

CSI COMMUNITY ED Fall 2020

[REGISTER FOR THESE CLASSES HERE](#)

If you prefer, you can also call 732-6288 to register by phone or come into the Community Education Center in the Fine Arts Building.

The College of Southern Idaho welcomes its students back to campus this fall with programs designed to keep students safe and on track to reach their academic and personal goals. To accomplish these goals, there will need to be some modifications to ensure the safety of students and faculty.

All students and teachers are required to wear masks during fall classes, which includes these enrichment courses, so bring and wear your mask to class in addition to washing your hands, staying home if you are sick, etc. Also, be aware of social distancing so just **keep up the practice of staying/sitting six feet away from other students and teachers**, which means empty seats between students.

Our CSI maintenance crew is working double time cleaning and disinfecting classrooms. In response to COVID-19, buildings have been adjusted to bring in more than the minimum required fresh outside air. Filters are replaced on a regular schedule which varies depending on the type of system and type of building occupancy. We are upgrading to filters that will capture 80%-90% of particles in the air. Viruses are too small to be captured by filters, but the filters capture particles and water droplets that harbor viruses.

Faculty may require students to follow additional safety procedures and use additional personal protection gear as necessary, especially in classes where hands-on instruction is required. This will be the case in such classes as Pottery. You will receive additional information after registration for these classes.

Please treat everyone with respect and kindness recognizing that everyone is doing the best they can in extraordinary circumstances.

I think together we can pull off a fairly safe and super fun fall semester! Please let me know if you have any questions.

Camille Barigar, Director of Community Enrichment



KARATE

Dates: August 31 – January 16

Age: Adults and youth 14+ (acceptations made with instructor's approval)

Days: Mondays and Wednesdays, 6 – 8 p.m. & Saturdays, 9:30 – 11 a.m.

Fee: \$80

Location: Rec Center 236

Instructor: Jesse Clark

Karate is an excellent way to help develop coordination, confidence, physical fitness, and mental strength while gaining valuable social skills. Advanced students, who must be

members of SKA association, will get a chance to learn additional techniques, attend meets and special events, and be taught by guest instructors. Shotokan Karate of America (SKA) has been teaching traditional Karate in the USA since 1955. SKA was founded by Tsutomu Ohshima, who was one of Master Funakoshi's last direct pupils, studying under him while attending Waseda University in Tokyo, Japan. Because of SKA's strong resolve to offer high-quality martial arts to the public, SKA has remained non-commercial and non-profit and continues to offer authentic, traditional martial arts instruction at affordable rates through more than 140 dojos across the United States and Canada with affiliates worldwide. Mr. Ohshima granted instructor Jesse Clark permission to instruct SKA in Twin Falls in 2011. Jesse Clark, sandan (3rd degree black belt), is the CSI head Karate and self-defense instructor for CSI. Jesse fought for the USA Team in France in 2014 and in Switzerland in 2017. Learn more at twinfalls.ska.org

KARATE FAMILY DISCOUNT!

After two sign-ups from the same family, each additional member only \$20. If your family qualifies and is interested, please contact Camille at (208) 732-6288.



FUN WITH SOFT SCULPTURAL ARTS

Dates: September 1 – November 17

Days: Tuesday

Time: 6:30 – 9 p.m.

In-person Fee: \$120 + materials (recommended) or Over

Zoom: \$90 + materials

Location: Hepworth 135

Instructor: Mayumi Kiefer

In this course, you will explore a sampling of soft sculpture materials to make an original artwork of your own design! After learning some fundamentals of sculpture such as shape, symmetry, structure, etc., you will be working fiber mass into fiber clay, designing your sculpture, and deciding which medium you wish to pursue for the rest of your project – clay, paper clay, wood, or cucurbita. Mayumi will talk you through how and where to obtain your materials for your chosen medium before you launch into your piece. The course also includes an introduction to tools, safety, durability, and exhibition (i.e. installation, pedestal, in-ground, cement anchoring, etc.). For those who wish to participate, the course will culminate in a student show at the sculptural facilities, on the last day of the course, and a "critic's party." This class is available both as an in person class with Mayumi or by watching the class and participating over Zoom.



COUNTRY SWING

Dates: September 1 – 22

Days: Tuesdays

Time: 7:00 – 8:30 p.m.

Instructor: Leroy Hayes and Deborah Silver

Fee: \$100 for a couple

Location: Patio between Fine Arts and Taylor

Country Swing is one of the most popular dance styles in Southern Idaho and for a good reason! It is easy to learn and there are many social events with country western

music in the Magic Valley - imagine stepping out on the dance floor at the next wedding, fundraiser, or watering hole and being able to effortlessly dance to any type of country western music. Country Swing is fast-paced and fun with a solid four-count swing that does not change rhythm...you are literally stepping to every beat of the music. It is danced to many country songs but can also be danced to other types of songs that have a good, solid, four-count rhythm. This class will focus on the basics of swing and various couple dances. Learn the moves and practice in a relaxed atmosphere that encourages you to master skills and look good doing them.



JAPANESE TEABOWLS & THE JAPANESE TEA CEREMONY

Dates: September 2 – November 18

Days: Wednesday

Time: 6:30 – 9 p.m.

Fee: \$120

Location: Visual Arts 113

Instructor: Mayumi Kiefer

In this exciting new course brought to you by CSI Visual Art instructor Mayumi Kiefer, you will get the unique chance to learn the history and cultural significance of the traditional Japanese tea ceremony and the methods used for making a tea bowl. Each component of the tea serving set, the tools, ingredients and movement will be explored from aesthetic, cultural, and practical points of view. This course will be a great way to examine your own cultural perspectives and not just a look at a “curious custom”; come with an open mind and be prepared to experience communication and cultures from a non-western point of view. You'll be introduced to the four main methods of making a tea bowl (coil, pinch, thrown or sculpted), and will be able to make one or more of these bowl types to take home with you at the conclusion of the course. NOTE: Traditional Tea Ceremony is an art form licensed by several ancient schools, and this course does NOT provide any official certification or license. This class is limited to 8 students.



BEGINNING GUITAR

Dates: September 3 – October 8

Days: Thursdays

Time: 6 – 8 p.m.

Location: Fine Arts 137

Instructor: Michael Frew

Fee: \$120

Did you get a new guitar for Christmas or do you have an old one collecting dust in your house? Have you always wanted to learn how to play? If so, this class is

for you! Performing musician and CSI guitar instructor Michael Frew offers this quick-start course for beginning guitar students. You'll build basic guitar skills step-by-step with the help

of hands-on exercises in a group setting. You will learn how to play chord diagrams and basic music, varying strum patterns, how to tune your guitar, how to replace your guitar strings, how to use a capo and tuner, and much more. Students should bring their own guitar



FUNDAMENTAL JAPANESE 1

Dates: September 3 – November 19

Days: Thursday

Time: 6 – 8 p.m.

In-person Fee: \$120 + materials (recommended) or Over

Zoom: \$90 + materials

Location: Hepworth 135

Instructor: Mayumi Kiefer

Whether you want to speak Japanese for business or personal reasons, Fundamental Japanese 1 is as great way to learn! In this class, Mayumi Kiefer will be using the Genki Textbooks, a highly acclaimed series of integrated resources for learning elementary Japanese, to guide you through a well-balanced approach to learning the language that also incorporates many words and expressions that are closely tied to students' everyday lives to provide a full lineup communicative practice. Genki is designed to make it easier for instructors to prepare student-centered lessons that are as fun as they are effective. This course focuses on the functional applications of the Dialogue and Grammar section of the textbook, although portions of the Reading and Writing sections will be assigned as self-study and reviewed during each of the live lessons. All lessons approach the Japanese language holistically by introducing cultural aspects and contexts for each of the lessons. Since this course focuses on the spoken portion of language learning, students will be expected to participate actively and pre-read each of the lessons before coming to class. You will need to purchase the textbook Genki 1, by Japanese Times Publishing prior to class. This class is available both as an in person class with Mayumi or by watching the class and participating over Zoom.



GRANT WRITING 101: FINDING, WRITING, & WINNING THE FUNDING YOU NEED

Dates: September 5

Days: Saturday

Time: 10 a.m. – 1 p.m.

Fee: \$60

Location: Shields 102

Instructor: Justin Vipperman

The one day, three-hour course is focused on enhancing the skill set of both beginning and experienced grant writers. During the course we will cover finding and preparing to write a winning grant proposal, writing grant proposals that reviewers want to fund, and knowing what to do before and after your proposal is funded. Attendees will walk away with answers to questions like these: "Where can I find money for myself, my company, or my organization?", "How does the grant process really work?", and "What can grant money be used for and what are the grant funders really looking for?". Additionally, a significant portion of the time will be available for attendees to ask and receive answers to questions that are specific to them, their organizations, and their funding needs. Instructors Justin Vipperman brings an extensive history of more than 20 years' experience working with grants, government and public agencies, educational institutions, and non-profit organizations. He is currently employed as a full-time grant professional in the Magic Valley community.



PRIVATE PILOT / DRONE AVIATION GROUND SCHOOL

Dates: September 9 – November 18

Days: Wednesdays

Time: 6 – 9 p.m.

Instructor: Precision Aviation Staff

Fee: \$250

Location: Shields 109

Aspiring aircraft and drone pilots will take their world to new heights with this 33-hour class that covers the

concepts and practical applications to prepare them to take the FAA written exam for their private pilot certificate. Students will learn basic aerodynamics, aircraft performance, power plant systems, airspace categories, flight instruments, meteorology, weight and balance, airborne emergencies, Federal Aviation Regulations, navigation and flight physiology. The class fee includes course book, FAR's, AIM, Private Pilot test guidebook, plotter, mechanical flight computer and chart, and certificate at the end of the completed course. Registration is open to anyone 15 years old and above. Instructors are Precision Aviation Staff holding instructor ratings CFI, CFII & MEI.



QI GONG

Dates: September 9-30

Days: Wednesdays

Time: 6 – 7 p.m.

Fee: \$30

Location: Fine Arts 137

Instructor: Cathy Wilson

Qi Gong is Chinese exercise often taught along with Tai Chi. It means life's energy work. Qi is energy flowing in all living things through pathways called meridians.

When these pathways are blocked, the body isn't well. Our systems require a free flowing and balanced Qi. In this class, ideal for seniors, we will do slow physical exercises with stretching and abdominal breathing techniques. We will practice standing forms, the Golden Qi Ball, Eight Brocades or Three Hearts Nine Gates, and healing sounds combined with movement. By repetition we replenish the Qi, massage the internal organs and benefit the muscles, tendons and ligaments. It differs from Tai Chi by repeating movements instead of doing a long form with many differing poses.



DOG OBEDIENCE

Dates: September 9 – 30

Days: Mondays and Wednesdays

Time: 6-7 p.m.

Instructor: Donna Stalley

Fee: \$75

Location: Back Expo Center Lawn

Learn how to train your dog in an exciting and fun format using positive reinforcement and behavior

modification. You will socialize and train your dog in basic obedience and experience the fun of beginning agility training. Goals of this class include better mannered and socialized dogs and more educated and empowered owners. The class is taught by a licensed clinical counselor with over 35 years of experience as a dog obedience instructor. Class will be held in an area just south of the Expo Center. In the case of bad weather, the class will move inside.



CANNING AND PRESERVING 101

Dates: September 10 - 24

Days: Thursdays

Time: 6 – 8 p.m.

Fee: \$90

Location: Dessert 114

Instructor: Dianne Jolovich

Do you have memories of going to the spud cellar to get a jar of peaches your mother canned? Have you got into gardening lately and don't know what to do with all of your extra fruits and veggies besides giving them to your co-workers? Have you discovered the taste of freshly-canned goods surpasses the taste of processed foods? Canning 101 is filled with everything you need to know to get started in canning and preserving your own foods. In this course you will learn about the tradition of canning and preserving, how to get started, deciding what to can and preserve, the various methods of canning and preserving (such as freezing, canning, drying, smoking, etc.), water bath and pressure canning, tools of the trade, as well as how to make jams and jellies, condiments, and even your own beverages. You will also learn all about the importance of reducing safety risks and about all the benefits of taking part in this age-old tradition. By the time you finish, you will be well on your way to making and storing foods like you have thought about for so long! You will be bringing what you want to can to class – we will email you a list.



INTRO TO WELDING & METAL ART

Dates: September 10 – December 3

Days: Thursdays

Time: 6 – 8:30 p.m.

Fee: \$250 + \$25 to instructor for gloves and mask

Location: Desert 105

Instructor: Jenn Crowdson

Explore the technology of metal fabrication and welding to create a metal piece that will become something beautiful and durable... or just to brush up on your skills and work on a specific project or art piece! During this hands-on course, students will be introduced to shop safety, two welding processes (arc welding and mig welding), grinding, different methods of metal cutting(plasma, oxy/fuel torch, cold saw, and disk cutting), and a variety of metal coloring techniques (paint, chemical, heat coloring) to create a finished project to take home at the end of the 20+ hour course. Students need to come dressed in clothes appropriate for welding such as jeans, leather shoes/boots, and long-sleeved shirts of canvas or cotton. Loaner welding helmets, safety glasses, ear plugs, respirators, leather jackets, and gloves will be loaned to students if needed. The class is limited to 10 people and normally fills – early registration is suggested.



KAYAK TOUR OF CHINESE SETTLEMENTS

Dates: September 12 or 26

Days: Saturday

Time: 10 a.m. – 2 p.m.

Fee: \$30

Location: Twin Falls Boat Dock

Instructor: Ron James

Join historian Ron James for a guided kayak tour of a well-preserved Chinese placer gold mining site on the Snake River. This tour will give participants an

opportunity to experience the history, traditions, and heritage of the Chinese gold miners who occupied placer gold claims in the Snake River Canyon between 1871 and 1880. Participants will need to bring you're their own kayak or canoe, lunch, water, and whatever else they find essential for their short term survival or enjoyment. This tour will start at the Twin Falls boat dock and go upriver for about a mile and a half to the site. It will require good paddling skills. The tour is dependent upon water levels.



COMPUTERS FOR SENIORS

Dates: September 14 - 28

Days: Mondays

Time: 2 – 3:30 p.m.

Fee: \$60

Location: Canyon 123

Instructor: Marcus Carpenter

Is it time to finally learn the basic functions of a computer? How does it work? In this class, you will learn

how to navigate your computer and use it effectively. Learn about the internet and how to surf the web (did you know you can do your grocery shopping online?!). Learn about security and how to protect your information. Learn how to set up free email and use it. NOTE: This is a beginning computer class for people with limited skills who are not familiar with computers. More advanced classes can be offered later in the session if you want to build on this knowledge.



STUDIO POTTERY

Dates: Tuesdays, September 15 – December 8 or

Thursdays, September 17 – December 10

Time: 6 – 8:30 p.m.

Fee: \$130 + \$20 per 20 lb bag of clay (payable to CSI Bookstore)

Location: Art Lab 113

Instructor: Christina Dowdy

Explore a variety of pottery fundamentals while using clay as an expressive medium to create one-of-a-kind functional and decorative pieces. During 25 hours of

studio time, learn hand-building fundamentals, wheel- throwing, and basic elements of sculpture from ceramicist Christina Dowdy. Finish your pieces with a myriad of glazing and decoration techniques. Beginning and experienced potters alike will advance their skills and sense of creativity. Students can expect to use between 2 and 5 bags of clay per class depending on the scope of their chosen project(s).



CONVERSATIONAL SPANISH

Dates: September 16 – December 9

Days: Wednesday

Time: 6 to 8 p.m.

Instructor: Anna Trelles

Fee: \$120

Location: Shields 105

Are you planning a trip to a Spanish-speaking country? Do you need to learn how to communicate better with Spanish speakers? Has it been a long time since you took Spanish in school and you want to brush up your skills? In this Conversational Spanish class, you'll learn basic communication skills in the second most common language in the Magic Valley without the pressure of tests and with very little writing. You'll spend the semester learning basic phrases and vocabulary and practicing them with your other classmates. You'll be able to talk about yourselves, others, and your interests. In addition, you'll learn a little about the Hispanic culture. This class can be tailored to the wants of the individual class.



UNDERSTANDING PHOTOGRAPHY: THE ART OF PAINTING WITH LIGHT

Dates: September 18-19

Days: Friday and Saturday

Time: Friday 6 – 9 p.m. and Saturday 9 – 4 p.m.

Fee: \$99

Location: Fine Arts 87

Instructor: Drew Nash

Join award-winning photographer Drew Nash in learning how to use your digital camera beyond its

automatic settings and pick up some tricks of the trade along the way for capturing truly beautiful photos. Participants will need to own their own digital single lens reflex (DSLR) cameras. During the class, you will learn how to understand exposure, the key functions of a DSLR camera, composition, lens selection, white balance controls, and fill flash. Students will explore the CSI campus making images as they apply what they've learned. Nash will also go over portrait posing and basic lighting techniques. Lastly, he will provide critiques of photos and discuss basic post-production work of select student images and answer burning photography questions. Don't miss the opportunity to explore the art of photography and follow the light with Drew. There will be a lunch break on Saturday, so please bring a sack lunch.



VERY BEGINNING BIRDWATCHING

Dates: September 25-26

Days: Friday and Saturday

Times: 6 – 8 p.m. on Friday and 8 a.m. – 2 p.m. on Saturday

Location: Shields 201 for classroom session & South Hills for Field Trip

Instructors: Experienced birders from Prairie Falcon Audubon, Inc.

Fee: \$55

The birdwatching class will teach students about the migrants and seasonal visitors, as well as year-

round residents in the Magic Valley. Instructor Sarah Harris, with help from local Audubon members, will familiarize participants with the tools of the trade — binoculars, field guides, scopes, and the best local places to watch birds. In the Friday evening classroom session, we'll introduce students to different kinds of birds. Participants will learn about the observation skills necessary to identify a bird by size and shape, color patterns, behavior and habitat. Then on the following Saturday, we'll help students spot them in the field. No prior birding experience required. Note: Attendees will need to bring their own or borrowed binoculars to the first class and to the Saturday field trip and drive themselves to the south hills.



GARDENING YEAR ROUND WITH MOSS GREENHOUSES

Dates: September 29 – October 20

Days: Tuesday

Time: 5:30 – 7:30 p.m.

Location: Shields 109

Instructor: Jennifer Moss

Fee: \$99 + \$100/supplies paid to instructor

Gardening can be year round and is a wonderful outlet for mental and physical health. Join us as we explore

horticulture in a 4-week series of classes taught by an industry professional. Each class will be comprised of an hour of basics and fun information focused on a specific niche of gardening and the second half will be a project and we will get our hands dirty. Topics to be covered: 1) Succulent gardening; 2) Herbs! How to grow and use year round; 3) Houseplants for everyone; 4) Fall Color Container Gardening \$100/supply fee paid to instructor at class.

COOKING CLASSES: INSTANT POT

Dinner in an Instant! Would you love to make healthy meals at home, but feel like you don't have enough time? Instant Pot Meals are what you need. Seasoned and novice Instant Pot users will love this fun, educational and interactive class. Whether you use one daily, have one sitting and collecting dust, or aren't sure what the craze is, we've got you covered! Join us for a hands-on class where we will prepare and sample some great recipes all made in an Instant Pot. Feel free to bring your Instant Pot with you to class if you have specific questions about your machine and an apron (not required).



FREEZER MEAL BOOTCAMP

Date: September 30

Day: Wednesday

Time: 6 - 8 p.m.

Fee: \$30 plus \$45 supply fee paid to the instructor

Instructor: Becky Hutchings

This class for the busy families out there. The Instant Pot (electric pressure cooker) is perfect for making quick and nutritious meals at home, from a frozen

state...yep, that is right - no need to thaw freezer meals for the Instant Pot. I will teach you how! During this class I will demonstrate how to make Creamy Roasted Tomato & Basil Soup (class members will be able to sample this). You will take home the following meals:

- Creamy Roasted Tomato & Basil Soup
- Sweet & Tangy Honey-Mustard Chicken
- Cheesy Garlic Pork Chops

Please bring a cooler and ice to safely transfer your meals home.



DIY WOODWORKING PROJECTS: CUSTOM PLAQUES WITH ANTIQUE FINISHING

Dates: October 1 – November 5

Days: Wednesdays

Time: 6 – 8:30 p.m.

Fee: \$100 + \$22 supply fee paid to the instructor

Location: Canyon 133

Instructor: Jessica Larsen

In this class, you will start with a blank slab of wood and then transform it into something special using a variety of

different antiquing and distressing techniques. If you have ever been interested in woodworking and are looking for a great place to start, this is it. Familiarize yourself with different pieces of woodshop equipment and how to use them safely. Begin by choosing one of five custom sign design projects, and then complete your sign by learn how to build frames and distress using chisels, scrapers, and worm holing. Additional activities will include: staining, painting, chalk painting, glazing and various finishes. Leave class with a handy new skill set as well as a new one of a kind sign to take home.



IDAHO OUTLAW HISTORY PART I

Dates: September 30 – November 18

Days: Wednesday

Time: 6 – 8 p.m.

Fee: \$100

Location: Fine Arts 87

Instructor: Mike Youngman

Do you want to learn about the roughest, toughest, rootinest, shootinest, claim-jumpers that ever jumped a claim? The fastest guns north, south, east

aaaaaaaand west of the Pecos? Oh, dear friends, Idaho history wasn't just made up of bright-eyed homesteaders and camas lilies - we had our fair share of bad guys and seedy underbellies, and Mike Youngman, a lifelong outlaw history

enthusiast and Wild West History Association member - has all of the stories! In this class you'll learn all about Idaho's Wild West bank robberies, train robberies, stagecoach robberies, gunfights, assassinations, prisons, crooked sheriffs, brave lawmen, vigilantes, soiled doves, famous trials, and murders. Discover the true stories behind Diamondfield Jack Davis, The Horse Queen of Idaho Kitty Wilkins, Butch Cassidy, Wyatt Earp, China Polly, the Idaho Territorial Prison, The Trial of Harry Orchard and the assassination of Idaho Governor Frank Steunenberg, the horse thief Hank Vaughan, Ferd Patterson and Sumner Pinkham in Idaho City, Deadshot Reed, Idaho's Fearless Lawman Rube Robbins, the avenging Hill Beachy, The Duncans, the Bracketts, the Ketchums, and more!! "Say yer prayers varmint!"



HYPNOSIS FOR A GENTLE BIRTHING

Dates: October 1 - 22

Days: Thursdays

Time: 6 – 9 p.m.

Fee: \$350 + \$20/text paid to instructor

Location: Shields 108

Instructor: Jennetta Billhimer

Hypnobirthing mania has spread across the country--and with very good reasons!

Although the goal of the program is not to make labor "pain free", many women have reported having a totally pain-free births. Mothers are awake and aware during labor - they can talk, they can think, they can move, and they are full participants in their own births - they are just very relaxed during surges. They have learned how to do this through specially-designed techniques they've been taught in class. Just a few of the benefits being experienced by hypnobirthing families are shorter labors, no frenzied pushing stage, being able to bond after the birth as a family without exhaustion for either the mother or the baby, a quicker recovery, less postpartum depression, greater breastfeeding success, and babies with higher Apgar scores. Self-hypnosis is very effective and can easily be used by almost everyone. In this course you will be using the book *Wise Childbearing, What You Will Want to Know as You Make Your Birth Choices*. Bonuses include the video "7 Tips for a Birth You Will Be Ecstatic Over" and so much more! Jennetta Billhimer is the director of Association for Wise Childbearing. She has been a birth doula and childbirth educator since 1996 and has assisted many women/families in preparing for gentle, calm, and joyful births.



BEGINNING CROCHET

Date: October 6, 7 & 8

Days: Tue, Wed, Thu

Time: 6 - 8 p.m.

Fee: \$40 + \$10 supply fee paid to the instructor

Location: Shields 113

Instructor: Diane Gause

Crocheting can be very relaxing and fun. This class is perfect for those who are new to crochet or need a refresher. Students will learn the basic stitches including chain, single crochet, and double crochet. They will learn how to be comfortable holding the crochet hook and controlling yarn tension while completing the stitches. Once the class is completed, you will be able to create scarves, afghans, and other projects to keep for yourself or for a gift for someone else.



RESTORE... RENEW... RECHARGE

Dates: October 10

Days: Saturday

Time: 10 a.m. – 2 p.m.

Location: 590 Addison Ave

Instructor: Morgan Jeno

Fee: \$60

In this class, you will explore ways to connect with the innate knowledge of the body/mind/self. From Japan, you will learn Do-in, the (fully-clothed) self-massage technique

that consists of simple postural, breathing, and stretching exercises. From Hatha Yoga, you will learn the beautiful breath called Prana and Asana (poses) for deep rest. You will end your class with guided imagery. Join Morgan for this inner journey to your most authentic self as you listen to the whisperings of your own wise body/mind. After these exercises, there will be time for a light lunch provided by your instructor, chatting, and follow up dialogue on the practices. Wear comfortable clothing and socks, and if you have your own yoga mat, please bring that. If you don't, no worries –Morgan has you covered. See you there!



CREATIVE WRITING

Dates: October 13 – November 30

Days: Tuesdays

Time: 7 – 9 p.m.

Fee: \$90

Location: Shields 114

Instructor: Shane Brown, Jim Irons

Have you ever felt that you would like to write down the stories from your life—the funny, the sad, the profound events from your life--but have not had the opportunity or encouragement to do so? Are you

looking to get your creative juices flowing and let your imagination and experiences pour onto the paper? This class is designed for anyone who wants to dive into the world of creative non-fiction writing. Whether you're a beginner or an advanced writer, this class will craft your skill and sharpen your writing. This course, taught by CSI Theater and English instructor Shane Brown and Idaho poet Laureate and English professor Jim Irons, is a beginning level introduction with a focus on students creating material while work-shopping and learning the structures of creative non-fiction writing. The course offers a glimpse into the world of short stories, poetry, and memoir writing. Students will read and discuss examples from various writers, use these as models to create their own works, and workshop their own, and others', writings in a safe yet challenging setting.



HOW TO TRAVEL FREE & SAFELY

Dates: October 14

Days: Wednesday

Time: 7 – 10 p.m.

Instructor: Gina Henry

Fee: \$59 or \$75/couple

Location: Online Via Zoom

We're ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? If you are near retirement, changing careers, a

student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. Tuition includes Gina's 100-page ebook *How to Travel Free & Safely* (retail value \$39.95). Biography: GINA HENRY has lived this travel life for 30 years, taking 10 free vacations a year by using free airline tickets, hotels, cruises, tours, meals, & more. She has traveled to 98 countries and all 50 states. She teaches in 90 cities and is the author of many travel books & audios. She leads several group tours each year and organizes a volunteer teach English program in Thailand and Peru.

Your "Travel Free" ebook link will be emailed to you a few days before the class. Class time is in central time. Good internet connection and a PC, laptop, tablet or smart phone with camera and mic is needed. You should download Zoom in advance of class. It is free to install, <https://zoom.us/download>. Look for an email from your instructor with the Zoom link for the class. Be ready to log on and join the meeting 5-10 minutes prior to the class start time so you will be ready when class begins. If you have trouble using the link, just go to [Zoom.us](https://zoom.us), click "Join a Meeting" and enter the meeting ID and password provided in the instructor's email.



A, B, C AND Ds OF MEDICARE

Day: Wednesday

Dates: October 21

Time: 7 – 8:30 p.m.

Location: Shields 107

Instructor: Ken Azbill

Fee: \$10 includes one guest at no charge

This class will clarify the benefits and regulations of the Medicare program to help you maximize your participation in this program. Class discussion includes enrollment guidelines, premiums and private health plans to reduce medical costs.



RETIRE WITH CONFIDENCE: YOUR ROADMAP TO FINANCIAL FREEDOM

Days: Thursdays

Dates: October 22-29

Time: 6 – 9 p.m.

Location: Shields 107

Instructor: Brian Scott

Fee: \$49 includes one guest at no charge

Retirement is glowing on the horizon. Look closely and what do you see - goals, dreams, a certain lifestyle? You've worked hard at your

careers. You've saved, perhaps through your business, real estate, and/or investments in a 401(k) or IRA. You've anticipated that Social Security and maybe a pension will pay a portion of your way in retirement. You feel like you're on the right track... but what now? If you were to retire tomorrow, how would you use your assets to begin living in retirement? Do you have enough to fund your entire retirement? How and when should you file for Social Security and Medicare? Do your retirement goals include leaving a legacy? Now is the time to address these and other questions as you lay down your plan for living in retirement. In this class we will explore topics such as how to create your retirement plan, Social Security, pension options, income investing, annuities, other income generating assets and budgeting for the retiree, investing in retirement, a plan for health care, tax strategies for retirement, and estate planning. Instructor Brian J Scott, CRPC®, a Magic Valley native, is the owner and founder of Elevánt Wealth and has built a successful practice focused on helping his clients confidently transition into retirement through his unique passion and process for comprehensive and collaborative financial planning.



WISDOM OF THE AGES

Dates: October 24

Days: Saturday

Time: 10 a.m. – 2 p.m.

Location: 590 Addison Ave

Instructor: Morgan Jeno

Fee: \$60

Do teachings from the past brighten our future?? We will spend our time together exploring Yoga restorative poses... meditation and breath... the vibration of gems and colors... as we tune into the energetic pathways that run through our bodies. Does it change of overall health and well-being? How much do our thoughts and attitudes influence us? Come see for yourself, won't you!? Join us as we experience the profound wisdom and power of these ago-old teachings.



RESEARCHING & CLEARING NEGATIVE ENERGIES

Dates: November 5 and 12

Days: Thursday

Time: 6 – 9 p.m.

Location: Shields 106

Instructor: Sandy March

Fee: \$49

Negative Energy is a powerful dark profound energy that does not feel good. We can usually tell right away when we "don't feel like ourselves anymore" or you suddenly "don't feel comfortable in your own skin". These could be signs that a negative energy has found its way to you and is settling in for the long haul! This class will teach students the many types of negative energies that exist in the universe, how to identify them, and tools on how to remove them. This class is highly recommended for all levels of Reiki students as an add-on to your healing toolkit. Past Life Research Class students also are welcome as you will already be familiar with using pendulum. However, the class is open to anyone with an open mind or curiosity about our amazing Universe.



BASIC ASTROLOGY FOR THE CURIOUS

Dates: November 7

Days: Saturday

Time: 10 a.m. – 2 p.m.

Location: 590 Addison Ave

Instructor: Morgan Jeno

Fee: \$60

Curious about the language of astrology? This class is designed just for you. An introduction to the meaning of the signs..the planets..the symbols of astrology. Prepare to have fun as you begin to unravel the mystery of you. You will receive your personal chart and begin to understand the fascination that surrounds this ancient language. We will need you date, place, and time of birth. Refreshments provided. See you there....



MEMORY WIRE BRACELETS

Date: November 13

Day: Friday

Time: 6 – 9 p.m.

Fee: \$25 plus \$25 supply fee paid to instructor

Location: Taylor 247

Instructor: Diane Gause

Just String! Mix it up and string endless memory wire bracelets that take the place of a whole stack of bangles. Using different beads and spacers, this is the perfect gift for someone special or even yourself! You will also learn to make wire wrap dangles to add to your bracelet and give it movement. Mixing shapes and colors adds to your creativity. Great for beginners!