CSI COMMUNITY ED Fall 2021
REGISTER FOR THESE CLASSES HERE

If you prefer, you can also call 732-6288 to register by phone
Email cbarigar@csi.edu for info

DOG OBEDIENCE
Dates: August 24 – September 16
Days: Mondays and Wednesdays
Time: 6-7 p.m.
Instructor: Donna Stalley
Fee: $95
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.

TAKE A WALK THROUGH HISTORY PART II
Dates: August 28
Days: Saturday
Time: 10 a.m. – Noon
Location: City Hall Plaza/Splash Pad
Instructor: Samra Culum
Fee: $25
Imagine a desolate landscape- no tress, just sagebrush, jackrabbits, and roads eight inches deep in dust. When Twin Falls was just wide-open range lands of sagebrush, I.B. Perrine saw bigger things in store for this area. The townsites and farmland would either boom or bust! 100 years later, it is one of Idaho’s fastest growing cities. Join us for a walking tour of downtown Twin Falls. As we examine the architecture, you’ll learn about familiar names like Bickel, Haye’s, Koto, and Rudy’s. Along the way, we’ll talk about the not so clean past of “Flypaper Lyda”, an American female suspected serial killer. Whether you like architecture or colorful stories behind the buildings, a historic tour is a great way to get to know your town.
KARATE
Dates: August 30 – January 15
Age: Adults and youth 14+ (exceptions made with instructor’s approval)
Days: Mondays and Wednesdays, 6 – 8 p.m. & Saturdays, 9:30 – 11 a.m.
Fee: $95
Location: Gym Floor
Instructor: Jesse Clark
Karate is an excellent way to help develop coordination, confidence, physical fitness, and mental strength while gaining valuable social skills. This class is for beginners to advanced students, who will get a chance to learn additional techniques, attend meets, and be taught by guest instructors. Shotokan Karate of America (SKA) has been teaching traditional Karate in the USA since 1955. 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 world. Jesse Clark, sandan - 3rd degree black belt, is the head CSI Karate instructor for CSI. Jesse fought for the USA Team in France in 2014 and in Switzerland in 2017. Ages 14-Adult. Learn more at twinfalls.ska.org

KARATE FAMILY DISCOUNT!
After two sign-ups from the same family, each additional member only $35.

YOUTH KARATE
Dates: August 31 – January 13
Age: 6 – 13
Days: Tuesdays and Thursdays
Time: 6:30 – 7:30 p.m.
Fee: $95
Location: Rec Center 236
Instructor: Crissie Gard
Twin Falls Shotokan Karate at CSI for kids age 6 - 13! Karate is an excellent way to help develop coordination, confidence, physical fitness, and mental strength while gaining valuable social skills. The special youth class is led Crissie Gard, ikkyu- 1st degree brown belt. Her husband, Courtney, who is also an ikkyu co-teaches with her. This class is connected to the Twin Falls Shotokan Karate Adults Class at CSI that is led by Jesse Clark and is a great introduction to Karate in a positive and supportive atmosphere. Learn more at twinfalls.ska.org

JUDO FOR BEGINNERS: THE GENTLE WAY
Dates: August 31 – December 16
Days: Tuesdays and Thursdays
Time: 6:30 to 7:30 p.m.
Instructor: Michael Easterling and Joe Miller
Fee: $85 + $20 gi rental each session
Location: Rec Center 231A
Judo is an Olympic sport with a rich history and tradition based on mutual benefit for all, emphasizing self-respect, respect for others, and respect for property. It is a great sport for ages 8+ with built-in anti-bullying principles. Judo is an excellent sport for cross training, as we teach you throws and ground techniques. Opportunities include local tournaments
and guest teachers from the USA Elite Rosters. Students may begin this class at any time during the semester.

**GARDENING YEAR ROUND WITH MOSS GREENHOUSES**

*Dates: August 31 – September 21*
*Days: Tuesday*
*Time: 5:30 – 7:30 p.m.*
*Location: Shields 106*
*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 and vegetables! How to grow and use year round; 3) Houseplants for everyone; 4) Fall Color Container Gardening $100/supply fee paid to instructor at class.

**FUNDAMENTAL JAPANESE 1**

*Dates: September 2 – November 18*
*Days: Thursday*
*Time: 6 – 8 p.m. MST*
*Location: Online Over Zoom*
*Instructor: Mayumi Kiefer*
*Fee: $99 + materials*

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 guiding you through a well-balanced approach to learning the language that incorporates dialogue and grammar as well as many words and expressions that are closely tied to everyday life. This class will 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 taught online over Zoom this semester.

**BEGINNING GUITAR**

*Dates: September 2 – October 7*
*Days: Thursdays*
*Time: 6 – 8 p.m.*
*Location: Fine Arts 133*
*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.
GRANT WRITING 101: FINDING, WRITING, & WINNING THE FUNDING YOU NEED
Dates: September 4
Days: Saturday
Time: 10 a.m. – 1 p.m. MST
Fee: $60
Location: Shields 102
Instructor: Justin Vipperman and Emily English
This one day course is focused on enhancing the skillset 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. You 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?”. Students will have time to ask and receive answers to questions that are specific to them, their organizations, and their funding needs.

CLIMATE CHANGE AND OTHER CHALLENGES: A CIVIL DISCUSSION IN EVERYDAY LANGUAGE
Dates: September 8 – December 1
Days: Wednesdays
Time: 7 – 9 p.m.
Location: Shields 108
Instructor: Dr. Dave Makings
Fee: Free of Charge
In this class, you’ll get the chance learn about the science of climate change explained in depth and in lay terms through civil discussion. You will learn about energy flow and material cycles, how we can reduce CO₂ emissions, can we reduce atmospheric levels of CO₂, methane: sources and reduction, and fossil fuels and renewables. You’ll discuss the timeframes for action and the pros and cons of options for dealing with climate change. Along the way, you’ll learn how Science works regarding proof vs correlation and models vs forecasting. You’ll also discuss other challenges facing the human species such as pollution (especially plastic), human population growth, and how these topics can be impacted by current events. Instructor Dr. Dave Makings is a Professor Emeritus of the College of Southern Idaho and is an active member of the Union of Concerned Scientists and the American Association for the Advancement of Science.

QI GONG
Dates: September 8-29
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.

PRIVATE PILOT / DRONE AVIATION GROUND SCHOOL
Dates: September 8 – November 17
Days: Wednesdays
Time: 6 – 9 p.m.
Instructor: Precision Aviation Staff
Fee: $250
Location: Shields 106
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. There will be no class Thanksgiving week.

INTRO TO WELDING & METAL ART
Dates: September 9 – December 2
Days: Thursdays
Time: 6 – 8:30 p.m.
Fee: $275 + $25 to instructor for gloves and mask
Location: Desert 105
Instructor: Jenn Crowdson
Explore the technology of 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 learn about shop safety, arc and mig welding, grinding, plasma, oxy/fuel torch, cold saw, and disk cutting, and paint, chemical, and heat metal coloring techniques. The end result will be a finished project to take home at the end of the semester. Come dressed ready for welding in 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.

CANNING AND PRESERVING 101
Dates: September 9 - 23
Days: Thursdays
Time: 6 – 8 p.m.
Fee: $90
Location: Desert 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.

YOUR SOCIAL SECURITY BENEFITS: WHAT YOU NEED TO KNOW
Dates: September 9
Days: Thursday
Time: 6 – 8 p.m.
Location: Shields 107
Instructor: Brian Scott
Fee: $25
By learning the facts about Social Security filing options, you may find a way to optimize your income over the length of your retirement. In this course, you will learn the details behind Social Security including the history of the program, how your benefits are calculated, the viability of Social Security into the future and when and how to file for your benefits. You will be presented the education you need to decide how and when YOU should file for your Social Security benefits to give you confidence as you transition into retirement.

KAYAK TOUR OF CHINESE SETTLEMENTS
Dates: September 11 or 18
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 your 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.
BASIC ASTROLOGY FOR THE CURIOUS  
Dates: September 11  
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....

WOODWORKING  
Dates: September 14 – November 16  
Days: Tuesdays  
Time: 10 a.m. – 12:30 p.m.  
Fee: $150 + supply fee paid to the instructor (depending on chosen project)  
Location: Canyon 133  
Instructor: Jessica Larsen  
Beginning to moderate level woodworkers welcome. Each student will choose an approved project from a list provided by the instructor and then build the project in a way that is suited to their woodworking abilities over the 10-week period. Students will learn safety practices as well as machinery uses. Instructor will cover techniques that include hand tools to power machinery. By the end of the class, the student will have a beautiful woodworking project to take home.

STUDIO POTTERY  
Dates: Tuesdays, September 14 – December 7 or Thursdays, September 16 – December 9  
Time: 6 – 8:30 p.m.  
Fee: $140 + $20 per 20 lb bag of clay (bought at 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 the 25 hours of studio time, you’ll 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 15 – December 8
Days: Wednesday
Time: 6 to 8 p.m.
Instructor: Anna Trelles
Fee: $140
Location: Shields 107
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 17-18
Days: Friday and Saturday
Time: Friday 6 – 9 p.m. and Saturday 9 – 4 p.m.
Fee: $129
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! 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 and then explore the CSI campus applying what you've learned. Drew will cover portrait posing and basic lighting techniques, provide critiques of photos, 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. Bring a DSLR or mirrorless camera to class and a sack lunch for Saturday.

REIKI LEVEL ONE: TRAINING & ATTUNEMENT
Dates: September 18 or October 2
Days: Saturday
Time: 9 a.m. to 4 p.m.
Location: Shields 107
Instructor: Sandy March
Fee: $199
Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use. In this class, you will learn the skills necessary to be able to work on yourself, your family, friends, and pets. You will also learn the basics of energy, the history of Reiki, what Reiki is and is not, and have lots of hands-on practice. You will receive your Level I Reiki certificate upon completion of this class.
DATE NIGHT COOKING CLASS – PORK WELLINGTON AND CHERRIES JUBILEE
Dates: September 24
Days: Friday
Time: 5 – 7:30 MST
Instructor: Dianne Jolovich
Fee: $39
Location: Online Via Zoom
Have a fun date night in your own kitchen! Have you been wanting to brush up on your cooking skills and are desperate for something to do with your significant other beyond binge-watching old episodes of The Office in soft pants? Reinvent the date night with one of our cooking classes! Follow along on Zoom from your own kitchen with CSI culinary instructor Dianne Jolovich as she guides you through preparing a sumptuous meal of pork wellington, herbed couscous pilaf, a grilled vegetable medley, and cherries jubilee. You’ll learn about the use of fat to enhance the flavor of a meal and keeping ancient grains in your kitchen pantry. You’ll work on your knife skills, time management for preparing different courses, cooking with alcohol to flambee, and plate presentation. Best of all, you’ll have a delicious dinner waiting for you at the end of the night - candlelight optional! Upon registration, you will be sent the Zoom link and a list of ingredients you will need to have on hand for the class. (*You don’t have to be part of a couple to sign up!)

BASIC ASTROLOGY FOR THE CURIOUS….CONTINUED
Dates: September 25
Days: Saturday
Time: 10 a.m. – 2 p.m.
Location: 590 Addison Ave
Instructor: Morgan Jeno
Fee: $60
If your curiosity was indeed piqued in the first Basic Astrology for the Curious class, then join us for more things Astrology in Part II! In this course, we will continue to unravel the mystery of your natal chart through this fascinating language…. Students will learn more about natal planets, houses, glyphs, and transiting planets. So exciting! Dress comfortably for this class and wear warm socks. There will be lunch and conversation after the class provided by Morgan. See you then!

RESEARCHING & CLEARING NEGATIVE ENERGIES
Dates: October 6-13
Days: Thursday
Time: 6 – 9 p.m. MST
Location: Online over zoom
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.

MOVING ENERGY: CHI, MERIDIANS, NADIS, AND CHAKRAS
Dates: October 9
Days: Saturday
Time: 10 a.m. – 2 p.m.
Location: 590 Addison Ave
Instructor: Morgan Jeno
Fee: $60

When energy is stuck, blocked, or not moving how can we possibly feel enthusiastic and creative, greeting each day with excitement for what lies ahead? This class will focus on unleashing that energy through posture, self-massage, reflexology, and restorative yoga poses. Dress comfortably and bring warm socks, although most of this class will be on the floor and in bare feet. If you have a yoga mat and blanket please bring it. There will be lunch and conversation after the class provided by Morgan.

CREATIVE WRITING
Dates: October 12 – November 30
Days: Tuesdays
Time: 7 – 9 p.m.
Fee: $120
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 - 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? Whether you’re a beginner or an advanced writer, this creative non-fiction writing workshop taught by CSI Theater and English instructor Shane Brown and Idaho poet Laureate and English professor Jim Irons, will craft your skill and sharpen your writing. During the workshop, you will read and discuss examples from various writers, use these as models to create your own work, and workshop your own, and others’ writings in a safe yet challenging setting.

RETIRE WITH CONFIDENCE: YOUR ROADMAP TO FINANCIAL FREEDOM
Days: Thursdays
Dates: October 14 - 28
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… what do you see – goals… dreams… a certain lifestyle? You’ve worked and saved; 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 - do you have enough to fund your entire retirement? In this class we will explore how to create your retirement plan, Social Security,
pension options, income investing, annuities, other income generating assets, budgeting, investing in retirement, health care, tax strategies, 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.

**MINDFUL MOODLING**
Date: October 14  
Days: Thursday  
Time: 6 – 8:30 p.m.  
Fee: $25 + $25 supply fee paid to the instructor  
Location: Shields 113  
Instructor: Diane Gause
Mindful Moodling (Mood+Doodle) is a chance to be creative, and create something beautiful while allowing you to relax. All you need are pencils, paper, imagination and an open mind. Be prepared to draw, create, admire and marvel until you feel happy. It’s a magical mental journey, following the mark you make until the final stop – joy! Anyone can do it!

**BEGINNING UKULELE**
Dates: October 14 – November 4  
Days: Thursdays  
Time: 6 – 8 p.m.  
Location: Fine Arts 133  
Instructor: Michael Frew  
Fee: $89
The ukulele, that lovable little four-stringed instrument, is everywhere in pop music today. From George Harrison to Train to Bruno Mars to Jason Mraz and Taylor Swift, we can’t get enough! Get started with the ukulele by learning basic chords and strums at a pace designed for first-time players in a supportive small group setting. The uke is a popular choice for students who have never picked up an instrument before. You’ll be surprised by how soon you’re playing songs while picking up core musical skills. Learn simple chords, easy melodies, strum styles, ukulele history, and an assortment of great songs. No experience is necessary. Strum, play, and sing your way to your new favorite pastime. ‘Uke’ can do it - Bring your own ukulele to class and let's have some fun!

**DATE NIGHT COOKING CLASS – SALMON IN BEURRE BLANC AND CINNAMON GLAZED APPLE CREPES**
Dates: October 15  
Days: Friday  
Time: 5 – 7:30 MST  
Instructor: Dianne Jolovich  
Fee: $39  
Location: Online Via Zoom
Have a fun date night in your own kitchen! Have you been desperate for something to do with your significant other beyond binge-watching old episodes of The Office in soft pants? Reinvent the date night with one of our cooking classes! Follow along on Zoom from your own kitchen with CSI culinary instructor Dianne Jolovich as she guides you through preparing a sumptuous meal of salmon in beurre blanc, potato/celery root puree, asparagus, and cinnamon glazed apple crepes. You’ll learn how to prepare one of the classic French sauces and another French classic – crepes, which are versatile and can be prepared
sweet or savory. You’ll learn how to build flavor compounds with the potato/celery root puree, work on your knife skills, learn how to cook with wine, and perfect your plate presentation. Best of all, you’ll have a delicious dinner waiting for you at the end of the night - candlelight optional! Upon registration, you will be sent the Zoom link and a list of ingredients you will need to have on hand for the class. (*You don’t have to be part of a couple to sign up!)

REIKI LEVEL TWO: TRAINING & ATTUNEMENT
Dates: October 16
Days: Saturday
Time: 10 a.m. to 2 p.m.
Instructor: Sandy March
Fee: $299
Location: Shields 107
Reiki Level II gives you the ability to work on yourself, family members, and the public. It also gives you the ability to do distant Reiki healing. We will discuss and focus on healing intuitively. Please plan on lots of hands on practice.

A, B, C AND Ds OF MEDICARE
Day: Wednesday
Dates: October 20
Time: 7 – 8:30 p.m.
Location: Shields 105
Instructor: Ken Azbill
Fee: $10
This class will clarify the benefits and regulations of Medicare to help you maximize your participation in this program. Class discussion includes enrollment guidelines, premiums, and private health plans to reduce medical costs.

HOW TO TRAVEL FREE & SAFELY DURING THESE UNPARALLELED TIMES
Dates: October 23
Days: Saturday
Time: 10 a.m. – 1 p.m. MST
Instructor: Gina Henry
Fee: $59
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? Plus learn how to benefit from the deep travel discounts being offered right now to motivate you to book future travel in 2021 and 2022. 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. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities. Tuition includes Gina’s 100-page digital book “How to Travel Free & Safely” (a value of $39.95). Go to www.GinaHenry.com for more instructor information.
QUIET THE MIND... BE STILL AND KNOW
Dates: October 23
Days: Saturday
Time: 10 a.m. – 2 p.m.
Location: 590 Addison Ave
Instructor: Morgan Jeno
Fee: $60
We’re told the answers to our questions are not “out there”. If we can learn to quiet the mind - the constant same thoughts over and over – a stillness comes and, perhaps, the "answers" to our questions if we are ready to hear them. This class will cover how to get to that meditative state that will help take us inward to our authentic selves. We will explore calm breathing techniques for cleansing and stillness as well as deep restorative Hatha Yoga poses. We will be on the floor for this class so wear comfortable clothing and warm socks. Bring a blanket and a yoga mat if you have one. Great conversation and a lovely lunch provided by Morgan after the class.

GET PAID TO TEACH ENGLISH IN THE USA & OVERSEAS - PLUS OTHER TEACHING & ADMINISTRATOR ASSIGNMENTS
Dates: October 30
Days: Saturday
Time: 10 a.m. – 1 p.m. MST
Instructor: Gina Henry
Fee: $59
Location: Online Via Zoom
Learn how Gina has taught her way around the world & paid for vacations and travel to over 98 countries. Teaching English is a high paying career or simply a great way to go on vacation for free. English is the world’s business & travel language. Being able to speak English helps people get better paying jobs. If you speak English, you can teach conversational English! You don’t have to be certified or speak the local language. Make money from home by teaching English online. Earn a free vacation, 2-month paid summer job, or full-time work that earns up to $90K a year. Learn the best paying jobs, qualifications, certification programs & specific hiring organizations. Tuition includes instructors 70-page digital book “Get Paid to Teach English” (a value $39.95). Go to www.GinaHenry.com for more instructor information.

COUNTRY SWING
Dates: November 2 - 30
Days: Tuesdays
Time: 7 – 8:30 p.m.
Instructor: Leroy Hayes and Deborah Silver
Fee: $90 for a couple
Location: Gym 304
Grab your cowboy boots (or comfortable shoes) and get moving! This class will focus on the basics of swing, two-step and various couple dances. Learn the moves and practice in a relaxed atmosphere that encourages you to master skills and look good doing them. This is great way to impress your friends and family at your wedding or next special event. Note: This is a four-week class. The class won’t meet Thanksgiving week.
Do teachings from the past brighten and influence our present? In this class we will explore Feng Shui - moving energy - in the home, Celtic wisdom, talismans to bring good luck, Blessings, Pendulums, and the power of gems and crystals. It’s truly fascinating to see what people have learned over thousands of years. We will be on the floor for this class so wear comfortable clothing and warm socks. Bring a blanket and a yoga mat if you have one. Great conversation and a lovely lunch provided by Morgan after the class.

WORK REMOTELY & BECOME A DIGITAL NOMAD - HOW TO CREATE YOUR MONEY-MAKING TRAVEL LIFESTYLE & WORK ANYWHERE
Dates: November 6
Days: Saturday
Time: 10 a.m. – 1 p.m. MST
Instructor: Gina Henry
Fee: $59
Location: Online Via Zoom
Working remotely is now the thing. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you travel. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the “how to” of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a “physical address”, the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Learn the best ways to set up your remote office and get quality wifi in your hotel, long-term rental, and out of your car or RV. Gina Henry founded Go Global, Inc. 26 years ago and has been location independent and working remotely for the past six years traveling year round. Tuition includes instructors 70-page digital book "Work Remotely and Become a Digital Nomad" ($39.95 value). Go to www.GinaHenry.com for more instructor information.

THE SECRETS OF TRAVEL-HACKING - FREE AIR, HOTELS, & CASH BACK
Dates: November 13
Days: Saturday
Time: 10 a.m. – 1 p.m. MST
Instructor: Gina Henry
Fee: $59
Location: Online Via Zoom
You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Gina will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed. Also learn tips for flying business and first class. Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 26 years and earns 15 free airline tickets and dozens of free hotel nights each year. Tuition includes instructors
REIKI LEVEL THREE: TRAINING & ATTUNEMENT
Dates: November 13
Days: Saturday
Time: 10 a.m. to 4 p.m.
Fee: $379
Location: Shields 107
Instructor: Sandy March
This course is for individuals who have taken both Reiki: Level One and Reiki: Level Two and are interested in this special offering of Reiki Level Three: Master Training and Attunement class. IARP Certification will be awarded after completion. Students will learn advanced Reiki concepts and how to pass attunements that allow them to become a teacher.

MEMORY WIRE BRACELETS
Date: November 18
Day: Thursday
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!

MORE WISDOM OF THE AGES
Dates: November 20
Days: Saturday
Time: 10 a.m. – 2 p.m.
Location: 590 Addison Ave
Instructor: Morgan Jeno
Fee: $60
In this follow up class to Wisdom of the Ages, we will be discussing more teachings from other cultures that influence our well-being. We will look at Native American traditions, animal medicine, intuition (the body always knows), and the wisdom of India and Yoga. We will also touch on the Tarot and what is the I Ching. We will be on the floor for this class so wear comfortable clothing and warm socks. Bring a blanket and a yoga mat if you have one. Great conversation and a lovely lunch provided by Morgan after the class.