

Friends for Learning - Course Catalog

Spring 2025

Registration for the 2025 Spring semester begins at 9 am and continues throughout the semester.

Online Registration: Go to <https://cetrain.isu.edu/ffl/>.

In-person Registration: If you would like help registering, join us at the ISU Idaho Falls campus, Monday, January 13, 2025 CHE 304 from 9-11 am. FFL Board members and ISU Continuing Education staff will be available to help with questions and registration. **Please bring your ISU PASSWORD and your parking pass.** Make sure your parking pass is visible when parking on campus, and drive slowly through the parking lot. Your parking pass is good until August 31 of each year. Call 208-282-3372 if you have questions.

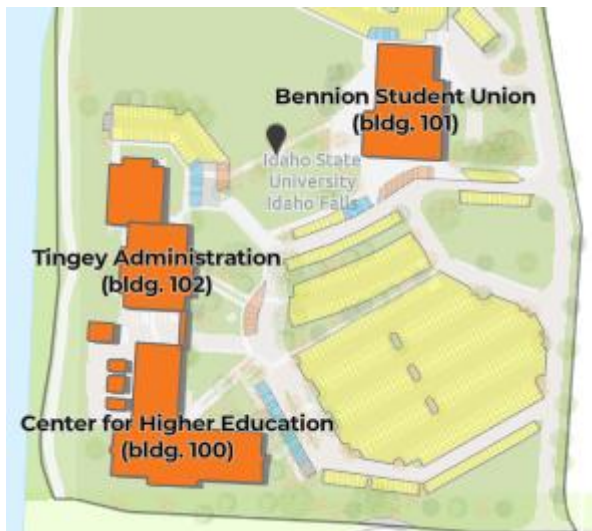
Mail-In Registration: If you prefer to register by mail, print a copy of the "Class Selection" form found on the FFL website. The earliest mail-in registrations will be processed is after January 13. Complete the form and attach your check made out to ISU for the \$20.00 membership fee and mail to the following address:
Idaho State University Continuing Education/Workforce Training FFL
921 S 8th Avenue, Stop 8380
Pocatello, Idaho 83209

Classroom locations:

Class locations may be at various locations in the area, but the ISU locations will show ISU "CHE" or "TAB".

CHE - Center for Higher Education, 1770 Science Center Drive, Idaho Falls

TAB - Tingey Administration Building, 1776 Science Center Drive, Idaho Falls



FFL In-person Registration

Instructor: The Board & Shirley

Date: 1/13/2025 Time: 9:00 AM - 11:00 AM

Location: CHE 304

Content: If you wish to have help with registration, join us on campus to register. **Bring your ISU password and your ISU parking pass** for the ISU program.

Facilitator: Vicky Van Sickle Email: victorialynnvns@hotmail.com Phone: 208-589-6055

FFL Volunteer Opportunities - 4242

Content: Friends For Learning operates totally on volunteers. As this organization has grown, the need for volunteers has increased. We need volunteers in the following areas: Curriculum, Catalogs, Cultural Cuisine, Hiking, Walking & Exploring, and helping with Leadership. By signing up on the registration form, you will be sent an email with the volunteer form to fill out as to the areas in which you would like to volunteer. Thank you for your interest and support.

Credentials:

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237

Parking Pass - 4215

Fee: \$- Unlimited

Content: Information for new members and a reminder for members from our 2024 Fall Semester. Parking Pass: You must have this pass displayed prominently anytime you park on campus, or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352). This pass was given out to the Fall 2024 members and is good for the fall semester and the spring semester until August 2025, so please keep it. For new members please request a parking pass.

Facilitator: Kathy Hendrix Email: chatiek06@gmail.com Phone: 208-523-8859

HWE - Main email list - 4121

Fee: \$- Unlimited

Content: EMAIL LIST - This year-round "class" schedules various activities for FFL members. In the past it meant Hike, Walk & Explore. Now in addition to this main group we have 5 sub groups so you can select the specific areas you are interested in: Day adventures, Cross-country skiing & Snowshoeing, Off-Roaders, RV Camping, and Walking. We are guided by member ideas and leaders so we may try anything. YOU SHOULD REGISTER FOR THIS HWE CLASS AND SEPARATELY FOR THE DIFFERENT HWE SUBGROUPS THAT YOU ARE INTERESTED IN. EMAILS WILL BE SENT TO ALL HWE MEMBERS ABOUT THE EXTENDED TRIPS (4-7 DAYS) AS THEY ARE SCHEDULED, SO THERE IS NO SEPARATE CLASS REGISTRATION FOR EXTENDED TRIPS.

Credentials: HWE committee members have been involved for many years. Committee: Chairman-Royce Lee, 208-589-4276; DAY ADVENTURES (formerly Hiking)-Pam Johnson, 970-420-8783 and Jeff Bryan, 208-524-3620; WALKING-Cynthia Steele, 208-403-7288; SKIING and SNOWSHOEING-Jeanell Coyne, 208-589-5237, CAMPING-Vicki Van Sickle, 208-589-6055; OFF ROAD ATV-John Maxfield, 208-520-6779; EXTENDED TRIPS-Larry Hull, 208-521-1268 and Richard Scheerer, 208-881-6331.

Facilitator: Royce Lee Email: royceblee337@gmail.com Phone: 208-589-4276

HWE - Day Adventures email list - 4790

Instructor: Pam Johnson

Fee: \$- Unlimited

Content: EMAIL LIST - This "class" schedules various outdoor adventures (usually one to two per month) for enrolled FFL members from April or May through September or October (weather dependent). Activities may include hiking, biking, float trips, horseback riding, backpacking, caving (non-technical), zip lining, and bird

watching. We are guided by member ideas and leaders, so we may try anything. Activities can range from easy to strenuous and might last two hours or all day depending on the activity and/or selected location.

Credentials: Pam Johnson and Jeff Bryan are HWE committee members with years of hiking experience and familiarity with many hiking and biking trails in the East Idaho/Western Wyoming geographic area.

Facilitator: Jeff Bryan Email: bryanjd382@gmail.com Phone: 208-313-0184

HWE - Cross-Country Skiing and Snowshoeing email list - 4789

Instructor: Jeanell Coyne

Fee: \$- Unlimited

Content: EMAIL LIST - This class is for those interested in cross-country skiing and/or snowshoeing. Whether you are a beginner or an advanced skier, this class gives you an opportunity to get together with others who are interested in SC skiing and snowshoeing. We will go on adventures locally and in the surrounding areas.

Credentials: Jeanell Coyne embraces winter in Idaho by cross-country skiing and snowshoeing. Idaho is beautiful in the winter. She would love to share these two sports with you wherever you are on your journey from arranging lessons to coordinating fun filled adventures.

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237

HWE - Off-Roaders Group email list - 4791

Co-Instructors: Bruce Wilding & John Maxfield

Fee: \$- Unlimited

Content: HWE's off-roaders group is for those who have an ATV/UTV & are looking for interesting places to explore, primarily in Idaho. Although the expeditions in 2024 were day trips, we are considering an overnigher during the 2025 season. Due to changing seasons, rides will generally be announced 2 to 3 weeks before the ride. It is expected that the first ride will be held in May. Announcements will be sent to the e-mail address that you have listed with FFL.

Credentials: John Maxfield and Bruce Wilding started leading FFL rides in May 2024. Bruce was raised in Idaho & has been riding all kinds of outdoor vehicles, including 4-wheelers, UTV's, Jeeps & horses throughout eastern Idaho. John rides a UTV with a Google map screen that traces his trails.

Co-Facilitators: John Maxfield Email: montebelloscout@yahoo.com Phone: 208-520-6779
Bruce Wilding

HWE - RV Camping email list - 4792

Instructor: Vicky Van Sickle

Fee: \$- Unlimited

Content: EMAIL LIST - We are beginning a Camping Group that will plan a 2 night campout monthly during the warm months of the year. Possibly May through October. Please sign up so we can begin an email list and we can let you know about planned campouts. We will have a planning Luncheon in April or May.

Credentials: We want to enjoy the out of doors together.

Facilitator: Vicky Van Sickle Email: victorialynnvns@hotmail.com Phone: 208-589-6055

HWE - Walking email list - 4793

Instructor: Cynthia Steele

Fee: \$- Unlimited

Location: River Walk, Freeman Park, Snake River Landing

Content: EMAIL LIST - Join us for weekly walks around our beautiful city! We walk anywhere from a mile to 3+. We have all different levels of walkers. In the warmer months we walk in the morning and in the cooler months we walk in the afternoons. Sometimes we take trips to nearby areas and walk as well. Occasional and less complex/strenuous lake kayaking trips can be planned for summer months.

Credentials: Cynthia has been leading this group for a year.

Facilitator: Cynthia Steele Email: cynsteele1@gmail.com Phone: 208 403 7288

Bus Trip email list - 4788

Content: EMAIL LIST - Join this "class" to receive emails about various bus trips we may plan. Would you be willing to coordinate this group?

Facilitator: Email: Phone:

Men's Brunch - 4564

Instructor: Jeff Bryan

Fee: Buy Lunch Max 20

Date: 1/8/2025 Time: 9:00 AM - 10:30 AM

Location: various restaurants

Content: Men, let's gather together the second Wednesday of each month for breakfast, expand our FFL friends network, try new foods and eateries, trade stories and experiences, and catch up on local happenings. Rotate to a different restaurant each month for variety. Email reminder sent to participants each month, confirming the selected restaurant for that month. Bring your enthusiasm for good friends and good food on Wednesdays, 1/ 8, 2/12, 3/12, 4/9, 5/14 . NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Jeff Bryan and John Atchison are retired and semi-retired engineers and longtime residents of Idaho Falls. They are looking to get interested men out of the house and actively involved in Friends for Learning. Oh... we also enjoy eating!

Facilitator: John Atchison Email: john@halffast-racing.com Phone: 208-390-9298

Pinochle-Double Deck - 4137

Instructor:

Fee: Buy Lunch Unlimited

Date: 1/13/2025 Time: 11:30 AM - 3:00 PM

Location: Homestead Pizza

1770 W. Broadway St. Idaho Falls ID

Content: We play Pinochle (double deck) starting at noon. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator or the instructor. Players should arrive early about 11:30am and must buy lunch since we don't pay a fee to use the back room. A \$3 donation is taken for buying new playing cards each semester. We play year round on every Monday. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Facilitator: Vicky Van Sickle Email: victorialynnvns@hotmail.com Phone: 208-589-6055

Hand and Foot Card Game - 4289

Fee: Buy Lunch Unlimited

Date: 1/16/2025 Time: 11:00 AM - 3:00 PM

Location: Leo's Place Restaurant

155 S Holmes Ave Idaho Falls ID 83401

Content: Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot" In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Players should come between 11:00 am and 11:30 am to buy lunch and eat before card play begins for each session. A donation of \$5.00 is taken for replacement of card shufflers, batteries and playing cards . We play year round every Thursday. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Peggy Ash have been playing Hand & Foot for several years and are knowledgeable in the specific rules of the game as it is played here.

Facilitator: Peggy Ash Email: peggy12bill@gmail.com Phone: 208-520-4377

Spanish - 4607

Instructor: Eva Montantes

Fee: \$- Unlimited

Date: 1/20/2025 Time: 6:00 PM - 7:30 PM

Location: Zoom

Content: Discussions in Spanish about Spanish speaking countries and current events. This group meets every Monday night via Zoom. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Professor at the University of Guadalajara for 10 years. Native Spanish speaker.

Facilitator: Vance Hawley Email: wa7fdr@Hotmail.com Phone: 208-522-9296

Gorongosa National Park - 4765

Instructor: Jeff Carr

Fee: \$- Max 65

Date: 1/24/2025 Time: 1:00 PM - 2:30 PM

Location: CHE 214

Content: A discussion about Mozambique's Gorongosa National Park, which has been called "the last wild place" and "Africa's greatest wildlife restoration story" by National Geographic. This innovative project was founded by an Idaho Falls native, and is now the centerpiece of an annual excursion for local travelers organized by the Museum of Idaho.

Credentials: Jeff Carr is the Executive Director of the Museum of Idaho and has now led two public trips to Gorongosa with two more planned for 2025. He has a background in journalism, academia, and foreign affairs, with degrees from Utah State and Stanford, and is the nephew of Gorongosa Restoration Project founder Greg Carr.

Facilitator: Cathy Johnson Email: dacjohns@hotmail.com Phone: 719-235-3910

PDF Files - Why and How to use them - 4772

Instructor: Gretchen O'Bleness

Fee: \$- Max 65

Date: 1/28/2025 Time: 10:00 AM - 11:30 AM

Location: CHE 215

Content: PDF is a standardized file format that is useful when you have to share files with a group of people. This class will teach you why you need to use this format and how to make a PDF file!

Credentials: Gretchen is a computer nerd, retired from the INL. She loves to teach!

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Zumba Gold (Seated) - 4241

Instructor: Jennifer O'Sullivan

Fee: Donations Max 15

Date: 1/31/2025 Time: 12:30 PM - 1:30 PM

Location: Blue Barn Fitness

555 3rd St. Idaho Falls

Content: Seated exercise for active adults that prefer exercising in a chair. Whether you have balance issues, physical issues or just prefer a seated class, this is for you! Class uses Zumba international rhythms. Toning Sticks are used for a portion of the class. They will be provided. This class meets every Friday during the semester. Notifications will be sent out with any cancellations for weather, illness, or travel. Donations for the instructor's time and use of the facility are appreciated. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Jennifer is licensed in Zumba and Zumba Gold since 2013

Facilitator: Kathy Duplessis Email: kduplessis81@gmail.com Phone: 208-390-9505

Align and Flow Yoga - 4785

Instructor: Kristen Clayton

Fee: \$25 Max 20

Date: 2/3/2025 Time: 10:15 AM - 11:15 AM

Location: Yoga Wellness connection, 451 River Pkwy

Content: MULTI-SESSION - This 4 week class is designed to calm your mind and improve focus, mobility, flexibility, strength, balance and address principles of alignment. It is appropriate for all levels of experience including beginners and will be held in a beautiful resort-like setting. Each of the 4 classes has a different anatomical focus including neck, shoulders, back, and hips. Flow segments focus on integrating breath with movement, forming a mind-body connection, and being in the present moment. Options are given to make poses more advanced or more basic. Students may break a sweat if wanted or can take a more gentle pace. Props such as blocks, straps, bolsters, chairs and blankets are available for use to support your practice. This class meets on Monday February 3, 10, 17, & 24. \$25 fee is for all 4 classes. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Kristen has 200 HR Registered yoga teacher with Yoga Alliance, Silver Sneakers Instructor Certification, BARRE above Instructor Certification, YogaFit Level 1 and YogaFit Level 2 Certification, AFAA Primary Group Exercise Certification, CPR, First Aid, AED Certification, with 24 years teaching ballet and formerly a professional ballet dancer.

Facilitator: Deborah Wagoner Email: deborahwagoner31@gmail.com Phone: 208-680-9095

Fitness Made Simple - 4433

Instructor: Leslee Blanch

Fee: \$- Max 50

Date: 2/4/2025 Time: 10:00 AM - 11:00 AM

Location: Bonneville County Extension Office
1542 E. 73 S.

Content: Leslee will give us the opportunity to improve our strength, flexibility and balance through the use of various types of equipment and exercise. All equipment will be provided. Chairs are used for balance and/or performing the exercises while sitting if needed. Wear comfortable clothing and supportive shoes. Bring water for adequate hydration. This class is weekly throughout the semester. Notifications will be sent out for any cancellations due to weather, illness or travel. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Leslee is a Certified Fitness Instructor and Registered Dietitian. She is the Family and Consumer Science Associate Extension Educator with University of Idaho.

Facilitator: Kathy Duplessis Email: kduplessis81@gmail.com Phone: 208-390-9505

Where Do We Go From Here? - 4777

Instructor: Patrick Trimp

Fee: \$- Max 65

Date: 2/5/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 214

Content: A discussion on issues impacting the economy with this new administration.

Credentials: Patrick Trimp is a Certified Financial Planner.

Facilitator: Kathy Hendrix Email: chatiek06@gmail.com Phone: 208-523-8859

2024 Water Negotiations - 4759

Instructor: Alan Jackson

Fee: \$- Max 65

Date: 2/5/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Discussing the events leading up to the 2024 groundwater curtailment and subsequent negotiations to create a new plan.

Credentials: Alan Jackson is the district manager for Bingham Water District

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

Gentle Chair Based Yoga (Thursdays) - 4786

Instructor: Katy Browning

Fee: \$25 Max 20

Date: 2/6/2025 Time: 10:00 AM - 11:00 AM

Location: Yoga Wellness connection, 451 River Pkwy

Content: MULTI-SESSION - This 4 week class will help you feel better in your body and make new friends in a beautiful resort-like setting. Have fun while improving mobility, balance, flexibility, and muscular strength in a gentle yoga class focused on functional movement. This class also includes mindfulness, grounding, meditation, and breathwork to leave you feeling relaxed and ready for your day. Chair based options are offered throughout this class. Additional props such as blocks, straps, bolsters, and weights are available to use in this practice. This class meets on Thursdays, February 6, 13, 20, & 27. Fee of \$25 for all 4 classes. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Katy has 200 hours registered yoga teacher training. She teaches yoga to seniors and she provides student centered training.

Facilitator: Deborah Wagoner Email: deborahwagoner31@gmail.com Phone: 208-680-9095

Dot Mandala Rock Painting - 4548

Instructor: Gretchen O'Bleness

Fee: \$- Max 20

Date: 2/7/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 306

Content: In this class you will learn how to make geometric patterns using dots of acrylic paint on rocks to create your very own simple dot mandala rock. All supplies will be provided including a rock to paint and take home. Gretchen will start you out using the basic anchor system to start your design. She'll talk about the craze of painting rocks and hiding them for others to find in local parks, the minimal supplies needed to paint rocks, and some basic techniques. Still not sure what we're talking about? Google Dot mandala rock images!

Credentials: Gretchen started painting rocks 7 years ago on a lark and ended up discovering the Dot Mandala technique of painting rocks. Over those 7 years she has developed quite a following of "Gretchen Rock" fans. She has expanded from just painting rocks to mugs, ornaments, and basically anything smooth that sits still for few minutes!

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Line Dancing - 4218

Instructor: Group

Fee: \$- Unlimited

Date: 2/7/2025 Time: 1:00 PM - 2:00 PM

Location: DWI (Development Workshop)
555 W. 25th St. Idaho Falls ID 83404

Content: Join us weekly on Fridays as we learn line dances to various types of music from decades past to current day. All that's needed is a comfortable pair of shoes, a water bottle, and a desire to move. Line dancing is great exercise for the brain as well. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: All instructors have taught this class for Friends for Learning for several years.

Facilitator: Debbie Scheerer Email: debscheerer@yahoo.com Phone: 208-881-6031

An Adventure at the Aquarium - 4787

Instructor: Ashley

Fee: \$~6 Max 20

Date: 2/11/2025 Time: 9:00 AM - 11:00 AM

Location: East Idaho Aquarium, 570 E. Anderson

Content: Where can you see fish, shark, stingray, sloth, iguana and a porcupine and a small area. That's right at the Idaho Falls Aquarium. Come share in a hands on experience you may not be able to experience in another aquarium. There will be two sessions so more can attend.

Credentials: The aquarium staff will divide our group into sections for the best opportunity to see the aquarium up close.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

An Adventure at the Aquarium - 4787

Instructor: Ashley

Fee: \$~6 Max 20

Date: 2/11/2025 Time: 1:00 PM - 3:00 PM

Location: East Idaho Aquarium, 570 E. Anderson

Content: Where can you see fish, shark, stingray, sloth, iguana and a porcupine and a small area. That's right at the Idaho Falls Aquarium. Come share in a hands on experience you may not be able to experience in another aquarium. There will be two sessions so more can attend.

Credentials: The aquarium staff will divide our group into sections for the best opportunity to see the aquarium up close.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Women's Luncheon - 4748

Instructor: Vicky Van Sickle

Fee: Buy Lunch Unlimited

Date: 2/12/2025 Time: 11:00 AM - 12:30 PM

Location: Various Idaho Falls Restaurants

Content: Women, let's gather on Wednesday of each month to have lunch, get to know one another better or exchange recipes. Each month we will rotate to a different restaurant and rotate being the organizer. Purchase your own meal. We will begin meeting on February 12, 2025 at 11am at a restaurant to be determined. Planned dates are: February 12, 2025, March 12, 2025, April 9, 2025, and May 21, 2025. NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials:

Facilitator: Vicky Van Sickle Email: victorialynnvns@hotmail.com Phone: 208-589-6055

Writing Your Story - 4573

Instructor: Sidney Hoopes

Fee: \$- Max 12

Date: 2/12/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 306

Content: MULTI-SESSION - Come and learn to enjoy expressing yourself through writing. This six week class (mostly on Thursdays except the first class) can help get you started preserving personal and family stories or simply give you a reason to start writing for pleasure. We have fun while learning and giving each other help and encouragement. Meets Wednesday, Feb 12, Thursday 20 & 27, Apr 17, 24. May 1.

Credentials: Sidney has been facilitating this class for several years.

Facilitator: David Fultz Email: davidfultz@msn.com Phone: 612-339-2288

Museum Tour 1 - 4784

Instructor: Museum of Idaho staff

Fee: \$12 Max 30

Date: 2/12/2025 Time: 3:00 PM - 5:00 PM

Location: Museum of Idaho, 200 N Eastern Ave

Content: Artificial Intelligence: Your Mind & The Machine is the first traveling museum exhibit in the United States to focus on the evolution and potential of artificial intelligence. This exhibit explores what artificial intelligence (AI) is, how it works, what it can do, and what it might become. The exhibit presents the science and technology that underlies AI from machine learning to voice recognition. Visitors will experience an up-close look at what thinking machines are and investigate how AI will be part of their future—as end users and even as developers. Hailed as the ultimate future technology, AI is in the headlines, in our computing devices, and is a pervasive topic when pondering our future. AI is at once exciting, wondrous, and praised as it is mysterious, misunderstood, and feared. (Two sessions will be offered so more people can attend. Note that the entrance fee is \$12.)

Credentials: MOI staff are museum professionals hailing from different backgrounds (education, archaeology, theater, foreign affairs, etc.)

Facilitator: Cathy Johnson Email: dacjohns@hotmail.com Phone: 719-235-3910

Iris Folding - 4265

Instructor: Karin Armstrong

Fee: \$3 Max 15

Date: 2/19/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 306

Content: Iris Folding started in the Netherlands as a way of making lovely designs out of scraps of colored paper. Students should bring scotch tape, scissors, ruler, pencil.

Credentials: Karin has taught this class many times for FFL. Students end up with a beautiful card to take home.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208 357 6068

Chance of Weather? - 4755

Instructor: Michael Coats

Fee: \$- Max 120

Date: 2/19/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 213

Content: A look at how the weather is forecasted for the public.

Credentials: Michael is the chief meteorologist at KIFI TV.

Facilitator: Kathy Hendrix Email: chatiek06@gmail.com Phone: 208-523-8859

World Heritage Sites - Part 2 - 4749

Instructor: Robin Piet

Fee: \$- Max 65

Date: 2/19/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Come enjoy a presentation from Robin Piet as she shares her experiences & beautiful pictures of visiting World Heritage Sites (WHS). A WHS is designated by the United Nations Educational, Scientific and Cultural Organization (UNESCO), as being meaningful to humanity. There are both cultural and natural sites. The cultural sites should show outstanding examples of human traditions, architecture, values or creative genius. These sites affected humanity in their time and may still affect us today. The natural sites must display significant ecological and biological development, either past or present, as well as immense native beauty. These preserved pictures of untouched environment boast special gems that can be admired across the globe. Currently there are 1260 WHS, with many more on the tentative list, awaiting approval.

Credentials:

Facilitator: Robin Piet Email: Robinloupriet@gmail.com Phone: 208-521-0628

Discover Guilt Free Eating - 4760

Instructor: Danielle Jantzen

Fee: \$- Max 65

Date: 2/25/2025 Time: 1:00 PM - 2:00 PM

Location: CHE 214

Content: Food is not the enemy. Learn how to create a positive and joyful relationship with both food and yourself. Experience a mindful eating practice with chocolate. Be inspired with insights and ideas to put together simple nourishing meals.

Credentials: Bod E Talk and ACE certified Health Coach. Bachelors in Health Science with an emphasis in Prevention and Wellness.

Facilitator: Teresa Carlson Email: carlson.t1@gmail.com Phone: 208-521-8351

Wood Specialty Court - 4650

Instructor: Judge Dane Watkins

Fee: \$- Max 50

Date: 2/26/2025 Time: 9:30 AM - 11:30 AM

Location: Bonneville County Courthouse

Content: This class will be held in the Bonneville County Courthouse during a session of the Wood Specialty Court with Judge Dane Watkins. We will watch Judge Watkins meet with people on probation who are struggling with mental health and substance abuse issues. He monitors their progress in a highly structured treatment program and motivates them in their long-term recovery goals. Following the court session, we will have a Q and A time with Judge Watkins.

Credentials: Judge Dane Watkins has operated the Wood Specialty Court for many years. He monitors and motivates people on probation for felonies and misdemeanors in a weekly face-to-face meeting.

Facilitator: Royce Lee Email: royceblee337@gmail.com Phone: 208-589-4276

PowerPoint for Beginners - 4778

Instructor: Jane Roberts

Fee: \$- Max 15

Date: 2/26/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 304

Content: Learn basic principles of PowerPoint presentations, including choosing a theme, bullets and levels, transitions, inserting pictures/graphs/songs, using the Notes view, and how to print handouts. This is a working class so bring a thumb drive or know your cloud or Dropbox info to save your work. Handouts will be available online.

Credentials: Jane has created PowerPoint presentations for school, work, and other classes.

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

Vanuatu Land Eternal - 4776

Instructor: Nelleke Meuzelaar

Fee: \$- Max 65

Date: 3/3/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Vanuatu, formerly Hebrides, became independent in 1978 and like many island nations lost all support and went back to the dark ages. Our Project MARC tried to re establish medical assistance and build small medical facilities. This is a story of adventure, failures and triumphs as well as our own spiritual journey.

Credentials: Nelleke Meuzelaar BA Education, Skipper Rivendel II, former Coordinator Project MARC

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

Shutterfly Photo Book - 4569

Instructor: Gretchen O'Bleness

Fee: \$- Max 15

Date: 3/4/2025 Time: 1:00 PM - 4:00 PM

Location: CHE 304

Content: MULTI-SESSION - Shutterfly is an online computer program to upload photos and create a photo book. Students are required to attend the first session in order to continue with the class. This class will teach you how to create an account with Shutterfly, upload pictures and create a sample book by arranging the layout of photos and captions. You must have basic computer skills already. It is helpful if you have access to a computer at home or elsewhere so you can work on your book between classes.

Credentials: Gretchen has used Shutterfly for many years and has created at least 14 Shutterfly photo books over the years. She has taught this class many times for FFL and is ready to present again!

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Eyes as we age - 4762

Instructor: Dr Jared Ivie

Fee: \$- Max 65

Date: 3/5/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 214

Content: Dr Jared Ivie will talk about the various things to impact our eyes as we age such as glaucoma, dry eyes, macular degeneration, and cataract surgery. And what we can do to prevent these things.

Credentials: Dr. Jared Ivie is a native of southeast Idaho and was raised in Firth. He received his Bachelors of Biology Degree at Idaho State University in Pocatello. Dr. Ivie then attended optometry school in Memphis, Tennessee at the Southern College of Optometry. During his time in optometry school, he traveled to both the Dominican Republic and Mexico on humanitarian eye care trips, providing vision and medical care to those in need. While in school and during his externships Dr. Ivie trained with two premier vision and medical eye care centers in Memphis, the Eclectic Eye, and Southern Eye Associates.

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Reader's Round Table - 4188

Instructor: Sidney Hoopes

Fee: \$- Max 15

Date: 3/5/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 306

Content: Come share your recent reads and get ideas for your book list. Each member of the class should come prepared to make recommendations. If you have any books you want to give away, bring no more than three.

Credentials: Sidney "I can read and I do a lot of it." Sidney has conducted many of these sessions in the past.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Home Staging - 4769

Instructor: Erica Stallings

Fee: \$- Max 65

Date: 3/12/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Learn helpful tools for staging your home to sell. Receive help on deciding what to keep, give away, or dispose of.

Credentials: Erica is a real estate agent.

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

Pi Day (Bring a Pie) Party - 4693

Instructor: Gretchen O'Bleness

Fee: \$- Unlimited

Date: 3/14/2025 Time: 3:00 PM - 4:00 PM

Location: Idaho Brewing Company

775 S. Capital Ave. IF

Content: "PI day" is the celebration of the number 3.14159265359 and is celebrated on March 14 (which is 3/14) at 15 (which in military time is 3 pm). On this date we celebrate PI by eating pie. It's just that simple. A math joke where we get to eat desserts! Bring your favorite pie to share with the group and we'll kick back and chat! Remember there are alternate forms of pie like pizza pie! So, bake at home, or pick up something on your way over. (Yes, you could bring ice cream as pie "a la mode" is tasty!) Beer and wine will be available for purchase by those who are interested. Gretchen will provide plates, forks, and spoons!

Credentials: Gretchen has PI memorized to 5 places but knows how to look up the full number. She also like pie and loves a good excuse to have some!

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Cheese Making Process - 4779

Instructor: Blake Manwaring

Fee: \$- Max 30

Date: 3/17/2025 Time: 10:00 AM - 12:00 PM

Location: Manwaring Cheese, 310 N. Eastern Ave

Content: Attendees will receive a presentation on the cheese making process including all stakes from beginning to final product. Manwaring's makes approximately 26 flavors of handcrafted cheese. They also have many delicious gelato flavors at their store. Cheese and gelato samples will be available for tasting following the presentation.

Credentials: Blake Manwaring has been making handcrafted cheese for over 40 years and learned from his father. he is a master cheese maker in this family business. Manwaring Cheese produced its first batch of cheese in 1971 by Blakes, father Basil at their Rigby Plant.

Facilitator: Kathy Hendrix Email: chatiek06@gmail.com Phone: 208-523-8859

Finding a Famous Ancestor: Maybe a Sculptor - 4763

Instructor: Kim Jardine-Dickerson

Fee: \$- Max 65

Date: 3/18/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Searching and finding ancestors is a rewarding way to learning about family. What happens when you find a famous sculptor in your family. Discovering Julia Bracken Wendt, from Irish roots, poor, determined and unstoppable. Learn about this Illinois native and her life of notoriety.

Credentials: Kim Jardine-Dickerson is a retired nursing professor and loving researching ancestors.

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

Email - Regaining Control - 4761

Instructor: Gretchen O'Bleness

Fee: \$- Max 65

Date: 3/19/2025 Time: 10:30 AM - 12:00 PM

Location: CHE 214

Content: Your email can rapidly get out of control causing some people to just give up on email all together. However, you or an advocate need to have an email avenue open to the many items that only come via email. In this class we will talk about strategies for eliminating junk mail, unsubscribing from email, setting up rules to automatically remove stuff you aren't interested in. We will also talk about the pros and cons to switching to a new email address.

Credentials: Gretchen is a computer nerd, retired from the INL. She loves to teach!

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Positive Affirmations Will Change Your Life - 4773

Instructor: Yorel Dean

Fee: \$- Max 65

Date: 3/19/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Discover the power of affirmations in promoting a balanced and fulfilling life. In this class, we'll explore how positive self-talk and intentional words can enhance emotional, mental, and spiritual well-being as we age. Participants will learn how to create personalized affirmations, integrate them into daily routines, and embrace their role in holistic wellness. The session will include practical exercises, group discussions, and a short guided practice to inspire a more confident and empowered approach to self-care. No equipment is needed.

Credentials: Yorel Dean has a Bachelor's degree in Exercise Physiology and is an ACSM Certified Personal Trainer. She is a firm believer in positive affirmations!

Facilitator: Jackie Christiansen Email: jackie.w.christiansen@gmail.com Phone: 208-522-8705

Songs from Pirates of Penzance - 4781

Instructor: Rob Farnam

Fee: \$- Max 260

Date: 3/21/2025 Time: 1:00 PM - 3:00 PM

Location: TAB 200

Content: The Idaho Falls Opera Theater will perform selections from the "Pirates of Penzance" by Gilbert and Sullivan.

Credentials: The Idaho Falls opera has been in the Idaho Falls area since 1978. 46 years of memorable performances!

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237

New Zealand Adventure by Van - 4771

Instructor: Gretchen O'Bleness

Fee: \$- Max 65

Date: 3/31/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 214

Content: Many people visit New Zealand via tour groups and experience via bus and large groups. Instead, Mike and Gretchen visited New Zealand via a small van and spent 6 weeks touring the country! Come find the advantages and disadvantages to going this route and hear about some of our adventures!

Credentials: Gretchen has traveled in many ways over the years. This was a new type of adventure!

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Gratitude - 4766

Instructor: Leslee Blanch

Fee: \$- Max 65

Date: 4/1/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Leslee Blanch will teach, enlighten, and illustrate how embracing gratitude in our hearts and minds can bring peace and understanding to our lives.

Credentials: Leslee Blanch is the Family and Consumer Science Associate Extension Educator with the University of Idaho and is a registered dietician. She has a Bachelor's Degree from the University of California, Davis, in Dietetics, and is a certified fitness instructor.

Facilitator: Royce Lee Email: royceblee337@gmail.com Phone: 208-589-4276

Heighten Awareness/Lower Risks - 4768

Instructor: Jeff Young

Fee: \$- Max 65

Date: 4/2/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 214

Content: Develop a heightened awareness of your surroundings, potential risks, and effective response strategies. Learn how to identify potential threats and vulnerabilities. Recognize common hazards and warning signs in various settings and practice effective observation techniques. Determine how to respond appropriately to incidents as you study how to react calmly in emergency situations. Learn how to share information and concerns to authorities in a timely manner.

Credentials: Jeff is the Owner/Instructor for Lone Pine Tactical and has over 40 years of law enforcement and military training experience. They include USAF nuclear security, Base Patrol, Bannock County Sheriff's office, Blackfoot Police Dept., Firearms and less Lethal Instructor for Law Enforcement, and Domestic Abuse Task Force.

Facilitator: Nancy Ottersbach Email: nancyo212@yahoo.com Phone: 208-346-0617

Naloxone Training - 4770

Instructor: Mallory Johnson

Fee: \$- Max 65

Date: 4/2/2025 Time: 1:00 PM - 2:30 PM

Location: CHE 214

Content: Eastern Idaho Public Health's naloxone training is an education training focuses on what naloxone is, the laws in Idaho around naloxone usage, how to recognize and respond to an opioid overdose, and community resources. Naloxone is a medication that can help to reverse and opioid overdose. This training is open to all community members, especially those taking prescription opioids, individuals who know someone taking prescription opioids and/or using illicit opioids, or individuals who have a reason to encounter an opioid overdose.

Credentials: Mallory Johnson is a Health Education Specialist, Senior at Eastern Idaho Public Health. Mallory has worked in the substance use prevention field for seven (7) years. Mallory is a Certified Prevention Specialist in Idaho.

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237

Everyone Can Draw - 4323

Instructor: Nancy Peterson

Fee: \$5 Max 12

Date: 4/3/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 307

Content: This four session class is designed for the individual who always wanted to learn to draw. Yes you can with these easy tips and techniques. We will complete a small drawing each class with various different mediums; color pencil, ink, pencil and watercolors. You will enjoy a few creative styles on a variety of papers and gain your confidence to try something new each week. Come have fun learning something new. You are going to want to share your art with others! (April 3, 10, 17, 24).

Credentials:

Facilitator: Kathy Hendrix Email: chatiek06@gmail.com Phone: 208-523-8859

Ronald McDonald Family Room Tour - 4780

Instructor: Deborah Chessey

Fee: \$- Max 20

Date: 4/3/2025 Time: 12:00 AM - 4:00 PM

Location: Ronald McDonald Family Room, 3200 Channing Way, Ste 106

Content: Come join us for a tour of the Ronald McDonald Family Room at Eastern Idaho Regional Medical Center. We will share our story with you and take you on a tour of our Family Room. The Ronald McDonald Family Room provides comfort and support to families with ill or injured kids receiving medical care at EIRMC.

Credentials: Deborah Chessey is the Development and Outreach Coordinator and Lori Priest is the Family Room manager.

Facilitator: Teresa Carlson Email: carlson.t1@gmail.com Phone: 208-521-8351

Computer Security for Seniors - 4160

Instructor: Tomm Larson

Fee: \$- Max 120

Date: 4/4/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 213

Content: We all hear about cybersecurity attacks, and know there are criminals trying to take advantage of people online, but not many people know there are just a few simple rules that can protect you from most cyberattacks. Tomm will share those rules and include other good ideas to make your online activities safe and enjoyable.

Credentials: Tomm Larson is the Cybersecurity Awareness Lead at Idaho National Laboratory and has been working in Cybersecurity for more than 20 years.

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

The Scandalous Mitford Sisters - 4758

Instructor: Lexie French

Fee: \$- Max 120

Date: 4/7/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 213

Content: Lexie French will introduce you to the beautiful British aristocratic sisters who became a fascist, a communist, a Nazi, an author, a farmer, and a Duchess - the famous or infamous Mitford sisters.

Credentials: Lexie French graduated from ISU with a BA in history. She taught history, composition, and literature for 30 years in School District #91. She has traveled widely in the UK tracing the footsteps of the English monarchs and aristocracy.

Facilitator: Nancy Carpenedo Email: nancycarpe21@gmail.com Phone: 208 529 4714

Funeral Home Tour/Understanding Grief - 4554

Instructor: Brian McBride

Fee: \$- Max 30

Date: 4/9/2025 Time: 1:00 PM - 12:00 AM

Location: Wood Funeral Home Eastside, 963 South Ammon Rd. Ammon Idaho

Content: Behind the scenes at Wood funeral home. Brian will give helpful tips in understanding the grieving process better, and the ability to meet the needs of those suffering the loss of a loved one. He we also give a tour of the funeral home.

Credentials: Brian has worked as a funeral director / mortician for 19 years. He's a graduate of the Pittsburgh Institute of Mortuary Sciences in Pennsylvania.

Facilitator: Kathy Hendrix Email: chatiek06@gmail.com Phone: 208-523-8859

Museum Tour 2 - 4784

Instructor: Museum of Idaho staff

Fee: \$12 Max 30

Date: 4/9/2025 Time: 3:00 PM - 5:00 PM

Location: Museum of Idaho, 200 N Eastern Ave

Content: Artificial Intelligence: Your Mind & The Machine is the first traveling museum exhibit in the United States to focus on the evolution and potential of artificial intelligence. This exhibit explores what artificial intelligence (AI) is, how it works, what it can do, and what it might become. The exhibit presents the science and technology that underlies AI from machine learning to voice recognition. Visitors will experience an up-close look at what thinking machines are and investigate how AI will be part of their future—as end users and even as developers. Hailed as the ultimate future technology, AI is in the headlines, in our computing devices, and is a pervasive topic when pondering our future. AI is at once exciting, wondrous, and praised as it is mysterious, misunderstood, and feared. (Two sessions will be offered so more people can attend. Note that the entrance fee is \$12.)

Credentials: MOI staff are museum professionals hailing from different backgrounds (education, archaeology, theater, foreign affairs, etc.)

Facilitator: Cathy Johnson Email: dacjohns@hotmail.com Phone: 719-235-3910

Ronald McDonald Family Room Tour - 4780

Instructor: Deborah Chessey

Fee: \$- Max 20

Date: 4/10/2025 Time: 12:00 AM - 4:00 PM

Location: Ronald McDonald Family Room, 3200 Channing Way, Ste 106

Content: Come join us for a tour of the Ronald McDonald Family Room at Eastern Idaho Regional Medical Center. We will share our story with you and take you on a tour of our Family Room. The Ronald McDonald Family Room provides comfort and support to families with ill or injured kids receiving medical care at EIRMC.

Credentials: Deborah Chessey is the Development and Outreach Coordinator and Lori Priest is the Family Room manager.

Facilitator: Teresa Carlson Email: carlson.t1@gmail.com Phone: 208-521-8351

Hot Topic - Cool Science - The Basics of Heat Transfer - 4756

Instructor: Kevin Young

Fee: \$- Max 120

Date: 4/11/2025 Time: 10:00 AM - 11:30 AM

Location: CHE 213

Content: Heat energy is one of the most essential types of energy for all life on Earth, affecting all aspects of our existence. From the tremendous amounts of thermal energy radiated by our nearest star, the sun, to the cozy warmth you feel when holding a mug of hot coffee or tea, heat energy is a fundamental and indispensable part of our daily routines. In this fast-paced and highly interactive presentation, Kevin will use a variety of fun and exciting demonstrations to help you intuitively understand the origins of heat energy, how heat energy is transferred from one location to another, and the myriads of ways infrared cameras are used by scientists, firefighters, and other professionals to help them do their jobs by “seeing” heat energy. In addition to learning the basic science of heat, you will learn why the inside of a car gets so hot on a summer day, how rattlesnakes hunt their prey, and will see what you look like through the lens of an infrared camera.

Credentials: Kevin Young is an electrical engineer working with the Idaho Environmental Coalition, a semi-professional saxophonist, and a long-time science outreach speaker. He received an MS in Electrical Engineering from the University of Idaho and has over 160 hours of specialty training in heat transfer and thermography. He has worked with infrared cameras for the past 27 years of his career and has published five peer-reviewed papers on novel methods for using infrared cameras in the support of DOE waste cleanup projects. He currently serves as the lead thermographer for the DOE’s Idaho Cleanup Project.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Bridge Builders - 4754

Instructor: Joe Mitchell

Fee: \$- Max 120

Date: 4/16/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 213

Content: Gain insights into the lives of refugees, how they fit into the broader context of U.S. immigration, and why welcoming them is a cause supported across the political spectrum. Discover why Idaho is among the national leaders in welcoming refugees per capita, explore the ongoing contributions refugees make to our community and state, and how we can continue to support their integration in the future. This session will focus on refugee pilots from the Afghan Air Force who have come to the US through the Operation Allies Welcome program.

Credentials: Joe Mitchell is the president and co-founder of the nonprofit Idaho Falls Bridge Builders, whose mission is to assist legal refugees who choose to relocate to Idaho Falls, and to assist the community in welcoming them.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Resilient Poland - 4757

Instructor: Steve Piet, Mick Nelson, Lisa Demers

Fee: \$- Max 120

Date: 4/16/2025 Time: 1:00 PM - 4:00 PM

Location: CHE 213

Content: The Poles are one of the most resilient people, having survived countless invasions over a millennium. Learn what we experienced in September-October 2024 about Poland's history, views of WWII, and Poland's beauty. They survived invasions and domination by the Mongols; the Swedes; the Teutonic Knights; the 123-year partition by Germany/Prussia, Austria, and Russia; 6 years of Nazi occupation and 50 years of Soviet occupation. WWII started in Gdansk, Poland, in 1939. Some argue it only ended in 1989 in Gdansk when the Soviet-backed government agreed to mostly free elections.

Credentials: The presenters toured Poland in Sept-Oct 2024; each is a student of history. Steve Piet has given multiple FFL talks, several pertaining to some of his foreign trips. He's been to 40 countries; he minored in history. Michael Nelson has an interest in life-long learning with an expressed interest in history. He has co-presented FFL presentations on a trip to Kenya, a series of presentations on public speaking, and led a FFL excursion to the Rio Tinto Copper mine near Salt Lake City. When Lisa isn't with her grandkids or traveling, she works for FEMA in emergency areas.

Facilitator: Margaret Kennelly Email: margaret_kennelly@yahoo.com Phone: 208-524-4930

Gardening Thru the Ages - 4764

Instructor: Sam Ellsworth

Fee: \$- Max 65

Date: 4/18/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 214

Content: Gardening thru the ages...taking about how to sustain our future thru plant growth.

Credentials: Sam is a master gardener and creative landscaper. Very interested in a Sustainable future

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208 357 6068

Red Beans and Rice, section A - 4783

Instructor: Woodie Woodford

Fee: \$10 Max 18

Date: 4/21/2025 Time: 10:00 AM - 12:00 PM

Location: Bonneville County Extension Office
1542 E. 73 S.

Content: Red Beans and Rice is a New Orleans favorite. Woodie knows all the right spices to make it great.

Credentials: Woodie loves to cook and knows a lot about Mardi Gras and the food people enjoy.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208 357 6068

Red Beans and Rice, section b - 4783

Instructor: Woodie Woodford

Fee: \$10 Max 18

Date: 4/21/2025 Time: 1:00 PM - 3:00 PM

Location: Bonneville County Extension Office

1542 E. 73 S.

Content: Red Beans and Rice is a New Orleans favorite. Woodie knows all the right spices to make it great.

Credentials: Woodie loves to cook and knows a lot about Mardi Gras and the food people enjoy.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208 357 6068

Unveiling American Holidays: Tracing Traditions and Legends - 4775

Instructor: Debbie Borek

Fee: \$- Max 65

Date: 4/22/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 215

Content: We will explore how our holidays have evolved over time, adapting to changing beliefs and traditions of American life

Credentials: Debbie has a keen interest in history and its impact on our culture and society.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208 357 6068

Healing from Moral Injury - 4767

Instructor: Todd DeVries

Fee: \$- Max 65

Date: 4/23/2025 Time: 10:00 AM - 12:00 PM

Location: CHE 214

Content: Moral injury is the social, psychological, biological, relational and spiritual damage which occurs when deeply held moral beliefs or expectations are betrayed. Our confidence in oneself and other's ability to act justly is disrupted. An injury can result when we perpetrate, witness, fail to prevent, or even learn about acts which violate our moral sense. This class will explore the causes of moral injury, and suggests that healing is possible through intentional connection to others and by taking a fresh look at arriving at a moral sense.

Credentials: Todd DeVries is a Licensed Master Social Worker.

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

Clam Chowder, section A - 4782

Instructor: Woodie Woodford

Fee: \$10 Max 18

Date: 4/25/2025 Time: 10:00 AM - 12:00 PM

Location: Bonneville County Extension Office

1542 E. 73 S.

Content: Clam Chowder is a universal Favorite, and Woodies knows how to make it delicious. Bring a container to take home some of the chowder you make.

Credentials: Woodie loves to cook and knows lots of delicious recipes that he loves to share.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208 357 6068

Clam Chowder, section B - 4782

Instructor: Woodie Woodford

Fee: \$10 Max 18

Date: 4/25/2025 Time: 1:00 PM - 3:00 PM

Location: Bonneville County Extension Office

1542 E. 73 S.

Content: Clam Chowder is a universal Favorite, and Woodies knows how to make it delicious. Bring a container to take home some of the chowder you make.

Credentials: Woodie loves to cook and knows lots of delicious recipes that he loves to share.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208 357 6068

World Heritage Sites - Part 3 - 4749

Instructor: Robin Piet

Fee: \$- Max 65

Date: 4/30/2025 Time: 1:00 PM - 3:00 PM

Location: CHE 214

Content: Come enjoy a presentation from Robin Piet as she shares her experiences & beautiful pictures of visiting World Heritage Sites (WHS). A WHS is designated by the United Nations Educational, Scientific and Cultural Organization (UNESCO), as being meaningful to humanity. There are both cultural and natural sites. The cultural sites should show outstanding examples of human traditions, architecture, values or creative genius. These sites affected humanity in their time and may still affect us today. The natural sites must display significant ecological and biological development, either past or present, as well as immense native beauty. These preserved pictures of untouched environment boast special gems that can be admired across the globe. Currently there are 1260 WHS, with many more on the tentative list, awaiting approval.

Credentials:

Facilitator: Robin Piet Email: Robinloupiet@gmail.com Phone: 208-521-0628

Pickleball - 4503

Instructor: Mark/Jeff Bryan

Fee: \$- Unlimited

Date: 5/5/2025 Time: 10:00 AM - 11:30 AM

Location: Lincoln Park Pickleball Complex
2280 Lincoln Road Idaho Falls ID 83401

Content: Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It is played on a badminton-size court and a slightly modified tennis net using a paddle and a plastic ball with holes. It can be enjoyed by all ages and skill level, is fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come and join us to help one another improve our pickleball skills starting in May! NOTE: You will not be able to register for this class ONLINE after the start date of this class. Please call the ISU office at 208-282-3372 and ask them to add you to the class.

Credentials: Mark and Jeff have enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle Email: scubamarkvs56@gmail.com Phone: 208-757-8687

Responding to Dementia-Related Behaviors - 4774

Instructor: Jody Cornilsen

Fee: \$- Max 65

Date: 5/7/2025 Time: 10:30 AM - 12:00 PM

Location: CHE 214

Content: People living with dementia may exhibit behaviors as a way to communicate their needs and feelings as the disease progresses. Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors.

Credentials: Jody Cornilsen is the Community Outreach Manager for the Alzheimer's Association Greater Idaho Chapter. Her territory includes Southern and Eastern Idaho. She is a trained Alzheimer's Association Community Educator for topics related to Alzheimer's and other dementias.

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237

Melaleuca Headquarters and Distribution Center Tours - 4613

Instructor: Tammy Reboiro

Fee: Buy Lunch Max 30

Date: 5/7/2025 Time: 1:30 PM - 4:30 PM

Location: Melaleuca, 4609 W 65th South

Content: Enjoy touring the beautiful buildings of the Melaleuca Global Headquarters. The facility is situated on 195-acres just south of Idaho Falls. Wear comfortable shoes and meet at the main door to the lobby by the big arch. Melaleuca's facility contains four levels of office space, a fitness center, a restaurant, broadcast and production studios, research and development laboratories, and an events center. The office interior is replete with artwork, sculptures and custom woodwork, and the heart of the building is highlighted by a grand

staircase, two stone fireplaces and a three-story atrium. We will have lunch together after the tour. Bring cash for your lunch, we will have the menu ahead of time. Followed by a tour of the Melaleuca Distribution Center.

Credentials: Tammy Reboiro is a Melaleuca employee.

Facilitator: Vicky Van Sickle Email: victorialynnvns@hotmail.com Phone: 208-589-6055

IF Zoo Behind the Scenes - 4529

Instructor: David Pennock

Fee: \$9 Max 20

Date: 5/8/2025 Time: 10:00 AM - 12:00 PM

Location: Idaho Falls Zoo

Content: Join us as we go behind the scenes at Idaho Falls Zoo. So much of what happens at the zoo is hidden to the general public but very important. Note: there is a \$9.00 per person group rate that we will pay the day of the tour when we enter the zoo.

Credentials: David is the Executive Director of the Idaho Falls Zoo.

Facilitator: Chris White Email: whitec42@gmail.com Phone: 208-716-3245

Aconcagua and Denali - The Tops of the Americas - 4753

Instructor: Kaleb Houck

Fee: \$- Max 120

Date: 5/8/2025 Time: 1:00 PM - 2:30 PM

Location: CHE 213

Content: This course will provide the audience with a journey to Aconcagua and Denali, the tallest mountains in South and North American respectively, and what it takes to explore these extreme environments. These expeditions were captured with high definition photography and the presentation will provide unique views of two of the world's Seven Summits. Achieving these summits requires extensive gear and training and this course will provide insight into how mountaineers prepare for multi-week expeditions in high altitude environments. A hands-on exhibit will provide students with access to the various tools used by mountaineers on expeditions to climb, survive, and endure these tough environments. Finally, the course will recommend books to read for those ready to explore the topic further.

Credentials: Kaleb Houck is a mountaineer with 11 years of experience. He has climbed Aconcagua, Denali, and 400 other summits over the years. Exploring these summits and the land between them has provided him an equal number of years to practice landscape photography. He is an avid storyteller and his adventures provide plenty of stories to tell. When he isn't climbing up mountains, he works at Idaho National Laboratory as a computer scientist.

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237

Spring Social - 4299

Instructor: FFL Board of Directors

Fee: Potluck dish Unlimited

Date: 5/14/2025 Time: 12:00 PM - 2:00 PM

Location: Lutheran Church, 455 W. Sunnyside Road, IF

Content: Please come and join us for a potluck lunch Spring Social. We will learn fun things about each other's lives. Bring your smile and a potluck dish to share

Credentials: FFL has held Spring Socials for many years.

Facilitator: Royce Lee Email: royceblee337@gmail.com Phone: 208-589-4276

Summer Picnic & Annual FFL Meeting - 4311

Instructor: FFL Board of Directors

Fee: \$10 Unlimited

Date: 8/12/2025 Time: 5:30 PM - 7:30 PM

Location: Peterson Park, Ammon

Content: Come join us for a catered, tasty summer picnic. We will vote for FFL officers and review activities and plans in FFL. The cost is \$10 per person, non-refundable, to be paid at registration. Bring your favorite lawn chair.

Credentials: Annual tradition.

Facilitator: Royce Lee Email: royceblee337@gmail.com Phone: 208-589-4276

Bears and the Yellowstone Experience - 4152

Instructor: Sidney Hoopes

Fee: TBD Max 10

Date: 12:00 AM Time: -

Location: Yellowstone National Park

Content: We are going on a 5-day bear hunt! We will spend 4 nights in Yellowstone Park. The trip will include informal lectures in the field, wildlife viewing and maybe some light hiking. The price will include the cost of housing and other class expenses. Planning meetings will be held prior to departure. Priority will be given to those who have not attended before. Costs will be discussed during meetings. If you would like, you may bring campers or a tent and camp near the cabins, joining us on the day treks.

Credentials: Sidney has taught this class 20 times in the past 12 years. She worked for the Yellowstone Grizzly Foundation, was a founding member of the Greater Yellowstone Coalition and has been associated with the Yellowstone Institute.

Facilitator: Peggy Hill Email: pjhill1961@gmail.com Phone: 208-360-8147
