



www.friendsforlearning.com

# February 2018

Spring Semester

Mon	Tue	Wed	Thu	Fri
			1	2
<p>5</p> <p>Swimming for Fitness-Beginning 9:15-10:15 Aquatic Center 149 7th St</p> <p>Swimming for Fitness-Interm 10:15-11:15 Aquatic Center 149 7th St</p> <p>Zumba 9:00-10:00 Sr Center 535 W 21st</p> <p>Fit for Life 10:00-11:15 Good Sam 840 Elva</p> <p>Pinochle 12:00-3:30 Leo's Place 155 S Holmes</p> <p>Spanish I 1:30-3:00 CHE 305</p>	<p>6</p> <p>Stem Cells- Good, Bad or Ugly 10:00-12:00 TAB 200</p> <p>Yoga 8:30-10:00 Good Sam 840 Elva</p> <p>Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>7</p> <p>Swimming for Fitness-Beginning 9:15-10:15 Aquatic Center 149 7th St</p> <p>Swimming for Fitness-Interm 10:15-11:15 Aquatic Center 149 7th St</p> <p>Fit for Life 10:00-11:15 Good Sam</p> <p>Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes</p> <p>Singing for Fun 1-2 4051 Cambria Drive</p> <p>Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital</p>	<p>8</p> <p>The Darker Side of Idaho Falls History 10:00-12:00 TAB 200</p> <p>Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff</p> <p>Yoga 8:30-10:00 Good Sam 840 Elva</p> <p>Zumba 1:00-2:00 Sr. Cntr 535 W 21st</p>	<p>9</p> <p>Symphony: Spanish and Latin Music 5:30 Civic Auditorium</p> <p>Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>12</p> <p>Swimming for Fitness-Beginning 9:15-10:15 Aquatic Center 149 7th St</p> <p>Swimming for Fitness-Interm 10:15-11:15 Aquatic Center 149 7th St</p> <p>Zumba 9:00-10:00 Sr Center 535 W 21st</p> <p>Fit for Life 10:00-11:15 Good Sam</p> <p>Spanish II 10:00-11:30 Sr Cntr 535 W 21st</p> <p>Pinochle 12:00-3:30 Leo's Place</p> <p>Spanish I 1:30-3:00 CHE 305</p>	<p>13</p> <p>Suicide Prevention 10:00-12:00 TAB 200</p> <p>Yoga 8:30-10:00 Good Sam 840 Elva</p> <p>Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>14</p> <p>Swimming for Fitness-Beginning 9:15-10:15 Aquatic Center 149 7th St</p> <p>Swimming for Fitness-Interm 10:15-11:15 Aquatic Center 149 7th St</p> <p>Fit for Life 10:00-11:15 Good Sam</p> <p>Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes</p> <p>Singing for Fun 1-2 4051 Cambria Drive</p>	<p>15</p> <p>Solutions to Protect Your Estate 10:30-12 TAB 200</p> <p>Bead Weaving for Beginners 1:00-3:00 CHE 307</p> <p>Yoga 8:30-10:00 Good Sam 840 Elva</p> <p>Zumba 1:00-2:00 Sr. Cntr 535 W 21st</p>	<p>16</p> <p>Chiropractic: Past, Present &amp; Future 1:00-2:30 TAB 200</p> <p>Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>19</p> <p>Swimming for Fitness-Beginning 9:15-10:15 Aquatic Center 149 7th St</p> <p>Swimming for Fitness-Interm 10:15-11:15 Aquatic Center 149 7th St</p> <p>Zumba 9:00-10:00 Sr Center 535 W 21st</p> <p>Fit for Life 10:00-11:15 Good Sam</p> <p>Spanish II 10:00-11:30 Sr Cntr 535 W 21st</p> <p>Pinochle 12:00-3:30 Leo's Place</p> <p>Spanish I 1:30-3:00 CHE 305</p>	<p>20</p> <p>Denali: High Altitude Mountaineering 10:00-12:00 TAB 200</p> <p>Yoga 8:30-10:00 Good Sam 840 Elva</p> <p>Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>21</p> <p>Swimming for Fitness-Beginning 9:15-10:15 Aquatic Center 149 7th St</p> <p>Swimming for Fitness-Interm 10:15-11:15 Aquatic Center 149 7th St</p> <p>Fit for Life 10:00-11:15 Good Sam</p> <p>Learn Mah Jongg 12:00-3:00 Leo's Place</p> <p>Singing for Fun 1-2 4051 Cambria Drive</p> <p>Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital</p>	<p>22</p> <p>Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff</p> <p>Bead Weaving for Beginners 1:00-3:00 CHE 307</p> <p>Yoga 8:30-10:00 Good Sam 840 Elva</p> <p>Zumba 1:00-2:00 Sr. Cntr 535 W 21st</p>	<p>23</p> <p>Vision As We Age 10:30-12:00 TAB 200</p> <p>Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>26</p> <p>Zumba 9:00-10:00 Sr Center 535 W 21st</p> <p>Fit for Life 10:00-11:15 Good Sam</p> <p>Spanish II 10:00-11:30 Sr Cntr 535 W 21st</p> <p>Pinochle 12:00-3:30 Leo's Place</p> <p>Spanish I 1:30-3:00 CHE 305</p>	<p>27</p> <p>Mayans-What Happened to Them 1:00-2:30 TAB 200</p> <p>Yoga 8:30-10:00 Good Sam 840 Elva</p> <p>Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>28</p> <p>Fit for Life 10:00-11:15 Good Sam</p> <p>Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes</p> <p>Singing for Fun 1-2 4051 Cambria Drive</p>		



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# March 2018

Spring Semester

Mon	Tue	Wed	Thu	Fri
			<p>1 Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff Bead Weaving for Beginners 1:00-3:00 CHE 307 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>2 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>5 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam 840 Elva Spanish II 10:00-11:30 Senior Center 535 W 21st Pinochle 12:00-3:30 Leo's Place 155 S Holmes Spanish I 1:30-3:00 CHE 305</p>	<p>6 Legendary Locals of Idaho Falls 1:00-2:30 TAB 200 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>7 Fit for Life 10:00-11:15 Good Sam Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Dr Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital</p>	<p>8 Bead Weaving for Beginners 1:00-3:00 CHE 307 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>9 Law Enforcement and Public Safety 2:00-4:00 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>12 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam 840 Elva Spanish II 10:00-11:30 Senior Center 535 W 21st Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 305</p>	<p>13 Fishing , Eating, &amp; Touring in Argentina 10:30-12 TAB 200 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>14 World Religions: Buddhism 12:00-2:00 TAB 200 Fit for Life 10:00-11:15 Good Sam 840 Elva Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Dr</p>	<p>15 Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>16 Coke Bottle Boxes 10:30-12:00 Sr. Center 535 W 21st Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>19 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam 840 Elva Spanish II 10:00-11:30 Senior Center 535 W 21st Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 305</p>	<p>20 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st Learning Quality of Life Skills TAB 200, 2:00-3:00</p>	<p>21 Fit for Life 10:00-11:15 Good Sam 840 Elva Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Dr Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital</p>	<p>22 Creative Writing Workshop 1:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>23 Mozart-His Life and Music 1:00-3:00 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>26 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam Spanish II 10:00-11:30 Sr Cntr 535 W 21st Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 305</p>	<p>27 Diabetes Workshop 2:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>28 Fit for Life 10:00-11:15 Good Sam 840 Elva Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Dr</p>	<p>29 Understanding Feng Shui 1:00-2:30 CHE 213 Creative Writing Workshop 1:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>30 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>



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# April 2018

Spring Semester

Mon	Tue	Wed	Thu	Fri
<p>2 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam Spanish II 10:00-11:30 Senior Center Pinochle 12:00-3:30 Leo's Place 155 S Holmes Spanish I 1:30-3:00 CHE 305</p>	<p>3 5 Great World Religions: Judaism 9:30-11:30 TAB 200 Diabetes Workshop 2:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>4 Dinosaurs in Motion-Museum Tour 2:00-3:30 Museum of Idaho Fit for Life 10:00-11:15 Good Sam 840 Elva Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Dr Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital</p>	<p>5 Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff Creative Writing Workshop 1:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>6 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>9 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam Spanish II 10:00-11:30 Senior Center 535 W 21st Pinochle 12:00-3:30 Leo's Place 155 S Holmes Spanish I 1:30-3:00 CHE 305</p>	<p>10 Spring Social 10:00-12:00 College of Eastern Idaho 1600 S 25th E Bldg 3 Entry 7 Diabetes Workshop 2:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>11 Endangered Species of the West 11:00-12:30 TAB 200 Fit for Life 10:00-11:15 Good Sam Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Drive</p>	<p>12 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St Creative Writing Workshop 1:00-3:00 CHE 305</p>	<p>13 Spain 10:30-12:00 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>16 Cultural Cuisine-Spain 6:00-8:00 Lutheran Ch 455 Sunnyside Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam Spanish II 10:00-11:30 Sr Cntr 535 W 21st Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 305</p>	<p>17 Diabetes Workshop 2:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>18 Fit for Life 10:00-11:15 Good Sam Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Drive Science Wednesday 3:00-4:00 ID Brewing Co 775 S Capital</p>	<p>19 Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St Creative Writing Workshop 1:00-3:00 CHE 305</p>	<p>20 Weird Dam Stories 1:00-2:30 TAB 200 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>23 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam Spanish II 10:00-11:30 Sr Cntr 535 W 21st Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 305</p>	<p>24 Diabetes Workshop 2:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>25 Wind Energy-What's All the Bluster 10:30-12:00 TAB 200 Fit for Life 10:00-11:15 Good Sam Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1-2 4051 Cambria Dr</p>	<p>26 Alice Paul: Making of a Radical 10:00-11:30 TAB 200 Geology of the Neighborhood 1:00-3:30 TAB 200 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>27 Waste Water Treatment Plant Tour 10:00-11:30 4075 Glen Koester Lane, Idaho Falls Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>30 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam Spanish II 10:00-11:30 Sr Cntr 535 W 21st Pinochle 12:00-3:30 Leo's Place Spanish I 1:30-3:00 CHE 305</p>				



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# May 2018

Spring Semester

Mon	Tue	Wed	Thu	Fri
	<p>1 Wind Turbine Tour of Invenergy 11:00 Invenergy Ops 789 Bone Rd Diabetes Workshop 2:00-3:00 CHE 305 Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>2 Fit for Life 10:00-11:15 Good Sam 840 Elva Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1- 2 4051 Cambria Drive</p>	<p>3 Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff Cholesterol's Affect on Our Bodies 10:00-12:00 TAB 200 Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>4 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>7 Zumba 9:00-10:00 Sr Center 535 W 21St Fit for Life 10:00-11:15 Good Sam Spanish II 10:00-11:30 Senior Center Pinochle 12:00-3:30 Leo's Place 155 S Holmes Spanish I 1:30-3:00 CHE 305</p>	<p>8 Miles Willard Technologies Tour 10:30-11:30, 655 W Sunnyside Yoga 8:30-10:00 Good Sam 840 Elva Tai Chi 3:30-4:30 Sr. Center 535 W 21st</p>	<p>9 Fit for Life 10:00-11:15 Good Sam 840 Elva Learning Mah Jongg 12:00-3:00 Leo's Place 155 S Holmes Singing for Fun 1- 2 4051 Cambria Drive</p>	<p>10 Bus Trip: Promontory Point Yoga 8:30-10:00 Good Sam 840 Elva Zumba 1:00-2:00 Sr. Cntr 535 W 21St</p>	<p>11 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>14 Pinochle 12:00-3:30 Leo's Place 155 S Holmes Exercise, the best Medicine 1:00-2:30, CHE 211</p>	<p>15</p>	<p>16 Palisades Dam and Power Plant Tour 10:00-12:30 Palisades Dam</p>	<p>17 Hand &amp; Foot: Card Game 12:00 Papa Tom's 1830 S Woodruff Find the Artist in You 1:00-3:30 383 A St, Idaho Falls</p>	<p>18 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>21 Pinochle 12:00-3:30 Leo's Place 155 S Holmes</p>	<p>22</p>	<p>23</p>	<p>24 Garden Art: Pavers A.M. 9:00-11:00 3925 E 97th N Garden Art: Pavers P.M. 1:30-3:30 3925 E 97th N</p>	<p>25 Line Dancing 9:00-10:00 Sr. Center 535 W 21st</p>
<p>28 Pinochle 12:00-3:30 Leo's Place 155 S Holmes</p>	<p>29</p>	<p>30</p>	<p>31 Garden Art: Pavers A.M. 9:00-11:00 3925 E 97th N Garden Art: Pavers P.M. 1:30-3:30 3925 E 97th N</p>	



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# June 2018

Spring Semester

Mon	Tue	Wed	Thu	Fri
				1 <i>Line Dancing 9:00-10:00</i> <i>Sr. Center 535 W 21st</i>
4 <i>Pinochle 12:00-3:30</i> <i>Leo's Place 155 S Holmes</i>	5	6	7 Garden Art: Pavers A.M. 9:00-11:00 3925 E 97th N Garden Art: Pavers P.M. 1:30-3:30 3925 E 97th N	8 <i>Line Dancing 9:00-10:00</i> <i>Sr. Center 535 W 21st</i>
11 <i>Pinochle 12:00-3:30</i> <i>Leo's Place 155 S Holmes</i>	12 Bus Trip: Chesterfield	13	14	15 Bears and the Yellowstone Experience-A Five Days in Yellowstone NP <i>Line Dancing 9:00-10:00</i> <i>Sr. Center 535 W 21st</i>
18	19	20	21	22 Bears and the Yellowstone Experience-B Five Days in Yellowstone NP <i>Line Dancing 9:00-10:00</i> <i>Sr. Center 535 W 21st</i>
25	26	27	28	29



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# August 2018

Spring Semester

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8 Annual Picnic 5:30-8:00 Peterson Park, Ammon	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31