeat of a Hot Topics class in Fall 2023.

**Location:** Liberty Hall and Zoom**Instructor:** Kathryn Luker**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)**Thalidomide: The Geneva Connection (#3353)***Tuesday: April 9; 10:30 a.m. – Noon*

The Australian thalidomide cases were settled for 105 victims at \$89 million on December 10, 2013. One week earlier, I received an invitation to attend a special WHO meeting to determine what kinds of defects thalidomide caused. However, once I arrived, there was an attempt to keep me out of the main meeting to conclude such a determination.

**Location:** Liberty Hall and Zoom**Instructor:** Trent Stephens, PhD; ISU Emeritus Professor of Anatomy and Embryology**Facilitator:** Kathleen Stephens (208-244-2732, kathleenrstephens@gmail.com)**We Want Our Regimental Flag Back (#3117)***Thursday: January 18; 10:00 – 11:30 a.m.*

The first Minnesota Regiment captured a Virginia Regiment's Confederate battle flag on July 2, 1863 during the Battle of Gettysburg. This presentation will explain why the Gopher State won't give it back to The Old Dominion State.

**Location:** Liberty Hall and Zoom**Instructor:** F.C. "Chuck" Humphrey, PhD; Lt. Colonel, US Army (Retired)**Facilitator:** Jane E. Humphrey (208-540-2284, jehumphrey@gmail.com)**NATURE, SCIENCE & TECHNOLOGY****Astronomy 13: Beyond the James Webb: New and Upcoming Telescopes (#3133)***Monday: April 22; 10:30 a.m. - Noon*

Without the telescope, astronomy would still be in the dark ages. Join us as we take a closer look at the latest and greatest telescopes in their various stages of development and hopes for discoveries. Astronomy will never be the same.

**Location:** Liberty Hall and Zoom**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)**The Bonneville Flood and SE Idaho Landscape Change Over the Last 8 Million Years (#3186)***Tuesday: April 30; 10:30 a.m. - Noon*

This lecture will be a review and continuation of a talk that Paul Link started at the Edson Fichter Nature area in September. It will be broader, and will describe the landscape evolution of SE Idaho since the Yellowstone Snake River Plain Hotspot was just to the north, at 8 million years ago and the Bear River had not broken through from the east, through to the American Falls Lake and the Bonneville Flood.

**Location:** Liberty Hall and Zoom**Instructor:** Paul Link, ISU Geosciences**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)**Edson Fichter Walk and Talk with Fish & Game (#3515)***Thursday: May 9; 1:00 – 3:00 p.m.*

Join us at Edson Fichter Nature Area to learn the background, nature, purpose, and future of the Area. See what plants are coming up in the spring. There will be some walking involved and you can continue exploring on your own after class. Check the weather and dress accordingly.

**Location & Address:** Edson Fichter Nature Area, 6011 Arapahoe St., Pocatello**Instructor:** Maria Pacioretty, Wildlife Habitat Biologist for the Idaho Department of Fish and Game**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)**Class Limit:** 30**How You Can Reduce Your Electric Bills and Make Your Home Warmer with the IRA (#3464)***Wednesday: May 8; 1:00 – 2:30 p.m.*

The Inflation Reduction Act (IRA) of 2022 is the most significant climate legislation in U.S. history, offering (continues...)

(continued... *How you can reduce your electric bills and make your home warmer with the IRA*)

funding, programs, and incentives to accelerate the transition to a clean energy economy. It provides funding for making your home more energy-efficient, and funds for electrical panel upgrades as well as store rebates for high-efficiency electric appliances such as induction stoves and heat pumps for space heating and cooling.

**Location:** Liberty Hall and Zoom

**Instructor:** Linda Engle

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

**The Interesting Things About Bats (#3468)**

*Thursday: April 18; 6:00 – 7:30 p.m.*

Come to the Fish and Game auditorium to learn about the various bats in our area. You'll find out where they are, what they eat, and how they maneuver. You'll agree that they are not so scary after all.

**Location:** Idaho Fish & Game meeting room, 1345 Barton Rd., Pocatello

**Instructor:** Jennifer Jackson, Regional Communications Manager for the Idaho F&G Southeast Region

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

**Class Limit:** 60

**Learning to Live with Wildlife (#3227)**

*Thursday: February 29; 10:30 a.m. – Noon*

This class reveals what happens when the wild tries to make its way with us in the way. Through discussion, photos and videos, students learn how to help rather than hinder the animals we share Idaho's magnificent woods and waters with. Increased awareness of what else lives among us, strengthens humanity's connection with natural resources.

**Location:** Liberty Hall and Zoom

**Instructor:** Kris Millgate, outdoor journalist and Tight Line Media CEO

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

**Class Fee:** None – Kris will have her books available for sale and signing at the lecture. *My Place Among Beasts* - \$20, *My Place Among Fish* - \$20, and *My Place Among Men* - \$18, tax included.

**The Legacy of Rancho La Brea – Part 2 (#3367)**

*Thursday: February 8; 2:00 – 3:00 p.m.*

Chris Shaw continues speaking about excavating and studying the remains found at the La Brea Tar Pits; emphasizing saber-toothed cats this time. Specimens will be available.

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

**Instructor:** Christopher A. Shaw, Affiliate Curator of Vertebrate Paleontology at the IMNH

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

**Class Limit:** 50

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

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

**Myths and Facts about the Energy Transition (#3480)**

*Wednesday: February 28; 1:00 – 2:30 p.m.*

Across the globe the transition to clean electricity and electric vehicles is growing exponentially. The International Energy Agency recently published their latest findings which put to rest many of the myths about this clean energy transition. Although we face challenges to reaching net zero carbon emissions by 2050, there are recent rapid changes in both technology and policy that give us hope for avoiding the worst consequences of climate change. Come get a reality check and learn about the facts and myths surrounding the energy transition.

**Location:** Liberty Hall and Zoom

**Instructor:** Linda Engle

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

**Obstacles to a Clean Energy Future (#3213)**

*Wednesday: April 24; 1:00 – 2:30 p.m.*

Paul Hancock will provide his expertise by discussing the impact of climate change and clean energy solutions. What are the immediate obstacles slowing the transition to cleaner power sources? Learn more about the national power grid and how Idaho fits into it.

**Location:** Liberty Hall and Zoom

**Instructor:** Paul Hancock

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

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

*Thursday: May 9; 10:30 a.m. – Noon*

Geoff Hogander, Member of the Sawabi Chapter of the Idaho Native Plant Society, will do a slide presentation about the plants that we will see at Cherry Springs Nature Preserve May 11th. 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

(continues...)

## 19 NEW KNOWLEDGE ADVENTURES

(continued... *The Plants of Cherry Springs Nature Area*)

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)

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### **Roads vs. Wildlife (#3247)**

*Tuesday: February 6; 10:30 a.m. - Noon*

Roadkill is only part of the story. Join us in exploring how road systems impact the living landscape and how the tools of science, engineering and policy can help reduce the collateral damage to wild animal populations incurred by roads.

**Location:** Liberty Hall and Zoom

**Instructor:** Alissa Salmore

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

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### **Taking Better Pictures with Your iPhone (#3325)**

*Thursday: February 8; 10:30 a.m. – 12:30 p.m.*

Learn how to take better pictures with your iPhone. In addition to dedicated cameras, Dr. Peterson uses an iPhone for his nature photography and has been impressed with the quality of photos that is possible from a smartphone. Come learn some tricks from this retired ISU Department of Biology professor.

**Location:** Liberty Hall and Zoom

**Instructor:** Dr. Chuck Peterson

**Facilitator:** Teresa Westfall (703-973-5074, westfall0@gmail.com)

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### **The Topography of Central Idaho and the Plume of the Yellowstone Hotspot (#3359)**

*Thursday: May 2; 1:30 – 3:00 p.m.*

Idaho has striking topography. How are the central Idaho Mountains related to the Snake River Plain and its volcanic history? Paul Link will talk about the formation of this topography as related to the Yellowstone Hotspot. This talk will focus on Central Idaho, north of the Snake River Plain.

**Location:** Liberty Hall and Zoom

**Instructor:** Paul Link

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

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### **Using iNaturalist to Catalog the Diversity of Life (#3360)**

*Wednesday: January 17; 2:00 – 3:30 p.m.*

How to use iNaturalist to record location and species of

## • SPRING 2024

plants and animals, and how that information is used by scientists.

**Location:** Liberty Hall and Zoom

**Instructor:** Bob McCoy

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

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### **Watershed Guardians (#3361)**

*Thursday: April 18; 10:30 a.m. – Noon*

The beaver's ability to improve water quality in the Portneuf Watershed region is fascinating. Come learn about this keystone species and the importance to the biodiversity in our region. Dispel some of the myths about beavers from Mike Settell, founder of the Watershed Guardians Organization.

**Location:** Liberty Hall and Zoom

**Instructor:** Mike Settell

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

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### **Weather in Idaho (#3363)**

*Tuesday: March 5; 10:30 a.m. – Noon*

A local meteorologist from the National Weather Service in Pocatello will present a class on Idaho Weather, including season to season expectations, current water outlook, and more.

**Location:** Liberty Hall and Zoom

**Instructor:** Tim Axford, Meteorologist, NOAA

**Facilitator:** Mari Tusch (208-317-6301, mtusch47@gmail.com)

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### **Why Your Next Vehicle Could be a Fun Electric (#3364)**

*Wednesday: January 31; 1:00 – 2:30 p.m.*

- Pollution: why EVs are important
- How electrifying helps Idaho's economy
- The differences between EVs and Internal Combustion Engine, (ICE) Cars
- How charging works and the state of charging stations in the US and Idaho
- Vehicle range, maintenance, battery life over time, battery recycling
- Costs of EV vs ICE both including federal tax incentives for used and new EVs

**Location:** Liberty Hall and Zoom

**Instructor:** Linda Engle

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

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**TRAVEL**

**NOTES:**

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

**Diamond Tours, Garden of the Gods, Colorado (#3365)**

*Sunday: June 9 – Saturday: June 15;*

*Check in: 7:30 a.m. Depart: 8:00 a.m.*

Travel by top-quality motor coach to historic Manitou Springs, Colorado at the base of Pikes Peak. After enjoying lunch surrounded by the beautiful Rocky Mountains, travel on to the Garden of the Gods. This magnificent park of red sandstone formations is a spiritual retreat of ancient peoples. The following day journey to Colorado Springs to visit the U.S. Olympic and Paralympic Museum and the U.S. Air Force Academy. The next day visit the Royal Gorge Bridge Park aboard the aerial tram. That night will conclude with dinner and entertainment. On the way home, we will stop at the Cheyenne Depot Museum, a designated National Historic Landmark.

**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) and Kathy Reynolds (208-680-5537, kathy1269@gmail.com)

**Class Limit:** 40

**Class Fee:** \$999 per person double occupancy  
 Fee Pays For: Transportation, 6 night's lodgings, Entrance Fees, 10 Meals, 6 Breakfast & 4 Dinners. (gratuity has been paid for pre-paid meals.)

We will not be providing water or snacks on this trip. Driver tip is not included. The recommended amount is \$2 per day per person.

**How & When to Pay:** a \$75 deposit per person must be paid by February 9th. The balance is due by May 9th. Make check payable to NKA and send to Nadine Howard, 30 Debbie Drive, Pocatello ID 83204 (775-843-3743).

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

*Tuesday: February 6;*

*Check in: 7:00 a.m. Depart: 7:30 a.m.*

Travel to Jackson Hole, Wyoming and have lunch at Jackson Hole Senior Citizen Center. After lunch we will travel to National Elk Refuge for a sleigh ride. A sleigh ride is a great way to explore the refuge. The refuge was originally established in 1912 to protect one of the world's largest elk herds. It spans 24,700 acres. Run by the Fish and Wildlife Service, the National Elk Refuge provides a winter habitat for elk. The elk typically migrate down from the high country from late October through December in search of food. They make their way back to higher elevation in April and May. **PLEASE MAKE SURE AND BRING WARM CLOTHES FOR THE SLEIGH RIDE, HATS, GLOVES, BLANKETS, WARM COATS AND WARM BOOTS.**

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

**Facilitators:** Kathy Reynolds (208-680-5537, kathy1269@gmail.com) and Katie Sierra (208-244-1418, ksierra838@hotmail.com)

**Class Limit:** 40

**Class Fee:** \$88. This includes bus, lunch, sleigh ride, tip for bus and sleigh ride driver, snacks and water.

**How & When to Pay:** Make checks payable to NKA and send to Nadine Howard, 30 Debbie Drive, Pocatello ID 83204 (775-843-3743) by **January 6th.**

**Minidoka National Historic Site, Jerome Idaho (#3182)**

*Wednesday: April 24; Check in: 7:30 a.m. Depart 8:00 a.m.*

Travel to Jerome, Idaho and visit the Minidoka Relocation Center. This site served as an internment for West Coast Japanese American citizens from 1942-1945 after Japan attacked Pearl Harbor and plunged the U.S. into World War II. At one time, approximately 13,000 incarcerates went through Minidoka. Several exhibits educate about the relocation camp. Wear comfortable walking shoes.

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

**Facilitators:** Kathy Reynolds (208-680-5537, kathy1269@gmail.com) and May Hong (208-221-9109, hongma1186@gmail.com)

**Class Limit:** 40

**Class Fee:** \$54. This includes bus, bus driver tip, snacks, water and lunch.

**How & When to Pay:** Make checks payable to NKA and send to Nadine Howard, 30 Debbie Drive, Pocatello ID 83204 (775-843-2743) by **March 24th.**

## FIELD TRIPS

**Plant Walk at Cherry Springs Nature Area (#3873)**  
*Saturday: May 11; 10:30 a.m. – 12:30 p.m.*

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

**Location:** Cherry Springs Nature Area, South Mink Creek Road

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

**Class Limit:** 40

**Potato Museum and Lunch (#3260)**  
*Wednesday: April 10; 11:30 a.m.*

Meet at the Potato Museum for a tour of the museum and a Potato Bar lunch. If you need a ride, call Marylou at (209) 625-6160 or Jane at (208) 241-1376.

**Location & Address:** Idaho Potato Museum, 130 NW Main Street, Blackfoot

**Instructor:** Marylou Powers

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

**Class Limit:** 40

**Class Fee:** \$12 for tour and lunch. Please send a check payable to Marylou Powers, 113 Westello Blvd., Pocatello, ID 83204 by **April 3rd**.

## WRITING &amp; LITERATURE

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

*Thursday: February 1, March 7, April 4 & May 2; 3:00 – 4:30 p.m.*

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

**February 1** – *Mad Honey* by Jodi Picoult

**March 7** – *Lessons in Chemistry* by Bonnie Garmus

**April 4** – *Horse* by Geraldine Brooks

**May 2** – *Bookwoman's Daughter* by Kim Michele Richardson

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

**Facilitators:** Ann Smith (208-251-5812), 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, 830 Spyglass Point, Pocatello, ID 83204 by **January 20th**.

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

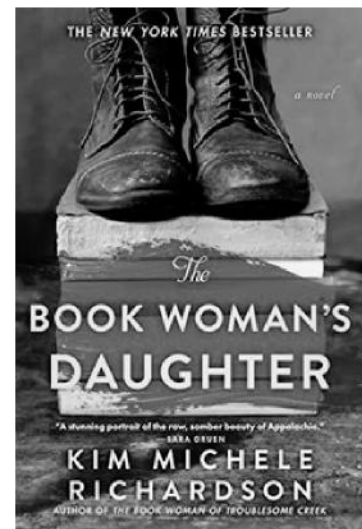
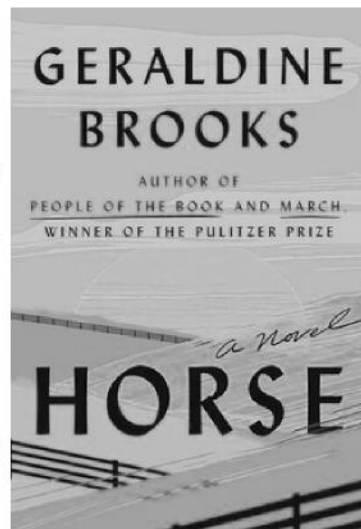
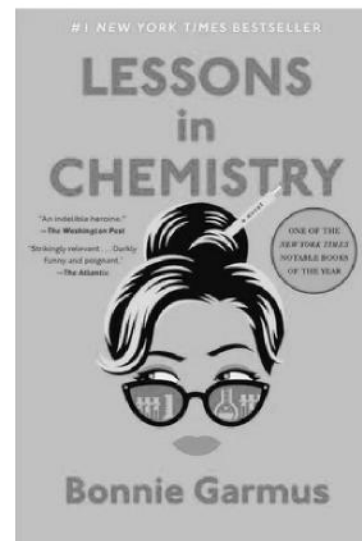
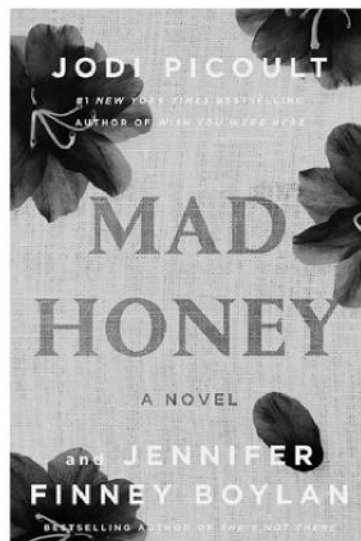
*Mondays: January 15 – May 13; 2:00 – 4:00 p.m.*  
*(no class March 11)*

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

**Location:** Liberty Hall and Zoom

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

**Class Limit:** 12



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

# NEW KNOWLEDGE ADVENTURES

## NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2024

PLEASE: PRINT NEATLY  
SIGN BELOW  
COMPLETE BOTH SIDES

New Member  Previous Member

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

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Contact Person and Phone: \_\_\_\_\_

Preferred method of contact:  Phone  E-mail

Preferred method of registration receipt:  Mailed  E-mailed

### REGISTRATION OPENS ON JANUARY 10

Three options are available to register:

#### 1—By Mail:

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

#### 2—In Person at:

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

#### 3—Online:

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

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

Fax: 208-282-5894; ATTN. Shirley

### Your Registration

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

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

**TOTAL DUE**  
\$ \_\_\_\_\_

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

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

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

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

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

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

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

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

# NEW KNOWLEDGE ADVENTURES

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

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

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

### ART, MUSIC & THEATER

- NKA Annual Meeting Skit (#3303)
- Preview to the Jazz Fest (#3497)
- Preview to the Play: Sunday in the Park with George (#3512)
- Preview to the Play: The Twits (#3588)
- Preview to the Symphony (#3322)

### ISU CRAFT CLASSES

#### IN-PERSON (ALL CLASSES)

For those taking ISU craft shop classes, pre-payment is required at time of enrollment. Cancellations will NOT be reimbursed unless a replacement for your seat is found. Emergencies are an exception. Pay online, in person at CEWT office, or call 208-282-3372 to ensure class is not full.

- Craft Shop Calligraphy Pre-Pay \$10 (#3243)
- ▼ Craft Shop Fused Glass Pre-Pay \$25 (#3533)  
SECTION:  1  2
- Craft Shop Hand Building with Clay Pre-Pay \$35 (#3599)
- Craft Shop Mosaic Stepping Stones Pre-Pay \$20 (#3244)
- ▼ Craft Shop Resin Suncatcher Pre-Pay \$20 (#3592)  
SECTION:  1  2

### CRAFTS & HOBBIES

- Beginning Crochet 102 (#3309)
- Beginning and Intermediate Knitting (#3135)
- Beginning Tatting (#3124)
- Create a Vision Board for 2024 (#3583)
- ▼ Creative Cards for Valentines & Birthdays (#3739)  
SECTION:  1  2
- Crochet/Knitting Service Group (#3196)
- Crochet with Recycled Bags – Service Group (#3145)
- ▼ Fused Glass Idaho (#3560)  
SECTION:  1  2
- Let's Go Retro! Making Salt Dough Creations (#3544)
- Origami Boxes (#3283)
- Origami Simple Kusudama (#3155)
- Origami Spring (#3269)
- Printing with Pressure (#3149)
- Quilling (#3220)
- Spring Wreath (#3153)
- Steam Punk Jewelry (#3151)
- Valentine Décor Workshop (#3239)
- Wind Chimes (#3242)
- Woodcarving, Beginner (#3101)
- Woodcarving, Advanced (#3558)

### FITNESS & MOTION

- Advanced T'ai Chi Chih (#3104)
- Contra Dancing (#3254)
- Fit and Fall Proof® (#3106)
- Guided Snowshoeing at the Nordic Center (#3261)
- ▼ Lady Niners Golf (#3116)  
SECTION:  1  2
- Line Dancing: Starter (#3013)
- Line Dancing: Beginning 1 (#3111)
- Line Dancing: Beginning 2 (#3112)
- Line Dancing: Intermediate (#3113)
- Line Dancing: Oldies but Goodies (#3110)
- Line Dancing: Step it Up (#3819)
- Qigong (#3282)

- Snowshoeing the Hills (#3570)
- ▼ Square Dance (#3105)  
SECTION:  1  2
- Walking the Greenway (#3115)
- Water Aerobics in the Lava Hot Springs Indoor Pool (#3265)
- Zumba Gold® (#3952)

### FOOD & BEVERAGE

- Making Traditional Jewish Bread (#3271)
- The Mighty Microgreen – Growing Good Health at Home (#3272)
- ▼ Whole Foods Plant-Based Meals for Health (#3274)  
SECTION:  1  2
- 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 (#3276)
- Year of the Dragon – Chinese New Year, 2024 (#3266)

### GAMES

- Let's Play Bridge! (#3194)
- ▼ Lunch and Games (#3126)  
SECTION:  1  2  3  4  5
- Mahjong (#3125)
- Team Trivia (#3014)
- Texas Hold'em Poker (#3127)

### GENERAL INTEREST

- Adventures in Peru (#3278)
- Aging in Place: A Planning & Design Perspective (#3279)
- C.A.S.A. Volunteers: Changing a Child's Story (#3403)
- Climate Resilient Landscaping (#3280)
- Coffee, Tea, and Conversation (#3286)
- C.R.A.S.E. – Civilian Response to Active Shooter Events (#3289)
- Do Not Let RMDs Catch You Off Guard – What You Need to Know (#3293)
- Habitat for Humanity in Pocatello (#3901)
- High Authoritarian Individuals (#3183)
- Hot Topics (#3827)
- Introduction to Safe Teen Assessment Centers and The Village (#3297)
- It Takes a Village (#3299)
- Light up the Night (#3346)
- Portneuf River Vision (#3911)
- Reminisce with Steve Hayes about ISU Athletics and NBA Experience (#3252)
- The Senior Activity Center Inside and Out (#3301)
- The "Unabridged" Story of Creation (#3304)
- The USS Idaho (#3310)
- Visit to the Pocatello Mosque (#3413)
- Women in the Military (#3315)

### HEALTH & WELLNESS

- Aging and Perception (#3316)
- Beginning Mat Yoga (#3717)
- The Fundamentals of Mindfulness (#3229)
- Guided Meditation, Find Inner Radiance (#3307)
- ▼ Healthy City, USA (#3319)  
SECTION:  1  2  3  4  5  6  7

- Healthy Living is Healthy Aging (#3323)
- Music Medicine – Self-Healing with Sound (#3324)
- Opioid Overdose Prevention and Response Training (#3326)
- Sleep, Alcohol Use, and Health in Older Adults (#3329)
- Steps to Safety (#3330)
- Stop the Bleed (#3333)
- Taking Steps to Prevent Falls (#3334)
- This is My cup: Our Faith Journey (#3335)

### HISTORY

- Castles of Ireland (#3342)
- The Irish Revolution, 1913-1923: Politics, Violence, and Environment (#3347)
- Karl Timmerman and the Ludendorff Bridge (#3348)
- Lodge Halls and Railroad Houses (#3350)
- Pocatello Street Names Preserve History (#3447)
- The Power of Books: A Brief History of Censorship (#3351)
- Thalidomide: The Geneva Connection (#3353)
- We Want Our Regimental Flag Back (#3117)

### NATURE, SCIENCE, & TECHNOLOGY

- Astronomy 13: Beyond the James Webb: New and Upcoming Telescopes (#3133)
- The Bonneville Flood and SE Idaho Landscape Change Over the Last 8 Million Years (#3186)
- Edson Fichter Walk and Talk with Fish & Game (#3515)
- How You Can Reduce Your Electric Bills and Make Your Home Warmer with the IRA (#3464)
- The Interesting Things About Bats (#3468)
- Learning to Live with Wildlife (#3227)
- The Legacy of Rancho La Brea – Part 2 (#3367)
- Myths and Facts about the Energy Transition (#3480)
- Obstacles to a Clean Energy Future (#3213)
- The Plants of Cherry Springs Nature Area (#3872)
- Roads vs. Wildlife (#3247)
- Taking Better Pictures with Your iPhone (#3325)
- The Topography of Central Idaho and the Plume of the Yellowstone Hotspot (#3359)
- Using iNaturalist to Catalog the Diversity of Life (#3360)
- Watershed Guardians (#3361)
- Weather in Idaho (#3363)
- Why Your Next Vehicle Could Be a Fun Electric (#3364)

### TRAVEL & FIELD TRIPS

- Diamond Tours, Garden of the Gods, Colorado (#3365)
- Jackson Hole Elk Refuge (#3140)
- Minidoka National Historic Site, Jerome Idaho (#3182)
- Plant Walk at Cherry Springs Nature Area (#3873)
- Potato Museum and Lunch (#3260)

### WRITING & LITERATURE

- Book Group and a Glass (#3372)
- Writing Creatively - Fiction and Non-Fiction (#3136)

# NOTES

**““ Life is like  
a bicycle.  
To keep your  
BALANCE,  
you must keep  
going. ””**

*- Albert Einstein*



**“ You only live  
once, but if you  
do it right, once  
is enough. ”**

*- Mae West*



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*NKA learning tree logo by Erica Lothspeich*