

# COMMUNITY EDUCATION

## BOISELEARN.S.ORG



Treasure Valley Hummingbirds pg. 7



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## SPRING 2023

Session Dates: April 17 – May 11

E-MAIL: [COMMUNITYED@BOISESCHOOLS.ORG](mailto:COMMUNITYED@BOISESCHOOLS.ORG)



REGISTER ONLINE! [boiselearns.org](http://boiselearns.org)



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## COVER PHOTO

Hummingbird  
Martin Herceg Photography



*Coby Dennis, Superintendent  
Boise School District*

## SUPERINTENDENT'S MESSAGE

### **Everything's Possible for Students of All Ages with Community Ed!**

For more than 140 years, Boise Schools have played an integral role in the health and vibrancy of our neighborhoods. Creating a sense of community has never been more important. This year, our Community Education program celebrates 50 years of providing lifelong learning! Our Community Education program is a natural extension of our commitment to creating a culture that is inclusive and community-centric.

This Spring, we are excited to once again offer in-person Community Education classes, as well as online courses.

Face coverings for all students, staff and visitors will be optional.

Through our Community Education program, participants of all ages develop skills, pursue new interests and become more involved with family, friends, neighbors and community. As a Community Ed student, you'll be able to enjoy affordable, educational and life enhancing opportunities. Our volunteer instructors teach a variety of courses including culinary skills, wellness, computer basics, music, arts, crafts, and much, much more. You'll find all the information you need about our classes, procedures and registration details right here in our Spring 2023 Community Education Catalog, as well as on our Community Education website — [boiselearns.org](https://boiselearns.org). I encourage you to continue your lifelong education and join us in building a better community.

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**NOTICE OF PARTICIPATION:** The Boise School District is committed to providing a safe and secure learning environment. Patrons who participate in the Boise School District Community Education program agree to abide by Boise School District Policies, as applicable. See [www.boiseschools.org](https://www.boiseschools.org) for a complete review of Boise School Board policies.

**NOTICE OF RISK AND WAIVER OF ALL CLAIMS:** Participation in a Boise School District Community Education class may be dangerous and cause injury. Community Education classes are authorized to take place on Boise School District property, and a number of off-site locations. Participants and their invitees assume all risk of participation. Neither the Boise School District nor any third party host is responsible for any injury or damage suffered by a participant/student, any person associated with the participant/student, that person's invitees, nor responsible for any medical, dental, chiropractic or hospital bill whatsoever related to participation in a Community Education activity. By participating in Community Education you are expressly agreeing to assume the risk of participation, to release the District and any host from all claims for liability, injury, or damage, indemnify the District or any host from any third party claims, and to hold the District and host harmless from such.

**CLASS CONTENT DISCLAIMER:** The Boise School District Community Education volunteer instructor/presenter is not affiliated with nor endorsed by the Boise School District and the District is not responsible for the accuracy, validity, benefit nor detriment that may result from an instructor's information or presentation.

**NOTICE OF RELIGIOUS/SECTARIAN PROGRAM:** Attendance and participation in Boise School District Community Education classes are voluntary. Community Education classes may provide information about and discuss sectarian or religious doctrines. Community Education classes are not part of the District's required curriculum. The District's religious expression policy respects the right of each individual to follow his/her own beliefs, so long as the beliefs do not infringe upon the rights of others.

**PHOTOGRAPHS/VIDEOTAPES:** Each participant consents to the use of photographs or video taken of them for future program promotional or marketing materials.







## MAKE YOUR OWN GLASS HANGING GARDEN GLOBE

In this workshop, you and an instructor work together to create your own hanging garden globe. This class will go over the basics of the glass-blowing studio set-up, techniques, and process of making a beautiful garden globe, complete with a shepherd's hook. This beautiful, large blown orb comes complete with an eye-hole, allowing it to hang from the shepherd's hook. You will receive one-on-one instruction from a local glass artist to create your item, which will be available for pick-up the following day after 3 pm. The perfect gift for home... for a loved one or yourself!

<b>23S-ART-001</b>	M, 4/17	6 - 9 PM	Sessions: 1
<b>23S-ART-003</b>	M, 5/1	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise		
Grayson Bailey, Caleb Feaster	Age: 18 +		
Tuition: \$25.00	Materials: \$52.00	Total: \$77.00	



## MAKE YOUR OWN GLASS HUMMINGBIRD FEEDER

Create your own glass hummingbird feeder, a functional piece of art! This class will go over the basics of the glass blowing studio set-up, techniques, and the process of making a beautiful bird feeder. You will receive one-on-one instruction from a local glass artist to create your work of art, which will be available for pick-up the following day after 3 pm.

<b>23S-ART-002</b>	M, 4/24	6 - 9 PM	Sessions: 1
<b>23S-ART-004</b>	M, 5/8	6 - 9 PM	Sessions: 1
<b>23S-ART-015</b>	M, 5/15	6 - 9 PM	Sessions: 1
<b>23S-ART-016</b>	M, 5/22	6 - 9 PM	Sessions: 1
Boise Art Glass	1124 W Front St, Boise		
Grayson Bailey, Caleb Feaster	Age: 18 +		
Tuition: \$25.00	Materials: \$47.00	Total: \$72.00	

## MAKER SHOP: WINE RACK

Keep being cheerful and bright this spring by adding a fun wine rack to your home — one that you can show off and share more good times with loved ones! Learn to make a small wine rack for a few bottles to store from solid hardwood. In this class you'll get experience operating a variety of machines and power tools to make your creation. Show up, and leave with your handmade wine rack!

<b>23S-ART-011</b>	W, 5/10	5 - 8 PM	Sessions: 1
Maker Shop Boise	6883 W Overland Rd, Boise		
Maker Shop Staff	Age: 18 +		
Tuition: \$25.00	Materials: \$75.00	Total: \$100.00	

**Let your creativity shine! Sign up for an Arts class today!**

## MAKER SHOP: WOOD CUTTING BOARD

What kitchen is complete without a wooden cutting board. In this class, students will learn how to use the table saw, jointer, thickness planer and drum sander. You will leave with a beautiful cutting board that your friends will admire and you will be proud of.

<b>23S-ART-005</b>	M, 4/3	5 - 9 PM	Sessions: 1
<b>23S-ART-006</b>	Th, 4/6	12 - 4 PM	Sessions: 1
<b>23S-ART-007</b>	M, 4/17	5 - 9 PM	Sessions: 1
<b>23S-ART-008</b>	Th, 4/20	12 - 4 PM	Sessions: 1
<b>23S-ART-009</b>	M, 5/1	5 - 9 PM	Sessions: 1
<b>23S-ART-010</b>	Th, 5/4	12 - 4 PM	Sessions: 1
Maker Shop Boise	6883 W Overland Rd, Boise		
Maker Shop Staff	Age: 18 +		
Tuition: \$25.00	Materials: \$70.00	Total: \$95.00	



## QUILTING: FLYING GEESE BLOCKS ETC.

Students will make 4 sets of flying geese (4 per set) by 4 different methods: 1) Stitch and flip; 2) paper piecing; 3) 4 at a time quilt in a day method; 4) four at a time traditional method. Also we will use half square triangles. They are a wonderful way to make scrap quilts and use up odd sizes. Kit is provided. Supplies needed — see receipt or online.

<b>23S-ART-025</b>	M, 4/24-5/8	6:30 - 8:30 PM	Sessions: 3
Hillside Jr High	Mary Farrar	Age: 14+ w/adult (must know how to sew)	
Tuition: \$30.00	Materials: \$15.00	Total: \$45.00	

## WOODCRAFT: BEGINNING CARVING

This class can be your first step to learning something new. Carving is great fun and a hobby you can do anywhere. In class, you will learn tool basics, layout and proper technique.

<b>23S-ART-013</b>	W, 4/19	6 - 9 PM	Sessions: 1
Woodcraft Of Boise	7005 W Overland Rd, Boise		
Eric Owens	Age: 14+ w/adult		
Tuition: \$20.00	Materials: \$35.00	Total: \$55.00	

## LEARN CRAFT: WOODCRAFT

Learn how to use the planer, jointer, and table saw to safely prepare and correctly dimension wood. Virtually every wood project begins with this exercise and a thorough understanding of the basics will be a great foundation upon which you may build a safe and creative hobby experience.

<b>23S-ART-014</b>	F, 4/21	6 - 9 PM	Sessions: 1
Woodcraft Of Boise	7005 W Overland Rd, Boise		
Brian Bass	Age: 18 +		
Tuition: \$20.00	Materials: \$70.00	Total: \$90.00	

## BUSINESS AND PROFESSIONAL DEVELOPMENT

### CREATING WITH CANVA

If you are struggling with creating graphics for social media, need to design a flyer or business card for your business, or want a cool new Zoom virtual background, this class will cover that and more. Canva is a free online resource that you can use to create graphics, logos, flyers, presentations, social media posts and more. We will explore how to use Canva for free to up your online game. Taught by social media consultant, and Certified Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center). Please bring laptop with free Canva account installed (cell phones are not compatible).

<b>23S-BUS-002</b>	T, 4/25	6:30 - 8:30 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18 +	
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00	

### INSTAGRAM FOR BEGINNERS

In this class, social media consultant, and Certified Google Partner, Kim Sherman-Labrum at the Idaho SBDC (Idaho Small Business Development Center), will cover proven strategies for using and growing your business on Instagram. This class is targeted to small business owners new to Instagram. Attendees are encouraged to have their Instagram account installed for a more hands on experience, or they can relax and listen.

<b>23S-BUS-001</b>	W, 4/19	6:30 - 8 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18 +	
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00	

### SOCIAL MEDIA COPY: CULTIVATE CONNECTION

Learn a simple (but powerful) approach to creating impactful business content on social media. Become more confident in your voice, your message/offer, and your ability to write about it. Leave with a piece of content (to post on social media) that aligns with you and your business's mission. Bring: notebook and pen; laptop/tablet optional.

<b>23S-BUS-004</b>	T, 5/9	6:30 - 8 PM	Sessions: 1
Timberline High	Shantel Perschon	Age: 18 +	
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00	

## USING META BUSINESS SUITE FOR YOUR SMALL BUSINESS

As a small business, there are a lot of things to learn about social media and it can seem overwhelming. One tool from Meta can save you time and make posting on Facebook and Instagram much easier. In this class, students will learn the basics of the Meta Business Suite and how to get the most out of posting on social media. Taught by social media consultant, graphic designer, and Certified High-Impact Google Partner, Kim Sherman-Labrum with the Idaho SBDC (Idaho Small Business Development Center).

<b>23S-BUS-003</b>	T, 5/2	6:30 - 8:00 PM	Sessions: 1
Timberline High	Kim Sherman-Labrum	Age: 18 +	
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00	

## COMPUTERS & TECHNOLOGY

### AUTOMATING EXCEL USING VBA

Are you spending hours doing the same Excel analyses just with different data? Radically reduce the time it takes by "automating" repetitive tasks. Did you know that Excel comes with a programming language called Visual Basic for Applications (VBA)? One can automate repetitive tasks. For example, a new batch of data comes in weekly. The boss wants the same analysis that takes you a couple of hours. Writing VBA code will allow you to click a button and the analysis is done in seconds! Must be proficient in Excel and have a desire to learn this programming language. For PCs only. Optional book suggested.

<b>23S-COM-003</b>	T/Th, 4/18-4/27	6:30 - 8:30 PM	Sessions: 4
West Jr High	James Thomas	Age: 18 +	
Tuition: \$65.00	Materials: \$4.00	Total: \$69.00	

### EXCEL 101

Learn the basics of Excel! Microsoft Excel enables users to format, organize and calculate data in a spreadsheet. By organizing data using software like Excel, you can make information easier to view as data is added or changed. Book recommended.

<b>23S-COM-004</b>	M/W, 5/8 & 5/10	6:30 - 8:30 PM	Sessions: 2
West Jr High	James Thomas	Age: 18 +	
Tuition: \$40.00	Materials: \$4.00	Total: \$44.00	



**Classes fill quickly! Don't miss out on YOUR favorite — register today at [boiselearns.org](http://boiselearns.org)!**



## SETTING UP THE IPHONE

Get to know the iPhone and its most popular and common features! Standards covered include powering on/off the device, volume, the Home Screen, Settings, iCloud, and Siri. Learn communication tools like contacts, text messaging, phone, and FaceTime. Additionally, tools like notes, reminders, the camera, and the App Store. Students bring Apple iPhone running the latest iOS software and note-taking materials.

<b>23S-COM-001</b>		
M, 4/17 & 4/24	6:30 - 8 PM	Sessions: 2
West Jr High		
<b>23S-COM-002</b>		
W, 5/3 & 5/10	6:30 - 8 PM	Sessions: 2
Hillside Jr High	Brandon Stoker	Age: 18+
Tuition: \$30.00	Materials: \$0.00	Total: \$30.00

## CPR & FIRST AID

### CPR CERTIFICATION: AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

CPR/AED course covering adult, child, and infant CPR, choking, and usage of the AED. Students will receive an ASHI certification card upon successful completion of the course, which is valid for 2 years.

<b>23S-HEA-007</b>		
M, 4/17	6 - 8:30 PM	Sessions: 1
<b>23S-HEA-008</b>		
W, 4/26	6 - 8:30 PM	Sessions: 1
<b>23S-HEA-009</b>		
T, 5/9	6 - 8:30 PM	Sessions: 1
Health Solutions of Idaho		
	11588 W Fairview Ave, Ste 200, Boise	
Joel Gunstream	Age: 12+ w/adult	
Tuition: \$20.00	Materials: \$20.00	Total: \$40.00

### CPR CERTIFICATION – AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

Learn CPR procedures, how to assist choking victims, and AED (Automated External Defibrillators), and pediatric (including infant) CPR used in schools. Class is designed for the general public. Come dressed to perform CPR; certification card provided upon successful completion.

<b>23S-HEA-006</b>		
W, 5/10	6:30 - 8:30 PM	Sessions: 1
Timberline High	Jeanne Llewellyn	Age: 18+
Tuition: \$20.00	Materials: \$15.00	Total: \$35.00

### FIRST AID CERTIFICATION – AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

Become comfortable with the procedures for treating minor or life-threatening injuries. Video presentation will help you gain knowledge, skills and confidence to deal with an emergency. Certification card provided upon successful completion. Cards are valid for 2 years.

<b>23S-HEA-005</b>		
W, 4/19	6:30 - 8:30 PM	Sessions: 1
Timberline High	Jeanne Llewellyn	Age: 18+
Tuition: \$20.00	Materials: \$15.00	Total: \$35.00



## CULINARY

### ASIAN INDIAN VEGETARIAN COOKING

A long-time Community Ed favorite course! Learn history and meanings of the magical ingredients used in several Asian Indian dishes. Class is mostly demonstration, with some participation from students. You'll enjoy these authentic vegetarian foods at the end of class. Recipes included. Optional fee for book. **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES!**

<b>23S-CUL-006</b>		
Th, 4/20	6:30 - 8:30 PM	Sessions: 1
<b>23S-CUL-007</b>		
W, 4/26	6:30 - 8:30 PM	Sessions: 1
Timberline High	Prarthana Kashikar	Age: 18+
Tuition: \$20.00	Materials: \$18.00	Total: \$38.00

### BALSAMIC VINEGAR 101

This class gives an overview about balsamic vinegars, why you should incorporate them in your diet and how to expand their usefulness if you are already using them. We will compare to wine vinegar too. Tasting, samples and a bottle of your favorite flavor to take home!

<b>23S-CUL-004</b>		
W, 5/10	6:30 - 8 PM	Sessions: 1
Olavin	218 N 9th St, Boise	
Mary Ann Mandel	Age: 18+	
Tuition: \$15.00	Materials: \$35.00	Total: \$50.00



### BÁNH XÈO – VIETNAMESE CREPES

Vietnamese crepes (Bánh xèo) are made of rice flour, water, turmeric powder, filled with slivers of pork, shrimp, bean sprouts, and sliced green onion served with lettuce leaves, fresh herbs, and a dipping sauce. Come learn to make this popular Vietnamese appetizer!

<b>23S-CUL-009</b>		
W, 4/19	6:30 - 8:30 PM	Sessions: 1
West Jr High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$15.00	Total: \$35.00

### BREWING BEER AT HOME: QUICK AND EASY

Learn to brew beer! Students will actually be brewing several one-gallon batches of beer. This simplified process will use equipment found in a typical kitchen, minimizing the need for special tools. Since this is a hands-on class, the sessions will last 4 hours each meeting, which is the time required to get through the process. Students will also learn to access online brewing resources. The material fees will cover the cost of supplies used during the class. Some extra supplies may be required.

<b>23S-CUL-005</b>		
S, 5/6-5/20	1 - 5 PM	Sessions: 3
Home Brew Stuff	9115 W Chinden Blvd, Garden City	
Gary Hunt	Age: 21+	
Tuition: \$45.00	Materials: \$15.00	Total: \$60.00

## FERMENTED FOODS COOKING CLASS

Interested in what all the fermented food fuss is about? Join Jennyfer Berg, and discover how you can support your health with fermented foods. You will learn the fermentation process and make your batch of sauerkraut. All ingredients are included, along with a jar to take home. All participants are encouraged to bring an extra container!

<b>23S-CUL-011</b>		
W, 4/26	6:30 - 8 PM	Sessions: 1
West Jr High	Jennyfer Berg	Age: 18+
Tuition: \$15.00	Materials: \$25.00	Total: \$40.00

### GROWING BEAN SPROUTS

In this class, students will learn how to grow mung bean sprouts at home on the kitchen counter! They are so delicious in so many different recipes. A small sprouting container and mung beans to sprout will be provided. Larger sprouting containers will also be shown.

<b>23S-CUL-001</b>		
W, 4/26	7 - 8 PM	Sessions: 1
Timberline High	Vince Matthews	Age: 18+
Tuition: \$10.00	Materials: \$1.00	Total: \$11.00

### OLIVE OILS: ALL YOU NEED TO KNOW

Join us in the shop to taste and learn what makes olive oil great and healthy. Adding this one ingredient to your pantry and everyday cooking will improve your health and flavor your favorite dishes immensely. We will provide all you need to taste, a snack with the oils incorporated and a 6.7 ounce bottle to take home.

<b>23S-CUL-002</b>		
W, 4/26	6:30 - 8 PM	Sessions: 1
Olavin	218 N 9th St, Boise	
Mary Ann Mandel	Age: 18+	
Tuition: \$15.00	Materials: \$35.00	Total: \$50.00



### SHRUB MOCKTAILS

This class will show you how to incorporate balsamic vinegar, olive oils and other natural ingredients into beverages. Suggestions for appetizer pairing with some "happy hour" Mocktails are just in time for Cinco de Mayo. Healthy beverages for everyday use. Students will receive a list of what to purchase when they pick up their 4 pack of oil and vinegar at Olavin.

<b>23S-CUL-003</b>		
W, 5/3	6:30 - 8 PM	Sessions: 1
ZOOM	Mary Ann Mandel	Age: 18+
Tuition: \$15.00	Materials: \$30.00	Total: \$45.00

## SPICY CHICKEN WITH LEMON GRASS & PORK FRIED RICE

If you ever went to the original Vietnamese Restaurant in Boise, one of the popular meals was Spicy Chicken served with fried rice. In this class you will learn the secret in making this dish – how the chicken is marinated. The spices used are lemon grass, garlic, fish sauce, and oyster sauce. Bring your appetite and a container to bring food home – there will be plenty of food to share! **PLEASE INFORM OFFICE OF ANY FOOD ALLERGIES.**

<b>23S-CUL-010</b>		
W, 5/10	6:30 - 8:30 PM	Sessions: 1
West Jr High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$15.00	Total: \$35.00

## SPRINGTIME COOKIE DECORATING NEW!

Have you always wanted to learn how to decorate sugar cookies, or do you want to take your skills to the next level? This class is designed for beginner to intermediate "cookers" who want to learn the ins and outs of outlining, flooding, and piping details with royal icing to create decorated cookies that are eye-catching but actually pretty easy! You will leave with five springtime themed cookies (decorated by you!) in a bakery box, as well as recipe cards for basic vanilla sugar cookies and royal icing. Students bring an apron.

<b>23S-CUL-008</b>		
T, 4/25	6:30 - 8 PM	Sessions: 1
West Jr High	Alison Giachetti	Age: 12+ w/adult
Tuition: \$15.00	Materials: \$25.00	Total: \$40.00



## CULTURE & HISTORY

### CARVED IN STONE: CEMETERY HISTORY & SYMBOLISM

Spend the evening with a cemetery historian. Using hundreds of photos taken by the author from cemeteries throughout the world, learn to interpret the lost language of the cryptic signs and symbols found on the gravestones of our ancestors. Just as symbols today are used as a type of "shorthand" for information, graphics on gravestones and monuments tell if the deceased was religious, a member of a fraternal organization or religion, had a sense of humor (or not) or was worthy of love and respect. While symbols on gravestones may appear to be simple, there is often a deeper meaning to them. The history of graveyards and cemeteries will also be discussed.

<b>23S-HIS-002</b>		
M, 4/17	5:30 - 8:30 PM	Sessions: 1
Cloverdale Funeral Home - Event Center	1200 N Cloverdale Rd, Boise	
David Habben	Age: 18+	
Tuition: \$25.00	Materials: \$0.00	Total: \$25.00

**Register at [boiselearns.org](http://boiselearns.org)!**

**LET'S TALK ABOUT GOD**  
Let's talk about God, but not a dogmatic conversation. Let's join the forces of mind and heart. We will look at the big questions of the universe. What is God, man, our interrelationship? What is our concept of God and how has the way we have conceptualized God influenced all aspects of society and sprouted atheism? Is there a better view? Can we prove that God even exists? This class will help us see the world in a new, brilliant, and hopeful light.

#### 23S-HIS-001

W, 4/19-5/3 6:30 - 8:30 PM Sessions: 3  
ZOOM Thomas Pawlowski Age: 18+  
Tuition: \$36.00 Materials: \$0.00 Total: \$36.00

#### WHO LIES BENEATH: FAMOUS PEOPLE BURIED IN THE TREASURE VALLEY

Idaho's graveyards and cemeteries are final resting places for thousands of residents. Some are famous, some infamous, and some just have interesting stories to tell. Some you have heard of, and some you'll ask, "Who dat?" We'll take a virtual tour of several cemeteries in Idaho and tell the inhabitants' stories that they themselves can no longer tell. Learn about the last hanging in Idaho, the last lady bronc rider, America's James Bond, the Wyatt Earp of Idaho, Idaho's Lady Bluebird, the first Jewish governor of Idaho, the Last Madman of Rock n' Roll, and many more. Get ready to be inspired to do your own research on those Idahoans who lie beneath.

#### 23S-HIS-003

Th, 4/20 6:30 - 8:30 PM Sessions: 1  
Cloverdale Funeral Home - Event Center  
1200 N Cloverdale Rd, Boise  
David Habben Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

#### DANCE

##### BEGINNING ADULT TAP DANCE

If you have always wanted to learn how to tap dance, this class is for you! Learn the basic tap steps and put them into a dance. Be prepared to laugh, and have a fun workout! Tap shoes required.

#### 23S-DAN-002

Th, 4/20-5/4 6:30 - 7:15 PM Sessions: 3  
Susie's Tap and Jazz Etc 6053 W Corporal Ln, Boise  
Susie Depew Age: 18+  
Tuition: \$27.00 Materials: \$0.00 Total: \$27.00



##### INTRO TO LINE DANCING

Learn the basic dance steps and get fit at the same time! Line Dancing is all-American dancing fun! Class is perfect for beginners — no partner or experience necessary. Wear comfortable clothes.

#### 23S-DAN-001

W, 4/19-5/3 11AM - 12 N Sessions: 3  
Impact Dance Studio - Meridian  
195 S Adkins Ste #105, Meridian  
Sue Hebison Age: 18+  
Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

#### FITNESS

##### AQUA WORKOUT

This invigorating class held in the pool improves cardiovascular conditioning, muscular strength and endurance using the buoyancy and resistance of the water to give you a safe, effective, fun and "no sweat" workout. It also allows a break from "impact" on the body so you are getting a great workout without pounding your joints, ligaments and tendons.

#### 23S-FIT-014

M/W, 4/17-5/10 5:30 - 6:25 PM Sessions: 8

#### 23S-FIT-012

T/Th, 4/18-5/11 8:30 - 9:25 AM Sessions: 8  
AXIOM-Parkcenter 801 E Parkcenter Blvd, Boise  
Rotating Instructors - Axiom Age: 18+  
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

##### BODYCOMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast, and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

#### 23S-FIT-034

M, 4/17-5/8 5:30 - 6:30 PM Sessions: 4  
Downtown Boise YMCA 1050 W State St, Boise  
Rotating Instructors-YMCA Age: 18+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

##### BODYPUMP®

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit — fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music — helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. Water bottle and personal mat suggested but not required.

#### 23S-FIT-030

M, 4/17-5/8 5:45 - 6:45 PM Sessions: 4  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

#### 23S-FIT-035

T/Th, 4/18-5/11 6 - 7 AM Sessions: 8

#### 23S-FIT-036

T/Th, 4/18-5/11 9 - 10 AM Sessions: 8  
Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

#### 23S-FIT-031

F, 4/21-5/12 4:30 - 5:30 PM Sessions: 4  
Downtown Boise YMCA 1050 W State St, Boise  
Rotating Instructors-YMCA Age: 18+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00



#### CARDIO & CORE

This class is 30 minutes of BodyAttack and 30 minutes of Les Mills Core. BODYATTACK™ is a high-energy fitness class with moves such as running, lunging, and jumping with strength exercises such as push-ups and squats. Suitable for all fitness levels, Les Mills Core is a 30-minute class that helps improve functional strength to build a stronger core, and get better results from other workouts and activities. Les Mills Core is like having a personal trainer, but with all the fun and energy of a group workout.

#### 23S-FIT-037

T, 4/18-5/9 2 - 3 PM Sessions: 4  
Downtown Boise YMCA 1050 W State St, Boise  
Rotating Instructors-YMCA Age: 18+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

##### CARDIO KICKBOXING

Cardio kickboxing combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. This class is for beginners. Come work out on Wednesday mornings!

#### 23S-FIT-011

W, 4/19-5/10 6:30 - 7:15 AM Sessions: 4  
DragonFire Martial Arts 3085 N Cole Rd, Ste 206, Boise  
Jessica McBride, Cody McBride Age: 13+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00



##### CORE FOCUS TOGETHER

A strong core, from your shoulders to your hips, provides the foundation for all of life's movements. Whether you want to improve your athletic performance, prevent back pain, or increase your balance and stability, this dynamic 30-minute class will train your muscles and body to work in harmony.

#### 23S-FIT-017

F, 4/21-5/12 12:15 - 12:45 PM Sessions: 4  
West Family YMCA 5959 N Discovery Way, Boise  
Sydney Van der Akker Age: 15+  
Tuition: \$18.00 Materials: \$0.00 Total: \$18.00

**Commit to a healthier you  
this spring. Sign up for a  
fitness class today!**

#### CYCLE

A freestyle, non-choreographed cycle class that offers a wide variety of motivating music and several terrain options to get you to the finish line.

#### 23S-FIT-033

M/W/F, 4/17-5/12 12 - 1 PM Sessions: 12  
Downtown Boise YMCA 1050 W State St, Boise  
Rotating Instructors-YMCA Age: 18+  
Tuition: \$72.00 Materials: \$0.00 Total: \$72.00

#### 23S-FIT-023

T, 4/18-5/9 4:30 - 5:30 PM Sessions: 4  
West Family YMCA 5959 N Discovery Way, Boise  
Sonja Barber Age: 18+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

##### FOAM ROLLING FOR SELF-CARE

How to use a foam roller for massage, stretching and pain relief for muscles and connective tissue. Wear exercise clothes and bring an exercise mat if you have one. Bring a foam roller.

#### 23S-FIT-025

T, 5/9 6:30 - 7:30 PM Sessions: 1  
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise  
Angela Young Age: 18+  
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

##### HIIT

Push yourself to new heights with High-Intensity-Interval Training. Combines intense bursts of cardio, demanding body-weight exercises, tough core conditioning, and targeted weight training. A state-of-the-art full-body workout designed to challenge all fitness levels.

#### 23S-FIT-022

M, 4/17-5/8 6:30 - 7:25 PM Sessions: 4  
West Family YMCA 5959 N Discovery Way, Boise  
Joseph Pratt Age: 18+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

##### HIGH FITNESS

HIGH fitness is a hardcore fun fitness class that incorporates interval training with music you love, and intense easy-to-follow fitness choreography. It combines fun (pop songs of old and new that everyone knows and loves) with intensity (interval, plyometrics, and cardio) with consistency (each song has specific simple moves taught the same by all instructors).

#### 23S-FIT-018

T, 4/18-5/9 10:20 - 11:20 AM Sessions: 4  
West Family YMCA 5959 N Discovery Way, Boise  
Christine Kuzma Age: 18+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

##### LES MILLS CORE

Suitable for all fitness levels, Les Mills Core is a 30-minute class that helps improve functional strength to build a stronger core, and get better results from other workouts and activities. Les Mills Core is like having a personal trainer, but with all the fun and energy of a group workout.

#### 23S-FIT-032

F, 4/21-5/12 5:45 - 6:15 PM Sessions: 4  
Downtown Boise YMCA 1050 W State St, Boise  
Rotating Instructors-YMCA Age: 18+  
Tuition: \$28.00 Materials: \$0.00 Total: \$28.00



## ROPE FLOW FITNESS TRAINING

This Rope Flow class will be about learning to work out with a weighted rope, but instead of jumping over it, you move out of its way as it flies around you! It promotes rhythm, timing, and coordination. Flow rope provided for class use.

### 23S-FIT-026

T, 4/18 & 4/25 7 - 8 PM Sessions: 2

### 23S-FIT-027

W, 5/3 & 5/10 7 - 8 PM Sessions: 2

Timberline High Cameron Brown Age: 18+

Tuition: \$20.00 Materials: \$0.00 Total: \$20.00



## SHORIN-RYU KARATE FOR AGES 12+

This traditional Okinawan/Japanese karate class emphasizes basic technique. Course includes self defense, traditional kicks, blocks and strikes. Uniforms not required; training is barefoot. 2-for-1 registration! **MASKS RECOMMENDED, BUT OPTIONAL.**

### 23S-FIT-003

F, 4/21-5/12 7 - 9 PM Sessions: 4

Pat Harris Dance Studio 1225 N McKinney St, Boise

Robert Gilmore Age: 12+

Tuition: \$24.00 Materials: \$0.00 Total: \$24.00

## TOTAL ATHLETIC CONDITIONING (TAC)

Build strength and endurance all in one workout. A continuous flow of resistance training and low-impact cardio moves set to motivating music will keep your heart rate up as you sculpt and tone your entire body.

### 23S-FIT-021

T/Th, 4/18-5/11 6:20 - 7:15 AM Sessions: 8

West Family YMCA 5959 N Discovery Way, Boise

Christine Kuzma Age: 18+

Tuition: \$56.00 Materials: \$0.00 Total: \$56.00



## TRX BOOTCAMP

The TRX suspension trainer is a system that leverages gravity and your body weight to perform hundreds of exercises. You're in control — simply adjusting your body position to add or reduce resistance. Bootcamp uses all the elements of TRX class but with added use of weights, medicine balls, plyo boxes, kettle bells, and cardio components.

### 23S-FIT-019

T/Th, 4/18-5/11 12 N - 12:55 PM Sessions: 8

Christine Kuzma Age: 18+

Tuition: \$56.00 Materials: \$0.00 Total: \$56.00

### 23S-FIT-020

Th, 4/20-5/11 4:30 - 5:30 PM Sessions: 4

West Family YMCA 5959 N Discovery Way, Boise

Ruby Hill Age: 18+

Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

## TRX YOGA FUSION

TRX suspension trainer to support your body in yoga poses. It is a full-body stretch and flexibility class that utilizes a person's own body weight.

### 23S-FIT-024

W, 4/19-5/10 11 AM - 12 N Sessions: 4

West Family YMCA 5959 N Discovery Way, Boise

Sonja Barber Age: 18+

Tuition: \$28.00 Materials: \$0.00 Total: \$28.00

## YOGA (ALL LEVELS)

All levels class for ages 15+. Some yoga experience is helpful although not required. Open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted. Modifications are suggested as needed. Using attention and breath, learn how to move through the yoga poses (asanas) to improve balance, reduce stress, and increase body awareness and flexibility.

### 23S-FIT-028

M, 4/17-5/8 6 - 7 AM Sessions: 4

Downtown Boise YMCA 1050 W State St, Boise

Rotating Instructors-YMCA Age: 15+

Tuition: \$28.00 Materials: \$0.00 Total: \$28.00



**The Spring Session runs  
from April 17 – May 11**

## GARDEN & THE GREAT OUTDOORS

## BACKYARD CHICKENS FOR BEGINNERS

CHICK season is here! Learn the tips and tricks of saving money, becoming more sustainable, and experiencing food security while raising chickens — which provide fresh eggs year-round. A great family venture! Youth enroll with an adult; tuition is per student. Optional book for purchase.

### 23S-GAR-007

T, 4/18 6:30 - 8 PM Sessions: 1

Hillside Jr High Gretchen Anderson Age: 12+ w/adult

Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

## BOISE RIVER REWILD HABITAT PROJECT

50 acres of important habitat along the Boise River is being restored to provide birds with a healthy home. Learn about this huge partnership and the role of native plants.

### 23S-GAR-004

Th, 5/4 6:30 - 8 PM Sessions: 1

Timberline High Golden Eagle Audubon Age: 18+

Tuition: \$15.00 Materials: \$2.50 Total: \$17.50

## FOOLING FISH WITH FLIES – FLY FISHING FOR BEGINNERS

If you have just started fly fishing or have always wanted to learn, then this class is for you. Topics covered: basic fly fishing equipment, strategies, and how to put it all together to catch trout.

### 23S-GAR-008

T/Th, 5/9 & 5/11 6:30 - 8:30 PM Sessions: 2

West Jr High David Lupien Age: 18+

Tuition: \$40.00 Materials: \$0.00 Total: \$40.00

## FUNDAMENTALS OF SOIL HEALTH

Plants and microbes need each other. Learn how these vital plant/microbial relationships are established to create healthy soil. Healthy soil becomes a reservoir to store excess CO2 from the atmosphere. Learn how to enhance soil carbon sequestration and grow healthy plants while doing it!

### 23S-GAR-001

T/Th, 4/18 & 4/20 6:30 - 8 PM Sessions: 2

Timberline High Jean Stage Age: 12+ w/adult

Tuition: \$30.00 Materials: \$0.00 Total: \$30.00



## INTRO TO BIRD WATCHING

Do you want to know about the birds you hear or spot in your backyard or on your walks? A bird's color, shape, behavior and sounds are useful for identifying birds. Learn about our local birds with Golden Eagle Audubon Society. This program is designed for both beginning birders and those who want to take their skills to the next level. You'll learn how, when, and where to find birds in Southwest Idaho.

### 23S-GAR-003

M, 4/24 6:30 - 8 PM Sessions: 1

West Jr High Golden Eagle Audubon Age: 18+

Tuition: \$15.00 Materials: \$2.50 Total: \$17.50

## SOIL HEALTH 2

Take a deeper dive into soil health and the relationships between plants and their microbial partners. We will discuss the carbon cycle, how microbes communicate with each other through quorum sensing, the phosphorus paradox and more. The information will give you a deeper understanding of your soils and the plants that grow in them. **FUNDAMENTALS OF SOIL HEALTH** should be taken as a prerequisite.

### 23S-GAR-002

T/Th, 4/25 & 4/27 6:30 - 8 PM Sessions: 2

Timberline High Jean Stage Age: 12+ w/adult

Tuition: \$30.00 Materials: \$0.00 Total: \$30.00

## SUMMER WARBLERS IN SW IDAHO **NEW!**

Warblers are beautiful, noisy and notoriously tricky to identify. Come learn about 10 summer warblers and get ready to go birding!

### 23S-GAR-006

M, 5/8 6:30 - 8 PM Sessions: 1

Hillside Jr High Golden Eagle Audubon Age: 18+

Tuition: \$15.00 Materials: \$2.50 Total: \$17.50



## TREASURE VALLEY HUMMINGBIRDS **NEW!**

Hummingbirds are beautiful and lively birds that can make your backyard a real wild kingdom. Learn how to safely attract hummingbirds and how to identify them as they zip around.

### 23S-GAR-005

M, 5/1 6:30 - 8 PM Sessions: 1

Hillside Jr High Golden Eagle Audubon Age: 18+

Tuition: \$15.00 Materials: \$2.50 Total: \$17.50

## HEALTH & WELLNESS

## AVOID OR DELAY TOTAL KNEE SURGERY UP TO 15 YEARS

Come learn about the NEW regenerative medicine techniques we are now using for end-stage knee osteoarthritis. Until recently if you had end-stage knee osteoarthritis, you may have not been considered a candidate for regenerative medicine. We are now not only utilizing stem cells and possible platelet-rich plasma, but also bony dowels for the treatment of end-stage knee osteoarthritis. This may prevent or significantly delay having your total knee arthroplasty done. Taught by a Board Certified Pain Medicine/Anesthesiology, M.D. and the only Pain Doctor in the valley also certified in Musculoskeletal Ultrasound!

### 23S-HEA-004

T, 4/18 5 - 6 PM Sessions: 1

Pain Care Boise 301 W Myrtle St, Boise

William Binegar, MD Age: 18+

Tuition: \$10.00 Materials: \$0.00 Total: \$10.00



## FIX YOUR NECK PAIN

Stretching, strengthening, yoga poses, and posture tips that are all designed to relieve and prevent neck pain. Wear clothes that are easy to move around in and bring an exercise mat if you have one.

### 23S-HEA-013

T, 4/25 6:30 - 7:30 PM Sessions: 1  
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise  
Angela Young Age: 18+  
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

## HEALTHY HABIT DESIGN

Curious how to fit healthy habits into your life? This class will teach you how to set simple goals for creating a healthy lifestyle. Gain tools and tips for building a consistent routine that reduces reliance on willpower. Topics covered include nutrition, exercise, and stress management.

### 23S-HEA-012

W, 5/3 6:30 - 8 PM Sessions: 1  
Hillside Jr High Ashli Fishman Age: 18+  
Tuition: \$15.00 Materials: \$10.00 Total: \$25.00



## IMPROVE CHRONIC HEALTH ISSUES: HEALTH OF YOUR HOME

Over 50% of Americans have a chronic health issue. Is this you or someone you love? While modern medicine strives to find answers, one of the biggest influencers is vastly overlooked: the health of your home. Mold, chemical off-gassing, EMFs, moisture, water quality, air quality and so many other things play a substantial role in your health. How healthy is your home? Learn quick and easy tips to improve the health of your home, and everyone that lives there. If you have health challenges of any kind, do not miss this class!

### 23S-HEA-003

M, 4/24 6:30 - 8 PM Sessions: 1  
Hillside Jr High Cathy Cooke Age: 18+  
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

## IMPROVE YOUR POSTURE TO DECREASE PAIN

Come learn simple stretches and exercises to improve your posture. Improving posture has the added bonus of not only feeling better about yourself but also decreasing pain from having good biomechanics. We will be doing hands-on activities, so wear comfortable clothes. Come ready to learn and have fun!

### 23S-HEA-011

F, 4/21 1:30 - 2:30 PM Sessions: 1  
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise  
Yvonne Aicher Age: 18+  
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

## LIVING WITH ALZHEIMER'S: CAREGIVERS SERIES

Caregivers learn from professionals the strategies to help cope with Alzheimer's in early, middle, and late stages. This is a three-part series of programs containing sections for: people with Alzheimer's disease or a related dementia; care partners (in the early stage) or caregivers (in the middle and late stages); people with younger-onset and their care partners.

### 23S-HEA-018

W, 4/26-5/10 6:30 - 8:30 PM Sessions: 3  
Hillside Jr High Maria Munoz, Chris Richards,  
Rick Vogel Age: 18+  
Tuition: \$45.00 Materials: \$0.00 Total: \$45.00

## NON-SURGICAL APPROACH TO JOINT AND SPINE PAIN

Learn about non-surgical pain relief for joints, tendons, and ligaments using PRP, stem cells, A2M, and more! Our approach incorporates 4 unique steps which can increase tissue repair, lay down new cartilage cells, decrease inflammation, and reduce pain. Come learn what professional athletes, veterinarians, and biohackers know! This is the future of joint health!

### 23S-HEA-010

T, 4/25 6 - 7 PM Sessions: 1  
QC Kinetix 9382 W Overland Rd, Boise  
Mary Derlacki Age: 18+  
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

## RELIEVE YOUR LOW BACK PAIN

This class is a combination of stretching, core muscle strengthening, and yoga poses designed to relieve and prevent low back pain. Wear clothes easy to move around in and bring an exercise mat if you have one.

### 23S-HEA-014

T, 5/2 6:30 - 7:30 PM Sessions: 1  
Thrive Chiropractic Boise 2404 S Orchard St, Ste 800, Boise  
Angela Young Age: 18+  
Tuition: \$10.00 Materials: \$0.00 Total: \$10.00

## THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR

Too much sugar is extremely detrimental; immune function declines, and diabetes, heart disease, and cancer are all linked to excessive dietary sugar. Learn how our bodies regulate sugar intake, and how a shift toward whole foods can help you on your way to kicking the sugar habit.

### 23S-HEA-001

Th, 5/11 6:30 - 8 PM Sessions: 1  
Hillside Jr High Kendy Radasky Age: 18+  
Tuition: \$15.00 Materials: \$1.50 Total: \$16.50



NEW!

## UNDERSTANDING PERIMENOPAUSE

What is peri-menopause? What is menopause? When does it happen? How do you know if you're in it, and what can you do about it? There is very little quality education for women about the universal midlife transition. Learn from a menopause expert what the symptoms of night sweats, insomnia, mood swings, joint pain, period changes, and low libido all have in common, and how and why you should balance your hormones during your midlife transition to increase your longevity and optimize your long-term health.

### 23S-HEA-015

W, 4/19 6:30 - 8:30 PM Sessions: 1  
ZOOM Jill Gustafson Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00



## WHAT CAN BLUE ZONES TEACH US ABOUT HEALTH?

Some of the world's healthiest and longest lived people live in five areas of the world, called Blue Zones. Join us to learn about these communities and their lifestyles and how you can improve your own health and well being.

### 23S-HEA-016

T, 4/18 6:30 - 7:30 PM Sessions: 1

### 23S-HEA-017

T, 5/2 6:30 - 7:30 PM Sessions: 1  
Hillside Jr High Daria Pori Age: 18+  
Tuition: \$10.00 Materials: \$0.50 Total: \$10.50

## WHY YOUR LYMPHATIC SYSTEM MATTERS

Learn from an expert what your lymphatic system is and why keeping yourself well depends on it. Learn practical tools and methods for stimulating lymph flow. We will discuss what steps to take to avoid lymphatic congestion.

### 23S-HEA-002

M, 5/8 6:30 - 8:30 PM Sessions: 1  
Timberline High Glenda Bell Age: 18+  
Tuition: \$20.00 Materials: \$2.00 Total: \$22.00

## HOLISTIC LIVING

## BACH FLOWER ESSENCES 101 – THEORY & PRACTICE

Take a comprehensive look at the 38 Bach Flower Essence Remedies and their physical, mental, emotional, spiritual, and psychological benefits. This alternative therapy was developed in 1928 by Dr. Edward Bach, who believed that state of mind plays a vital role in maintaining health and recovering from illness. Instructor will discuss each of the 38 remedies and Dr. Bach's famous stress relief formula, Rescue Remedy. Book purchase optional.

### 23S-HOL-008

W, 5/3 6 - 9 PM Sessions: 1  
ZOOM Michele Morgan, M.H., Ph.D.,  
Jennyfer Berg Age: 18+  
Tuition: \$25.00 Materials: \$0.00 Total: \$25.00

## DIY BODY CARE – SCRUB GOODBYE TO SKIN CARE CHEMICALS

Join Certified Health Coach Jennyfer Berg as she shares her knowledge about skin care, labels, ingredients, and how to do your own body scrub. You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients – many of which are hormone disruptors, neurotoxins and skin irritants. Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home. Participants will receive a Natural Grocers bag with a \$5 coupon, samples, and printed material. The perfect gift!

### 23S-HOL-009

W, 5/10 6:30 - 8 PM Sessions: 1  
Timberline High Jennyfer Berg Age: 18+  
Tuition: \$15.00 Materials: \$12.00 Total: \$27.00



## EARTH MAGIC

Join us for a fun and playful evening exploring the signs, symbols and messages all around us. If we are paying attention, the natural world is constantly supporting us on our spiritual path. We will talk about synchronicity and how to receive and interpret the messages in our dreams, through our spirit animals and the natural world. We will also talk about the importance of tuning into the earth's cycles, and how to feel and flow with the energy in our environment.

### 23S-HOL-006

T, 5/9 6:30 - 8 PM Sessions: 1  
Timberline High Angela Levesque Age: 18+  
Tuition: \$15.00 Materials: \$2.00 Total: \$17.00

## ESSENTIAL OILS & MASSAGE: BEGINNER TO PRO

Whether you enjoy pampering your family with a massage or you are a licenced massage therapist, take your massage practice to the next level. Learn advanced essential oil application techniques for targeted system support and homeostasis. This can be incorporated simply into any massage whether at a spa or your home. Sample kit provided.

### 23S-HOL-011

M, 4/24 6:30 - 8 PM Sessions: 1  
West Jr High Lisa Moore-Clifton Age: 18+  
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00





## ESSENTIAL OILS FOR BETTER SLEEP AND DIGESTION

Natural solutions for better sleep, digestion and empowered living. Join us for fun hands-on-learning about essential oils and best ways to use them. We will be making DIY room spray for relaxation and roller ball for the tummy. Instruction of oil applications and hand massage will also be shared. **MATERIALS PROVIDED.**

### 23S-HOL-003

T, 5/2 6:30 - 7:30 PM Sessions: 1  
West Jr High

### 23S-HOL-004

W, 5/3 6:30 - 7:30 PM Sessions: 1  
Timberline High Christina Forst, Sandra Forst Age: 18+  
Tuition: \$10.00 Materials: \$5.00 Total: \$15.00

## EXPLORING YOUR PERSONAL SPIRITUAL/ENERGETIC POWER

Are you an Empath, a Sensitive, an Intuitive, a Psychic? How does one know? Join Victoria Savage RN, a nurse intuitive, energy healer and spiritual guide to explore all of these various energies, and to identify what your energetic gifts are. Learn to muscle test yourself so you can get the guidance you crave and begin to identify where your power lies. Victoria will also help you open to the possibility of living life from a personally empowered stance instead of continuing to "hope" things work out for you.

### 23S-HOL-002

Th, 4/27 6:30 - 8:30 PM Sessions: 1  
West Jr High Victoria Savage Age: 18+  
Tuition: \$20.00 Materials: \$3.00 Total: \$23.00

## HOMEOPATHY 101: FIRST AID FOR HOME & TRAVEL

Learn about First Aid with Homeopathy by using the 16 Remedy HomeoTravel Kit by Boiron Homeopathic Products (BoironUSA.com). Homeopathy is a safe, non-habit forming, gentle and effective natural health care system using remedies obtained from mineral, plant and animal sources that trigger the body's ability to heal itself of acute and chronic health issues, bringing balance to body, mind and spirit. Instructor will introduce the kit, explain each essential single homeopathic medicine in the 6C and 30C potencies, and provide the best method to order it online.

### 23S-HOL-007

W, 4/19 6 - 8 PM Sessions: 1  
ZOOM Michele Morgan, M.H., Ph.D, Jennyfer Berg Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

## INTRO TO MOON SIGNS & ESSENTIAL OILS

Ask any nurse or teacher, and you'll know the moon affects our mood. With a little training and knowledge, you can help keep a high vibe. Learn how to use essential oils and an ephemeris (a table giving the calculated positions of a celestial object at regular intervals throughout a period) to be prepared and make the most of each day! Sample kit provided.

### 23S-HOL-010

T, 4/18 6:30 - 7:30 PM Sessions: 1  
West Jr High Lisa Moore-Clifton Age: 18+  
Tuition: \$10.00 Materials: \$3.00 Total: \$13.00

## MOON SIGNS & ESSENTIAL OILS WORKSHOP

In this 2 evening workshop, you will not only learn how to maximize the shifting effects of the moon with essential oils and mindfulness to stay high vibe, but you will also learn about yourself through your natal chart. Ask any nurse or teacher, and you'll know the moon affects our mood. With a little training and knowledge, you will be prepared to make the most of each day and plan for a great month. Learn how to find and understand the basics of your natal chart, how to use essential oils for mood support, how to read an ephemeris (a table giving the calculated positions of a celestial object at regular intervals throughout a period), create blends for your natal moon and the current moon. Each attendee will get a kit, including instructor's eBook!

### 23S-HOL-012

M, 5/1 & 5/8 6:30 - 8 PM Sessions: 2  
Hillside Jr High Lisa Moore-Clifton Age: 18+  
Tuition: \$30.00 Materials: \$5.00 Total: \$35.00

## REIKI & ESSENTIAL OILS

Come learn the powerful combination of the healing energies of Reiki and the supportive frequencies of essential oils to take your Reiki practice, at home or in your business, to the next level. Mini oil kit included.

### 23S-HOL-013

T, 5/2 6:30 - 8 PM Sessions: 1  
West Jr High Lisa Moore-Clifton Age: 18+  
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

## THRIVING INTO ELDERHOOD

Thriving into Elderhood is an introduction to Conscious Aging, a positive aging movement. Learn to begin cultivating and harvesting lifelong experiences into the wisdom necessary to thrive in the third act of our lives. Topics may touch on life review, legacy, forgiveness and death.

### 23S-HOL-001

W, 4/19 6:30 - 8:30 PM Sessions: 1  
Timberline High Kayleen Dowell Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00



## WORKING WITH THE CHAKRAS

The chakras are not only an important part of our energy body, but they can also be a guide for our personal growth. Each chakra represents a theme that can teach us about who we are, and about the reoccurring obstacles we face in achieving our goals. In this class, we will discuss an overview of the chakras and energy body, and examine how working with the chakras provides insight into our behaviors and life's purpose.

### 23S-HOL-005

T, 5/2 6:30 - 8:30 PM Sessions: 1  
Timberline High Angela Levesque Age: 18+  
Tuition: \$20.00 Materials: \$2.00 Total: \$22.00

## HOMEOWNERS: BUY, BUILD, MAINTAIN

### BUY & MANAGE RENTALS

2 FOR 1!

Led by a local real estate broker, students will learn about screening renters, legal issues, mistakes to avoid, streamlining the process and financing options for buying. Informational packet includes lease forms, rental applications, 1031 tax exchange info, tenant/landlord law info, and more! 2-for-1 registration!

### 23S-HOU-005

T/Th, 4/18 & 4/20 6:30 - 8:30 PM Sessions: 2  
Hillside Jr High Ron Bishop Age: 18+  
Tuition: \$40.00 Materials: \$0.00 Total: \$40.00



## COUNTERTOP CONFUSION SOLVED

Whether you are remodeling, restoring or building a new home, surface selection for kitchens and bathrooms can be confusing. Learn the trends, options and differences between quartz, granite, quartzite, marble, and tile. Demystify the fabrication process and what is involved in installation and options for countertops, bathrooms, and strategies to cut costs on your projects. 2-for-1 registration!

### 23S-HOU-004

Th, 4/27 6 - 7:30 PM Sessions: 1  
Rockbottom Granite 5103 N Sawyer Ave, Garden City, Gisele Pope Age: 18+  
Tuition: \$15.00 Materials: \$0.00 Total: \$15.00

## FIRST TIME (OR NOT IN A LONG TIME) HOME BUYERS

For first time (or not in a long time) home buyers... uncover the step-by-step process of buying your first or next home in our current real estate market; from pre-approval, home searching, negotiating, inspection, appraisal, loan approval, title and escrow, to closing.

### 23S-HOU-002

T, 4/25 6:30 - 8:30 PM Sessions: 1  
West Jr High Christina Moore Ward Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

## MORTGAGE 101 - FIRST TIME HOME BUYER

If you are a first time home buyer and want to learn what is involved in purchasing a home, this is the class for you! We will discuss the lending process and go over credit, income, and down payments. We will also share what to expect when you are house hunting, and the process of making an offer. From beginning to end - we will talk about it all! Please join us!

### 23S-HOU-003

W, 4/26 6:30 - 8:30 PM Sessions: 1  
Hillside Jr High Kim Stastny, Eddy Udry Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

## SELLING YOUR HOME

How to sell your home for the most money and in the fastest possible time with a real estate professional. Learn from a proven real estate professional the basics to prepare your home for sale.

### 23S-HOU-001

T, 5/2 6:30 - 8:30 PM Sessions: 1  
West Jr High Christina Moore Ward Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00



## UNDERSTANDING RESIDENTIAL REMODELING

Is a remodel in your future? Bring your questions, and get answers from an expert! Learn the pros and cons of remodeling: picking a qualified remodeler, green building, cost vs. value, lead paint information, subcontractors, contracts, and so much more!

### 23S-HOU-006

W, 4/19 6:30 - 8:30 PM Sessions: 1  
Hillside Jr High Joe Levitch Age: 18+  
Tuition: \$20.00 Materials: \$0.00 Total: \$20.00

## KIDS

### KIDS MARTIAL ARTS-TANG SOO DO

A dynamic and fun martial arts course. Program builds confidence and character and helps students stand up to peer pressure and other intimidating situations, along with developing physical conditioning.

### 23S-KIDS-009

M/T/Th, 4/17- 5/11 5:30 - 6:15 PM Sessions: 12  
DragonFire Martial Arts 3085 N Cole Rd., Ste 206 Jessica McBride Age: 7-12  
Tuition: \$48.00 Materials: \$0.00 Total: \$48.00

**Community Ed classes  
are fun for the  
whole family!**

**Register at [boiselearns.org](http://boiselearns.org) today!**



## LITTLE NINJAS

This detailed curriculum focuses on improving children's basic motor and listening skills through a fun martial arts format. The Little Ninjas program will also prepare your child for the Kids Tang Soo Do class.

<b>23S-KIDS-006</b>	T/Th, 4/18-5/11	9 - 9:30 AM	Sessions: 8
<b>23S-KIDS-007</b>	T/Th, 4/18-5/11	9:45 - 10:15 AM	Sessions: 8
<b>23S-KIDS-008</b>	T/Th, 4/18-5/11	10:30 - 11 AM	Sessions: 8
<b>23S-KIDS-005</b>	W/F, 4/19-5/12	6:15 - 6:45 PM	Sessions: 8
DragonFire Martial Arts	3085 N Cole Rd., Ste 206		
Jessica McBride, Kamie Eisenbeis	Age: 4-6		
Tuition: \$32.00	Materials: \$0.00	Total: \$32.00	

## STRENGTHENING LIFE SKILLS THROUGH STEM

Students will strengthen life skills such as stress management, building social connections, setting goals, and finding support all while using creativity to complete STEM activities. Materials provided.

<b>23S-KIDS-013</b>	W, 4/19-5/10	6:30 - 7:30 PM	Sessions: 4
Hillside Jr High	Cameron Tidwell	Age: 7-10 w/adult	
Tuition: \$30.00	Materials: \$9.00	Total: \$39.00	

## TAEKWONDO BASICS FOR TINY TIGERS

Through Songham Taekwondo, Tiny Tiger students develop focus, longer attention spans, physical coordination, bully prevention, and self-defense skills.

<b>23S-KIDS-001</b>	M, 4/17-5/8	6 - 6:30 PM	Sessions: 4
<b>23S-KIDS-002</b>	T, 4/18-5/9	5 - 5:30 PM	Sessions: 4
Eagle ATA Martial Arts Center/Karate for Kids	1107 E Iron Eagle, Dr, Ste 130, Eagle		
Chris Colberg, Kit Colberg	Age: 4-6		
Tuition: \$28.00	Materials: \$0.00	Total: \$28.00	

## TAEKWONDO BASICS FOR YOUTH

Through Songham Taekwondo, Youth students develop focus, longer attention spans, physical coordination, bully prevention, and self-defense skills.

<b>23S-KIDS-003</b>	M, 4/17-5/8	5:30 - 6 PM	Sessions: 4
<b>23S-KIDS-004</b>	T, 4/18-5/9	4:30 - 5 PM	Sessions: 4
Eagle ATA Martial Arts Center/Karate for Kids	1107 E Iron Eagle, Dr, Ste 130, Eagle		
Chris Colberg, Kit Colberg	Age: 7-12		
Tuition: \$28.00	Materials: \$0.00	Total: \$28.00	



## TAP, JAZZ, BALLET & ACROBATICS – KINDERGARTEN

Children will learn age-appropriate dance technique, coordination, and basic acrobatic skills while having fun! Call instructor for help getting affordable dance shoes.

<b>23S-KIDS-012</b>	S, 4/22-5/6	12:30 - 1:15 PM	Sessions: 3
Susie's Tap and Jazz Etc	6053 Corporal Ln, Boise		
Susie Depew	Age: 5-6		
Tuition: \$27.00	Materials: \$0.00	Total: \$27.00	



## TAP, JAZZ, BALLET & ACROBATICS – PRE-SCHOOL

Children will learn age-appropriate dance technique, coordination, and basic acrobatic skills while having fun! Call instructor for help getting affordable dance shoes.

<b>23S-KIDS-011</b>	S, 4/22-5/6	11:30 AM - 12:15 PM	Sessions: 3
Susie's Tap and Jazz Etc	6053 Corporal Ln, Boise		
Susie Depew	Age: 3-4		
Tuition: \$27.00	Materials: \$0.00	Total: \$27.00	

## TAP, JAZZ, BALLET & ACROBATICS – TINY TOTS

Children will learn age-appropriate dance technique, coordination, and basic acrobatic skills while having fun! Call instructor for help getting affordable dance shoes.

<b>23S-KIDS-010</b>	S, 4/22-5/6	10:30 - 11:15 AM	Sessions: 3
Susie's Tap and Jazz Etc	6053 Corporal Ln, Boise		
Susie Depew	Age: 2- barely 3		
Tuition: \$27.00	Materials: \$0.00	Total: \$27.00	

## LEISURE

### BICYCLE SAFETY

Learn safe bicycle riding skills from the League of American Bicyclists. Taught by a League Cycling Instructor, the class will get you ready for a safe ride every time; teach you about choosing safe routes; help you master riding safely in traffic and on the Greenbelt; inform you about the Idaho Stop Law; show you the proper way to use safety equipment; and make you a better bicycle rider and driver.

<b>23S-LEI-001</b>	W, 4/19	7 - 8 PM	Sessions: 1
Timberline High	Vince Matthews	Age: 18+	
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00	

# 3 WAYS TO REGISTER!

- 1 ONLINE!**  
Go to [boiselearns.org](http://boiselearns.org) for a current class list.
- 2 PHONE!**  
Call 208.854.4047.  
We accept Visa, MasterCard and Discover.
- 3 IN PERSON** exact cash and checks accepted  
Office hours are 8:30 a.m. - 4:30 p.m., M-F  
8169 W. Victory Rd., Boise

*Registration cannot be completed without payment. Registering for and enrolling in one of our classes implies that you have read, understood and agree to the disclaimers printed on the registration form on page 16 of this catalog.*

## CLOWNS ARE AMBASSADORS OF JOY!

Wanna be a clown? Come find out how you can bring smiles and joy to others. You'll get an introduction to clowning including skits, costuming, simple make-up, and balloon making. After class, you are invited to join our Clown Alley to learn more. Find them on Facebook at ClownsofIdaho.

<b>23S-LEI-003</b>	Th, 4/20	6:30 - 8:30 PM	Sessions: 1
West Jr High	Wanda Jennings	Age: 18+	
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00	

## JUGGLING

Learn the step-by-step process to juggle three items — and variations to add later. The instructor learned to juggle 50 years ago and can teach you as well! Balls will be provided for you to take home and continue to practice. Improve your hand-eye coordination! Homework before class: throw a ball from your right hand to your left, arching it just above your eyes.

<b>23S-LEI-002</b>	M, 4/24	7 - 8 PM	Sessions: 1
Timberline High	Vince Matthews	Age: 18+	
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00	

## MUSIC

### BEGINNER UKULELE

Almost anyone can learn to play the ukulele. In this class you will be shown the techniques necessary to play chords and traditional hapa haole/island rhythms on this easy to learn instrument. Students required to have supplies.

<b>23S-MUS-001</b>	T, 4/18-5/9	6:30 - 7:30 PM	Sessions: 4
Hillside Jr High	Andrew Query	Age: 12+ w/adult	
Tuition: \$40.00	Materials: \$0.00	Total: \$40.00	

**The Spring Session runs from April 17 – May 11**

## PERSONAL ENRICHMENT

### ABANDONING CABLE TV FOR INTERNET STREAMING

The goal of this class is to provide information on the selection of internet connection devices such as ROKU, Apple TV and others. We will also look at various internet content providers such as Netflix, Disney+, Sling TV, Apple TV+ and others. Learn more about the different system components and how they integrate, as well as internet capacities to support streaming services.

<b>23S-PEN-006</b>	T, 4/18	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	John Courtright	Age: 18+	
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00	



### DEATH SCENE INVESTIGATION AND THE FORENSIC AUTOPSY

Join forensic pathologists, technicians and investigators to learn about the fascinating world of forensic science. Learn the many roles and responsibilities of a ME/coroner's office including: Determining cause and manner of death; blood stain pattern analysis; postmortem interval; forensic examination of the body and clothing; examining postmortem wounds and injuries; examining skeletal remains; multiagency collaboration and evidence collection. Students will analyze crime scene photographs and study interesting cases. Actual crime scene photos will be studied; some graphic images will be shown. No photographs or video permitted. Age 18+ NO EXCEPTIONS! Last class (5/11) will be held at Ada County Coroner's Office.

<b>23S-PEN-004</b>	Th, 4/20-5/11	6 - 8 PM	Sessions: 4
Timberline High	Rich Riffle/Ada County Coroner	Age: 18+	
Tuition: \$60.00	Materials: \$0.00	Total: \$60.00	



## LEARN SHUI FOR HEALTH & WEALTH

Learn how to organize your home according to the principals of Feng Shui and its connection to where the Nine Flying Stars will land in each section of your home for the year 2023. Feng Shui has been used for centuries to promote the health and well being for a harmonious family life.

### 23S-PEN-009

T, 5/2 & 5/9	6:30 - 8 PM	Sessions: 2
Timberline High	Carla Kyle	Age: 18+
Tuition: \$30.00	Materials: \$3.50	Total: \$33.50

## HOW TO CONNECT TO BROADCAST TV

This class will examine broadcast TV, TV antennas, placement, cabling, controllers and sling AirTV. The goal of the class is to help individuals identify the problems they may be encountering and help evaluate the amount of time, effort, and complexity as they acquire the Over The Air (OTA) channels. The class focuses only on OTA TV.

### 23S-PEN-007

T, 5/9	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High	John Courtright	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

## LESSONS FROM MY CHILDREN: PRACTICING HEALTHY COMMUNICATION

After getting divorced, the instructor's intention was to become a person she could like — one who was positive, accepting, nonjudgmental, fun to be around. Since her 4 adult children were more honest than she was, they would often suggest ways she could be more self-confident, and learn to use her voice more assertively. This interactive class will be about the journey to more healthy communication, a journey all can gain from, no matter what the circumstances are.

### 23S-PEN-001

M/T, 4/24 & 4/25	6:30 - 8 PM	Sessions: 2
Timberline High	Lois Morgan	Age: 18+
Tuition: \$30.00	Materials: \$0.00	Total: \$30.00

## PREPARE FOR SUMMER FUN

Would you do more in the summer if preparation and clean-up didn't resemble a second job? Learn how to prepare once for every summer adventure and be ready to hit the fun in 15 minutes or less — whether your day involves hiking, swimming, biking, climbing, boating or picnicking.

### 23S-PEN-002

Th, 4/20	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High		

### 23S-PEN-003

Th, 4/27	6:30 - 8:30 PM	Sessions: 1
Timberline High	Mary Ann Wilcox	Age: 18+
Tuition: \$20.00	Materials: \$12.00	Total: \$32.00



## PSAT/SAT/ACT: SECRETS TO MASTER STANDARDIZED TESTS

Learn the format of the PSAT, SAT and ACT, what factors influence college admissions/scholarships and tips to improve your score. Bring your questions and leave with a better understanding of these important exams that affect your future!

### 23S-PEN-008

M, 4/17	6:30 - 7:30 PM	Sessions: 1
ZOOM	Jennifer Hovey, Michael Naragon	Age: student ok w/ adult
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00

## VOICE-OVERS...NOW IS YOUR TIME!

In what could be the most enlightening ONLINE class you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. You will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day.

### 23S-PEN-005

M, 5/1	6 - 8 PM	Sessions: 1
ZOOM	Lisa Foster	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00



## PERSONAL FINANCE

### A, B, C, & Ds OF MEDICARE

Clarify the benefits and regulations to maximize your participation in this program. Class discussion includes enrollment guidelines, premiums, and supplements.

### 23S-PFI-005

M, 4/24	6:30 - 8 PM	Sessions: 1
West Jr High		

### 23S-PFI-006

M, 5/8	6:30 - 8 PM	Sessions: 1
Timberline High	Ken Azbill,	
	Angie Jackson	Age: 18+
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00

## ADVANCE CARE PLANNING

Advance Care Planning is the process of thinking and talking about future medical decisions if you had a sudden event, like a car accident or illness, and could not make your own decisions. The best time to make these decisions is when you can choose for yourself. After discussing key factors, a sample Advance Care Directive for Health Care will be provided.

### 23S-PFI-004

W, 4/19	6:30 - 8 PM	Sessions: 1
Timberline High	John McGown	Age: 18+
Tuition: \$15.00	Materials: \$1.00	Total: \$16.00

Go to college without years of debt! This is for parents of 8th, 9th, 10th, 11th, and 12th graders. Learn about how to prepare for college scholarships and financial aid for the 2023-2024 school year. This is a 1 hour and 15 minute presentation with opportunity for questions. 2-for-1 registration!

### 23S-PFI-007

W, 4/19	6:30 - 8 PM	Sessions: 1
Timberline High	Rebecca M Carroll	Age: 15+ must be w/adult
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00

## ESTATE PLANNING 101

Estate planning is critical for EVERYONE, regardless of your wealth! Join a local estate planning attorney to learn/avoid the Top 10 Mistakes people make regarding estate planning, and what is included in a "complete" estate plan. Class will cover Wills, Trusts, Powers of Attorney, Living Wills, Probate, as well as how to keep the chaos and uncertainty of death at bay. You'll learn a lot and might even laugh a little! 2-for-1 registration!

### 23S-PFI-008

W, 4/19	6:30 - 8:30 PM	Sessions: 1
Timberline High		

### 23S-PFI-009

M, 4/24	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High		

### 23S-PFI-010

W, 5/3	6:30 - 8:30 PM	Sessions: 1
West Jr High		

### 23S-PFI-011

M, 5/8	6:30 - 8:30 PM	Sessions: 1
Timberline High	Sheli Fulcher Koontz	Age: 18+
Tuition: \$20.00	Materials: \$0.00	Total: \$20.00

## ESTATE PLANNING BASICS: PEACE OF MIND FOR SENIORS

Does your estate plan address your long-term care concerns and give you peace of mind for the future? Many seniors have not properly addressed their long-term care needs or protection of assets in their estate plan. Come learn what steps you can take to ensure your estate is protected. Topics include: preparing for long-term care, VA/Medicaid planning, advanced directives, living wills, powers of attorneys, wills and trusts.

### 23S-PFI-001

W, 4/19	6:30 - 8 PM	Sessions: 1
West Jr High		

### 23S-PFI-002

W, 5/10	6:30 - 8 PM	Sessions: 1
Timberline High	Joshua Reams	Age: 18+
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00



## FINANCIAL POWERS OF ATTORNEY

Many of us will need someone to help handle our financial affairs at some point. If nothing is done to plan for this, a conservator may have to be appointed by a judge. This practical course explores the options available in planning ahead for this possibility and avoiding the need for a conservator.

### 23S-PFI-003

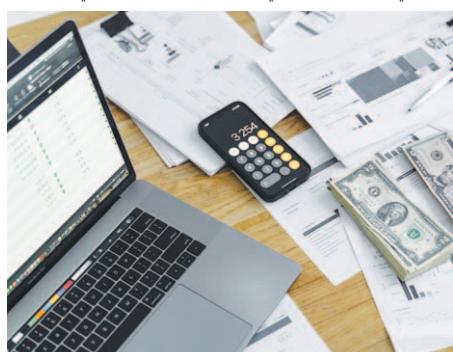
M, 4/17	6:30 - 8 PM	Sessions: 1
Timberline High	John McGown	Age: 18+
Tuition: \$15.00	Materials: \$1.00	Total: \$16.00

## FOUNDATIONS OF INVESTING

In this class, you will learn the rules for investing: develop a strategy, choose quality investments, diversify portfolio, invest for the long term and focus on what you can control.

### 23S-PFI-013

T, 5/9	6 - 7 PM	Sessions: 1
ZOOM	Randall Dorvin	Age: 18+
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00



## INVESTING BEYOND SINGLE FAMILY RENTALS

Take your real estate investing to the next step! Are you just curious to learn more about the full spectrum of opportunities beyond residential real estate? Learn how to get started investing in commercial real estate.

### 23S-PFI-027

T, 4/18	6:30 - 7:30 PM	Sessions: 1
Timberline High		

### 23S-PFI-028

T, 5/9	6:30 - 7:30 PM	Sessions: 1
West Jr High		

### 23S-PFI-029

T, 4/25	6:30 - 7:30 PM	Sessions: 1
ZOOM	Adon Galindo	Age: 18+
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00

## MEDICARE PLAYBOOK FOR BABY BOOMERS

Come learn the rules of Medicare! Understand when and why penalties can be applied and how to avoid them. Get the answers to your questions and learn how the Medicare system works. Instructor will cover different types of plans and also what to consider when you choose a plan that will best suit your individual needs

### 23S-PFI-019

Th, 4/20	6:30 - 7:30 PM	Sessions: 1
Hillside Jr High		

### 23S-PFI-020

Th, 4/27	6:30 - 7:30 PM	Sessions: 1
West Jr High		

### 23S-PFI-021

Th, 5/11	6:30 - 7:30 PM	Sessions: 1
Timberline High	Dusty Clement	Age: 18+
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00



**Keep more of your  
hard-earned \$\$.  
Let a Community Ed  
class show you how!**

### MINIMIZING TAXES ON RETIREMENT INCOME

Understand the potential impact taxes will have on your income during retirement. If you are nearing retirement, this will be an important course to help you understand how taxes are different when you are not working. It may be possible for you to pay less in taxes on your hard-earned dollars.

#### 23S-PFI-023

Th, 5/11	6:30 - 8 PM	Sessions: 1
Hillside Jr High	Gretchen Brown	Age: 18+
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00

### PLANNING FOR COLLEGE- AND FINANCIAL-AID

For parents of college-bound students, paying for college is likely the biggest financial issue you will face before retirement. Parents – learn what you and your student can do during high school to pay less for college, including understanding college costs; the 3 main resources of financial aid and how each works; how to maximize your eligibility for each aid; how to find scholarships; key issues to consider when “shopping” for colleges; and how to shop financial aid while considering colleges.

#### 23S-PFI-016

M, 5/1	6:30 - 7:30 PM	Sessions: 1
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Timberline High

#### 23S-PFI-017

M, 5/8	6:30 - 7:30 PM	Sessions: 1
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West Jr High

#### 23S-PFI-018

W, 5/10	6:30 - 7:30 PM	Sessions: 1
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Hillside Jr High

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
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### RETIREMENT: MAKING YOUR MONEY LAST

Learn from a financial adviser about considerations and trade offs when developing a withdrawal strategy. Working longer, spending less and delaying Social Security. Students will leave with more ways to plan for expected and unexpected expenses with insurance.

#### 23S-PFI-012

T, 4/25	6 - 7 PM	Sessions: 1
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ZOOM

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
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## VOLUNTEER INSTRUCTOR SPOTLIGHT

**Christina O'Brien** graduated from University of NH with a Bachelor's in General Studies (concentration in All Things Outdoors). Her background is in environmental education – teaching kindergartners through senior citizens – and wildlife rehabilitation. She lived and worked all over the US, moved to Idaho in 1990 with her husband Mike to manage what was then The Nature Conservancy's Thousand Springs Preserve (now part of Thousand Springs State Park), and to Boise in 2000 to help with Mike's aging parents. That entailed a career change to work at HP for 13 years. She's now retired and fills her hours with volunteering, hiking, gardening and learning.

Chris teaches the “Mental Fun & Games For Your Dog,” “Scent Games” and “How To Help Your Barking/Lunging Dog” classes. Why, you might ask? Two border collies, who need both mental and physical exercise, and one of whom is a difficult dog. Chris is neither a dog trainer nor an animal behaviorist, but long experience has led her to many great local and online resources that help in both situations.

Chris has found it impossible to tire out border collies with physical exercise; the more she works them, the fitter they become, and the harder it is to wear them out. So she added mental and olfactory exercise, and finds that it not only tires them out, it strengthens her bond with them, keeps their brain cells firing, builds confidence, and is just plain fun.

Her dearly loved late border collie Habi led her on an in-depth journey through behavioral modification and management techniques as Habi grew from a barking/lunging nightmare to a go-almost-anywhere/do-almost-anything companion. The “Barking/Lunging Dogs” class is Chris' compilation of what she wishes she had known at the start of Habi's saga. She is now applying all that to life with new difficult-dog Rowan.

We love having Chris O'Brien volunteer her time, resources and experience with Community Ed! This SPRING, she is teaching **MENTAL FUN AND GAMES FOR YOUR DOG** and **HOW TO HELP YOUR BARKING/LUNGING DOG**. Hurry! Her classes are always popular!

### SOCIAL SECURITY: UNLOCK ITS POTENTIAL

The decisions you make today can negatively impact your Social Security benefits. Learn the important rules and strategies for collecting benefits. Avoid being caught by surprise when it's too late to make changes!

#### 23S-PFI-022

T, 4/25	6:30 - 7:30 PM	Sessions: 1
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Hillside Jr High

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
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### UNDERSTANDING SOCIAL SECURITY AND MEDICARE FOR BABY BOOMERS

Getting Social Security and Medicare benefits right is essential to a successful retirement. Join two industry experts who will explain in detail how social security and medicare work. The decisions you make today can negatively impact your future benefits. This course will talk about choices to consider as well as pitfalls to avoid. Learn important rules and strategies to maximize your benefits and eliminate stress and confusion regarding these important benefits.

#### 23S-PFI-025

M, 4/24	6:30 - 7:30 PM	Sessions: 1
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West Jr High

#### 23S-PFI-026

T, 5/2	6:30 - 7:30 PM	Sessions: 1
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Hillside Jr High

#### 23S-PFI-024

Th, 5/4	6:30 - 7:30 PM	Sessions: 1
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Timberline High

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
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**Students must have an  
email address and  
Internet access to take  
Virtual classes.**

### USING YOUR HOME'S EQUITY FOR RETIREMENT

**2 FOR 1!**

Become educated the right way. Learn the benefits of how your home equity can assist you in your retirement years. Your home is your number one asset and is an excellent option to help you secure your retirement. No matter what your income is, learn to use the equity in your home wisely. Learn how YOU still own your home, how the non-recourse loan protects you if home values drop, and how, according to the IRS, money you get from a reverse mortgage is not considered income. Review the reverse mortgage pros and cons and get your questions answered! 2-for-1 registration!

#### 23S-PFI-014

M, 4/17	6:30 - 7:30 PM	Sessions: 1
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#### 23S-PFI-015

M, 5/8	6:30 - 7:30 PM	Sessions: 1
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Hillside Jr High

Tuition: \$10.00	Materials: \$0.00	Total: \$10.00
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### VA HOME LOANS 101

**2 FOR 1!**

Come learn 1) Who is eligible for a VA loan? 2) How VA loans compare to FHA, USDA, IHFA and conventional loans. 3) The pros, cons and myths about VA loans. 4) Purchase, refinance and renovation options. 5) Local real estate market overview. Bonus: Qualifying attendees will obtain their VA Certificate of Eligibility during or after the class! Class is for active duty or retired military. 2-for-1 registration!

#### 23S-PFI-030

T, 4/18	6:30 - 8 PM	Sessions: 1
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Timberline High

#### 23S-PFI-031

T, 4/25	6:30 - 8 PM	Sessions: 1
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Hillside Jr High

#### 23S-PFI-032

T, 5/2	6:30 - 8 PM	Sessions: 1
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West Jr High

Tuition: \$15.00	Materials: \$0.00	Total: \$15.00
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### PETS

#### DIABETES MANAGEMENT FOR YOUR DOG

Learn basic information about caring for your dog after this common canine diagnosis, including insulin use and blood glucose monitoring. Learn more about the basics and management of diabetes care and common complications. Learn about techniques and equipment for diabetes care, tips and information from the instructor's professional “human” role and practical tips from the instructor's own experience.

#### 23S-PET-001

Th, 5/4	6:30 - 8:30 PM	Sessions: 1
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Timberline High

Tuition: \$20.00	Janet Tweedle	Age: 10+ w/adult
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Materials: \$0.00	Total: \$20.00
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#### HOW TO HELP YOUR BARKING/LUNGING DOG

Does your dog bark and lunge at people or other dogs? You're not alone. The good news is that you can change the way your dog reacts. This one-night class will not fix your dog's behavior. It will introduce you to local and online resources to help you chart a new, and better path forward.

#### 23S-PET-002

W, 4/26	6:30 - 8:30 PM	Sessions: 1
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ZOOM

Tuition: \$20.00	Christina O'Brien	Age: 16+ w/adult
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Materials: \$0.00	Total: \$20.00
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**Classes fill quickly!**  
**Don't miss out –**  
**register today!**  
**boiselearns.org**

### MENTAL FUN AND GAMES FOR YOUR DOG

Did you know that mental exercise can be more tiring than physical exercise for your dog? Come learn simple games using household items to challenge your dog's brain. Great for homes with small spaces, timid dogs, exuberant dogs, older dogs, blind dogs, deaf dogs, dogs on restricted activity, puppies, or hyper-energetic dogs that exercise just can't tire out; in other words – all dogs!

#### 23S-PET-003

W, 5/10	6:30 - 8 PM	Sessions: 1
ZOOM	Christina O'Brien	Age: 16+ w/adult
Tuition: \$15.00	Materials: \$0.00	Total: \$15.00



### PHOTOGRAPHY

#### PHOTOGRAPHY FOR BEGINNERS

This course will focus on the use of Digital Single Lens Reflex cameras and the use of the most basic components contained in the camera menu. The class will also introduce the use of manual settings such as aperture and shutter speeds for exposures. The basic concepts of composition, color and use of light will also be discussed. Please bring DSLR or film SLR cameras and specific user guide/manual for camera to classes. User guides and manuals can usually be found and downloaded online by searching for make and model of camera. The owners guide/manual is an important part of the classwork.

#### 23S-PHO-001

W, 4/19-5/10	6:30 - 8:30 PM	Sessions: 4
West Jr High	Tom Alvarez	Age: 18+
Tuition: \$70.00	Materials: \$2.00	Total: \$72.00



**Register at**  
**boiselearns.org**

### TRAVEL

#### ROAD SCHOLAR TRAVEL: INTRODUCTION

Learn about Road Scholar, a not-for-profit organization, created for the enrichment of adults dedicated to lifelong learning. Learn how the "university of the world" offers thousands of educational travel adventures around the globe, from studying art in Arizona to learning about zoology in Zambia. Road Scholar learning adventures open minds to new ideas and deepen understanding of oneself and of the world's people, places, cultures, history and environments.

#### 23S-TRA-001

W, 4/19	6:30 - 7:30 PM	Sessions: 1
Timberline High	Bev Sheeley	Age: 18+
Tuition: \$10.00	Materials: \$0.00	Total: \$10.00

#### SUMMER VACATIONS FOR LESS

Does it look like you are moving when you leave on a vacation? Would you like to have more room for people and take less room for stuff? This class will show you how to pack for efficiency, maximize your storage space, save money eating on the road and still have everything you need to meet your vacation needs.

#### 23S-TRA-002

T, 5/2	6:30 - 8:30 PM	Sessions: 1
Hillside Jr High		

#### 23S-TRA-003

Th, 5/11	6:30 - 8:30 PM	Sessions: 1
Timberline High	Mary Ann Wilcox	Age: 18+
Tuition: \$20.00	Materials: \$12.00	Total: \$32.00



### VIETNAM VACATION

Are you ready to explore some of Vietnam's historical attractions? Embark on a trekking tour and learn about traditional cultures in one of the most incredible landscapes in Vietnam. Vietnam is a rapidly developing nation, a vacation destination that is filled with dreams for the future and reminders of the past. It's easy to put together a vacation package yourself. Local hotels and flights are inexpensive and it is easy to book accommodations and flights! And if you like local authentic foods, it's so delicious and cheap! In this class, our instructor will show you the photo logs from her recent trip to Vietnam. In addition, she will share some tips, including apps to use while in Vietnam.

#### 23S-TRA-004

W, 4/26	6:30 - 8:30 PM	Sessions: 1
West Jr High	Marti Miller	Age: 18+
Tuition: \$20.00	Materials: \$5.00	Total: \$25.00



**Learn something**  
**new this spring!**  
**Sign up today!**



**Follow us on**



## Please Note:

**We included the most up-to-date and accurate information at the time of printing, however, some details may change. The most accurate information on times, dates, locations, etc., will be available in the online registration system. If you have any questions, please call (208) 854-4047 or e-mail communityed@boiseschools.org**





# TEACH WITH US!

**Do you have a skill, talent, hobby or interest you would like to share with the community?**

**COMMUNITY**EDUCATION  
[WWW.BOISELEARNS.ORG](http://WWW.BOISELEARNS.ORG)

**wants YOU!**

**Diversity is the key to meeting the community's needs – we love fresh ideas for new and interesting courses.**





# REGISTRATION INFORMATION

## WHEN DO CLASSES BEGIN?

The four-week Spring 2023 session will run Mon.-Thurs. evenings, April 17 through May 11. Please see individual class listings for specifics on date, time, supplies needed and location.

## WHERE ARE CLASSES HELD?

### Boise School Locations:

#### HILLSIDE JUNIOR HIGH SCHOOL

3536 Hill Rd., Boise, ID 83703  
(Corner of Hill Rd. and 36th St.)  
Site Facilitators: Summer Megargee & Brodie Scott

#### TIMBERLINE HIGH SCHOOL

701 E. Boise Ave., Boise, ID 83706  
(Use clock tower entrance on Boise Ave. Park in the lot accessed off Linden St.)  
Site Facilitators: John Youngkin & Denise McClung

#### WEST JUNIOR HIGH SCHOOL

8371 W. Salt Creek Ct., Boise, ID 83709  
(Turn south on S. Trabuco Ave., off Victory Rd. between Cole and Maple Grove roads)  
Site Facilitators: T.J. Mayer & Ryan Voorstad

### Community Business Partners (off-site):

#### AXIOM – COLE & FAIRVIEW

7316 W. Fairview Ave.  
Boise, ID 83704; (208) 955-1112

#### AXIOM – PARKCENTER

801 E. Parkcenter Blvd.  
Boise, ID 83706; (208) 955-1113

#### BOISE ART GLASS

1124 Front St.  
Boise, ID 83702; (208) 345-1825

#### BOISE AT ITS BEST FLOWERS

851 S. Vista Ave.  
Boise, ID 83705; (208) 342-4885

#### BROADWAY DANCE CENTER

893 E. Boise Ave.  
Boise, ID 83706; (208) 342-6123

#### CLOVERDALE FUNERAL HOME - EVENT CENTER

1200 N. Cloverdale Rd.  
Boise, ID 83713; (208) 375-2212

#### DOWNTOWN BOISE YMCA

1050 W. State St.  
Boise, ID 83702; (208) 344-5501

#### DRAGONFIRE MARTIAL ARTS

3085 N. Cole Rd. Ste. 206  
Boise, ID 83704; (208) 861-3422

#### EAGLE ATA MARTIAL ARTS CENTER & KARATE FOR KIDS

1107 E. Iron Eagle Dr., Ste. 130  
Eagle, ID 83616; (208) 854-0968

#### HEALTH SOLUTIONS OF IDAHO

11588 W. Fairview Ave., Ste. 200  
Boise, ID 83713; (208) 249-7157

#### HOME BREW STUFF

9115 W. Chinden Blvd.  
Garden City, ID 83714; (208) 375-2559

#### IMPACT DANCE STUDIO – MERIDIAN

195 S. Adkins Ste. 105  
Meridian, ID 83642; (208) 855-2662

#### MAKER SHOP BOISE

6883 W. Overland Rd.  
Boise, ID 83709; (208) 254-6150

#### MOSAIC ESSENTIAL

413 E. 37th St., Door 3  
Boise, ID 83714; (208) 841-5988

#### OLIVIN

218 N. 9th St.  
Boise, ID 83702; (208) 344-0306

#### PAIN CARE BOISE

301 W. Myrtle St.  
Boise, ID 83702; (208) 342-8200

#### PAT HARRIS DANCE STUDIO

1225 N. McKinney Ln.  
Boise, ID 83704; (208) 375-3255

#### QC KINETIX

9382 W. Overland Rd.  
Boise, ID 83709; (208) 997-3108

#### ROCKBOTTOM GRANITE

5103 N. Sawyer Ave.  
Garden City, ID 83714; (208) 376-7328

#### SUSIE'S TAP AND JAZZ ETC.

6053 W. Corporal Ln.  
Boise, ID 83704; (208) 699-0714

#### THRIVE CHIROPRACTIC BOISE

2404 S. Orchard St., Ste. 800  
Boise, ID 83706; (208) 345-2222

#### TOUCHMARK HEALTH & FITNESS CLUB

325 S. Arbor Ln.  
Meridian, ID 83642; (208) 319-5261

#### WEST FAMILY YMCA

5959 N. Discovery Pl.  
Boise, ID 83713; (208) 377-9622

#### WOODCRAFT OF BOISE

7005 W. Overland Rd.  
Boise, ID 83709; (208) 339-1190

## HOW DO I REGISTER?

- Online: [boiselearns.org](http://boiselearns.org).
- Mail: Registration form with payment to Boise Schools Community Education, 8169 W. Victory Rd., Boise, ID 83709.
- Walk-in: 8:30 AM - 4:30 PM, Mon. - Fri., located in the Boise Schools District Services Center, 8169 W. Victory Road, Boise, ID 83709.
- Phone: (208) 854-4047.
- Use the waiting list! There is no charge to add your name to the waiting list; if space becomes available we will contact you.

## WHAT ARE THE CLASS FEES?

- Tuition is approximately \$10 per instructional hour, prorated per number of sessions, plus applicable class material fees.
- See individual class descriptions for tuition and material costs.

## WHEN IS PAYMENT DUE?

- Class fees must be paid in full at the time of registration; Cash, Check, Money Order, MasterCard, Visa, Discover or Debit Card accepted.

## HOW IS COMMUNITY EDUCATION FUNDED?

- The department goal is to cover all expenses without relying on supplemental funding from the Boise School District. The budget for Community Education covers catalog publishing costs, postage, and administrative staff/overhead.

## DO I RECEIVE REGISTRATION CONFIRMATION?

- Online registrants receive an e-mail receipt.
- Students who mail forms receive either an e-mail or printed receipt via mail.

## ARE SCHOLARSHIPS AVAILABLE?

- YES. Tuition scholarships may be available for those in hardship situations; eligibility guidelines are those used for the BSD Free or Reduced Lunch Program.
- Scholarships awarded on a first-come, first-serve basis and are dependent upon the amount of scholarship funds available.
- A \$20 scholarship may be awarded per session, per student; maximum of two per family. Recipients are required to pay materials fee and additional tuition.
- Scholarship applications are available online or at the Community Education office and must be submitted with the Class Registration Form.
- Students will be informed if they have been awarded a scholarship within two business days of receipt of their application.

## CAN I DONATE TO THE SCHOLARSHIP FUND?

- Please consider making a tax-deductible donation to the Boise School District Community Education Scholarship Fund! It is through your generous contributions that tuition scholarships are made available to other students in need.
- When registering online, click "Add More Courses" and choose "Scholarship Donation." We thank you in advance!

## WHY WOULD A CLASS BE CANCELLED?

- If an instructor becomes ill or has an emergency.
- On-site classes are not scheduled when Boise Public Schools are closed.
- Inclement weather; listen to local radio or television for information on school closures, or visit [www.boiseschools.org](http://www.boiseschools.org).
- Classes that do not meet minimum enrollment requirements may be cancelled.
- Staff will attempt to contact students via e-mail and/or telephone if a class is cancelled. Please provide both e-mail and telephone contact data when registering.

## HOW DO I GET A REFUND?

- A refund of class tuition and material fees will be given if our office cancels the class.
- If a student requests to drop a class **seven days** before the start of class or has a documented medical reason, a refund of only the class tuition will be issued. Material fees will not be refunded. **A \$5 transaction fee will be charged for all refunds.**
- Students may call the Community Education office for assistance in processing a request for a refund.
- Escrow credit for tuition only is also available for future classes in lieu of a refund.

## MAY I TEACH A COMMUNITY EDUCATION CLASS?

- We are always seeking new instructors to join our wonderful team of volunteers!
- Instructors choose the date, number of classes and location.
- Volunteer Instructors receive credit to attend a one-night Community Education class.
- To volunteer, go to [boiselearns.org](http://boiselearns.org) and click on 'Teach with us!' and download the Instructor Application and Class Proposal.
- Instructor forms can be mailed to Boise School District Community Education, 8169 W. Victory Rd., Boise, ID 83709, or faxed to (208) 854-4014 or e-mailed to [communityed@boiseschools.org](mailto:communityed@boiseschools.org).

## ARE GIFT CERTIFICATES AVAILABLE?

- YES!
- Please call the Community Education office (208-854-4047) for assistance.
- What a great gift!



