

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 trees, 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 townsite

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 be 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 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.



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 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

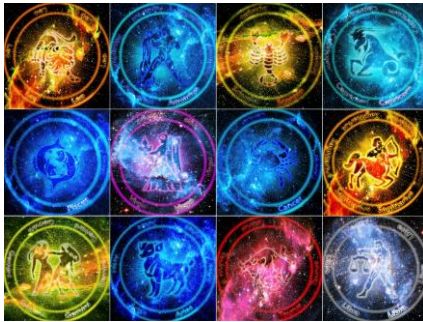
Time: 5 – 7:30 MST

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 Jenó

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 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 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.



WISDOM OF THE AGES

Dates: November 6

Days: Saturday

Time: 10 a.m. – 2 p.m.

Location: 590 Addison Ave

Instructor: Morgan Jeno

Fee: \$60

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

70-page digital book "The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back" (\$39.95 value). Go to www.GinaHenry.com for more instructor information.



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.