5G Wireless: the next revolution in wireless

5G technology uses a completely different technology to deliver wireless services at speeds that are magnitudes greater than today’s services. There is both technical and political controversy associated with its implementation. (Class limit: 40)

Tue 10/29/19, 6:30-8:00pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Tom Y Sawyer
Retired software technologist/IT Director
(Lockheed Martin Space Systems); inventor; author

Aging and Inequality

In an intergenerational course with CMU students, we will explore the topic of inequality and aging from a sociological perspective. Together we will work toward understanding our own experiences of aging in everyday life within the context of broader societal patterns. So that we can minimize lecture and move quickly to discussion, students are advised to read Corey M. Abramson’s The End Game: How Inequality Shapes our Final Years (150 pages of text plus appendices and references) prior to class. As an alternate, students may watch an academic talk by Dr. Abramson by the same name. (Class limit: 30)

Tue 10/22/19, 1:30-3:30pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Brenda Wilhelm, PhD
Professor of Sociology,
Colorado Mesa University
**Airbnb: An Introduction**

This course will be a simple introduction to Airbnb--both traveling and hosting. Learn the pros and cons of staying in an Airbnb for your vacation as well as how you might use your own home to earn extra income by renting out a room or the entire home to guests. The third hour, on October 29, will be for general tips on setting up your home as an Airbnb, attaining a permit, basic tax information, and getting started with the online platform.  (Class limit: 30)

Tue 10/29/19, 10:00am-12:00pm
Tue 10/29/19, 12:30-1:30pm

*Unitarian Universalist Church*
536 Ouray Avenue
Grand Junction, CO 81501

Anna Goetz
Retired educator and experienced Airbnb host and traveler.

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**Alzheimer's Association: Ten Warning Signs & Brain Health**

The first class, Ten Warning Signs, will identify ten common warning signs of dementia, address the benefits of early detection, and the diagnostic process. The second class, Healthy Living for Your Brain & Body, will highlight how science is giving us insights into lifestyle choices that help keep your brain and body healthy as you age. Learn about research in areas of diet, nutrition, exercise, cognitive activity, social engagement and hands-on tools to help you plan for healthy aging. Both classes will offer a Question and Answer period.  (Class limit: 51)

Mon 10/28/19, 1:30-3:00pm
Mon 11/4/19, 1:30-3:00pm

*Unitarian Universalist Church*
536 Ouray Avenue
Grand Junction, CO 81501

Debra Bianchi, MPH, MS
Western Slope Regional Director for Alzheimer’s Association of Colorado.
**American Mah Jongg for Beginners**

Learn the basics of American Mah Jongg using the National Mah Jogg Associations card of possible hands. By the end of the sessions you will be playing Mah Jongg. Participants will be expected to purchase the 2019 card of Mah Jongg hands for $8 payable at the first class. (Class limit: 16)

Wed 10/2/19, 9:00-11:00am  
Wed 10/9/19, 9:00-11:00am  
Wed 10/16/19, 9:00-11:00am  
Wed 10/23/19, 9:00-11:00am

*Koinonia Church  
730 25 Road  
Grand Junction, CO 81505*

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**Art Appreciation with Alcohol Inks**

Join Renée Herring for an enthusiastic introduction to the art medium of alcohol inks. These free flowing, vibrant colors have a mind of their own, which behave quite differently than the art mediums of oils, pastels, and acrylics. “Watercolors on steroids” is an apt description. Learn the pros and cons of a variety of art mediums, watch a demonstration and experience your own hands-on techniques using art tools to create backgrounds, abstracts or realistic designs. No artistic talent or previous experience necessary – honest. Create your own mini works of art on a variety of substrates, which are yours to take home.  
Fee: $10 per person for materials, payable at time of class. Bring: enthusiasm, apron/work shirt.

**Class on Wednesday, Oct 16, 2019** (Class limit: 16):  
Wed 10/16/19, 9:30am-12:30pm

*Lakeside Community Art  
Room #109  
3150 Lakeside Drive  
Grand Junction, CO 81506  
(Approx. 12th and Patterson)  

- OR -

**Class on Wednesday, Oct 16, 2019** (Class limit: 16):  
Wed 10/16/19, 1:30-4:30pm

*Lakeside Community Art  
Room #109  
3150 Lakeside Drive  
Grand Junction, CO 81506  
(Approx. 12th and Patterson)  

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Art On the Corner

Join Don Meyers on an educational walking tour of Grand Junction's permanent art collection displayed along Main Street. Learn about sculpture materials, processes, visual art form, and the interpretation and evaluation of art. Two tours will be offered starting in front of the Avalon OR Second and Main at the John Otto sculpture. Feel free to register for one or both classes as different sculptures will be discussed.

**Class on Thursday, Oct 17, 2019** (Class limit: 15):
Thu 10/17/19, 1:00-2:00pm

*Downtown Grand Junction by the "Dalton Trumbo" statue by the Avalon.*

- OR -

**Class on Friday, Oct 18, 2019** (Class limit: 15):
Fri 10/18/19, 1:00-2:00pm

*Downtown Grand Junction at "John Otto" statue across from Two Rivers.*

Artificial Intelligence (AI): Mankind's Last Invention?

Artificial Intelligence (AI) is an area of computer science that emphasizes the creation of intelligent machines that work and read like humans. This class explains and defines AI, discusses its history, current state, usages and future scenarios. (Class limit: 43)

Tue 11/5/19, 6:30-8:00pm

*Unitarian Universalist Church*
*536 Ouray Avenue*
*Grand Junction, CO 81501*
Bee Friendly Gardens: How to Cultivate Them

Though bees of one sort or another will patronize just about any flowering plant, they do have their favorites that produce copious amounts of the things they are looking for: nectar and pollen. Learn tips on choosing those plants bees love the best and which will also enhance the beauty of your garden. (Class limit: 40)

Thu 10/17/19, 9:00am-12:00pm

Bookcliff Gardens
755 26 Road
Grand Junction, CO 81506

Dennis Hill
Part owner and manager of Bookcliff Gardens.

Bicycle Times

This class will feature various bicycle riding types and local maps. It will also touch on maintenance, safety, how to shift gears and use brakes, and gadgets like lights/locks/bags, and much more. (Class limit: 20)

Wed 11/13/19, 7:00-9:00pm

Brown's Cycles
549 Main Street
Grand Junction, CO 81501

Chris Brown
Owner of Brown Cycles Bike Shop and "Historical Dabbler".
**Birding: Late Fall Songbird Migration**

The class will travel to various birding sites and hotspots in the Grand Valley looking for migrants making their way south and mountain species that move down into the Valley to spend the winter. Participants must provide their own binoculars and be able to walk 1-2 miles over uneven trails. Participants are encouraged to attend all three class sessions as there is usually a waiting list and we want to include people who can attend all class meetings.  (Class limit: 10)

Thu 10/10/19, 8:00am-12:00pm
Thu 10/17/19, 8:00am-12:00pm
Thu 10/24/19, 8:00am-12:00pm

2512 Broadway  
Highway 340  
Grand Junction, CO 81507

*Each class will meet in the southwest corner of the Redlands Safeway parking lot near the start of the walking trail.*

Mike Henwood  
Leads field trips for Colorado Ornithologists, Audubon of Greater Denver and GV Audubon.

Kathleen McGinley  
Avid birder, assists with Grand Valley Audubon field trips.

**Birding: Late Fall Waterfowl and Raptor Migration**

This class will travel to various birding sites and hotspots searching for raptors and waterfowl that move into the GV to spend the winter. Participants must provide their own binoculars and be able to walk 1-2 miles over uneven trails.  (Class limit: 10)

Tue 10/22/19, 8:00am-12:00pm
Tue 10/29/19, 8:00am-12:00pm
Tue 11/5/19, 8:00am-12:00pm

730 24 Road  
Grand Junction, CO 81505  

*Class will meet on the west side of Canyon View Park (24 Road side) in the parking lot near the softball fields.*

Mike Henwood  
Leads field trips for Colorado Ornithologists, Audubon of Greater Denver and GV Audubon.

Kathleen McGinley  
Avid birder, assists with Grand Valley Audubon field trips.
**Birding: Late Fall Waterfowl and Raptor Movement in the Grand Valley**

Due to demand, this additional section of Birding in the Grand Valley is offered by Dave Price and Cary Atwood. This class will travel to various birding sites and hotspots in the Grand Valley searching for raptors and waterfowl that move into the Grand Valley to spend the winter.

Participants must provide their own binoculars and be able to walk 1-2 miles over uneven trails. (Class limit: 10)

Wed 10/16/19, 8:00am-12:00pm  
Wed 10/23/19, 8:00am-12:00pm  
Wed 10/30/19, 8:00am-12:00pm

*Each class will meet on the west side of Canyon View Park (24 Road side) in the parking lot near the softball fields.*

**Cary Atwood**  
Birder, naturalist, hiker and explorer.

**Dave Price**  
Long time birder, trip leader and traveler.

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**Bitcoin, Blockchain and Cryptocurrency**

What is Bitcoin, Blockchain and Cryptocurrency? How does it all work and what are the implications of these technologies to the future of money? (Class limit: 40)

Tue 10/8/19, 6:30-8:00pm

Unitarian Universalist Church  
536 Ouray Avenue  
Grand Junction, CO 81501

**Tom Y Sawyer**  
Retired software technologist/IT Director (Lockheed Martin Space Systems); inventor; author
Book Discussion Group

This is a class for the New Dimension learners who love to read, learn something new (perhaps about something old), meet new people or mix with those you know to discuss a chosen book. It has been proven reading is good for the brain and discussing good for everything else.

The book chosen is “Dead Wake, The Last Crossing of the Lusitania” by Erik Larson. It is recommended that you read the book prior to the 3 hour presentation and discussion. The book chosen will allow you to learn more about World War I and how a true “perfect storm” brought an end to one of the greatest luxury liners of its time and what brought the USA into the First World War. Come and discuss with a new lens of thinking towards others views.

There will be other book discussions in future New Dimensions Terms. (Class limit: 36)

Thu 11/7/19, 3:00-6:00pm
Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Joan Lowe
Retired executive who loves to read and discuss the topic of books read.

John Pabst
Retired, expert historian who loves to reflect on how history affects today.

Bridge for Beginners

Come and learn how to play the most exciting and challenging card game (in our opinion). This class is for those who might not know the difference between a slam and a no-trump and for those who haven't played and want to learn. (Class limit: 12)

Tue 10/22/19, 10:00am-12:00pm
Tue 10/29/19, 10:00am-12:00pm
Tue 11/5/19, 10:00am-12:00pm
Tue 11/12/19, 10:00am-12:00pm
Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Jeff Phillips
Bridge enthusiast.

Sharon Snyder
Bridge enthusiast.
In today’s intense political and social climate, many people’s natural tendency is to want to avoid argument. It’s often downright painful, if not frightening, to be involved in an argument, whether it’s with family, friends, neighbors, or strangers.

In this discussion-based course, however, I propose that we take precisely the opposite approach: that we learn how to seek out and actively engage other people—especially those who may not share our views—in a respectful, civil way.

We’ll begin by taking a broad look at language—what it is, what it allows us to do, how we use it, how we shape it, and how it changes over time—and then we’ll examine the structure of argument as a particular kind of language. (Class limit: 25)
Colorado Land Trust

Colorado West Land Trust works across six western Colorado counties to preserve wildlife and riparian habitat, farm and ranchland, and scenic & recreational lands. The first session will focus on recent stewardship projects that include wildlife mitigation, riparian habitat reconstruction, and native grass and plant restoration as well as projects that connect people to the land through outdoor recreation. Session two will include a hike to the Three Sisters to view the paved trail construction and improvements. The hike is 4-6 miles, on dirt trails with uneven terrain. There are some hills with moderately steep terrain, the rest rolling terrain. Bring hiking poles if desired. (Class limit: 25)

Tue 10/22/19, 1:00-2:30pm
First Presbyterian Church
3940 27 1/2 Road
Grand Junction, CO 81506

Tue 10/29/19, 1:00-4:00pm
A hike to Three Sisters. Information will be provided at the first class. Some hiking experience preferred and encouraged.

Libby Collins
Project manager for Co West Land Trust to preserve and develop trail based recreation.

Colorado’s Great Depression Gold Rush: The Oliver Twist Tunnel

Following the Crash of '29, Colorado's Great Depression was born from the devastated economy and a gold shortage. We will learn how President Hoover’s fall and President Roosevelt’s policies impacted a small Colorado mining company. The Oliver Twist Tunnel, near Alma, was expected to lead the state for gold production. Included are original pictures of the men and women who worked 2 1/2 miles above sea level to rebuild the gold supply. (Class limit: 100)

Thu 10/10/19, 10:00am-12:00pm
Church of the Nativity
2175 Broadway
Grand Junction, CO 81507

Larry Frank
Larry has been an engineer, curator of a mining museum, mountain tour director, and author.
**Computers: What Can I Do With Windows?**

Learn some of the basics of using your Windows computer including:
- staying in touch with grandkids and high school classmates (Facebook, email, text messages)
- your computer and smartphone are friends (connect with the same stuff on both)
- be safe and secure online (simple steps and ideas to avoid trouble)
- a universal reference tool on your desktop and in your pocket (search engines, maps, and instructions)
- don’t lose stuff - backup and the cloud (how to use and save files)
- hardware and software - there’s an overlap (programs/apps on computer/phone or online)
- jargon for new nerds (code words - necessary or not; bits to terabytes; RAM and ROM; save and save-as; double-click and hover; cable to data to wi-fi; USB and cloud )

What did I miss? We’ll talk about it. “All of Us” is smarter than “Any of Us” - let’s share what we know. We’ll meet for a couple of hours once a week, set up a website to stay in touch between classes, have a topic each week for part of the session -and deal with suggestions (from online or in class) for the rest.

Bring your own computer/phone - and a notebook.
Sorry - we don’t do MAC’s. (Class limit: 15)

**Mon 9/30/19, 3:00-5:00pm**
**Mon 10/7/19, 3:00-5:00pm**
**Mon 10/14/19, 3:00-5:00pm**
**Mon 10/21/19, 3:00-5:00pm**
**Mon 10/28/19, 3:00-5:00pm**
**Mon 11/4/19, 3:00-5:00pm**

*Unitarian Universalist Church*
*536 Ouray Avenue*
*Grand Junction, CO 81501*

Henry Snyder
Computer instructor at the public library and retired high school math teacher.
Cribbage for Beginners

Cribbage is one of the best two-handed card games – and one of the most enduring, for the game was entertaining players as far back as the 17th century. Involves playing and grouping cards in combinations which gain points, using a cribbage board for score-keeping, and learning the unique scoring system. It is recommended that a knowledge of cards prior to this class is helpful. This class will teach you the basics or refresh your knowledge to be able to enjoy one of the best card game pastimes. (Class limit: 10)

Thu 10/10/19, 1:00-3:00pm
Thu 10/17/19, 1:00-3:00pm
Thu 10/24/19, 1:00-3:00pm
Thu 10/31/19, 1:00-3:00pm

Tony Hober

Member of the American Cribbage Congress and just loves to share and teach this fun game.

Crime Fiction: And Justice for All?

In the Golden age of mysteries, the formula was clear: crime, crime solved, perpetrator punished, and justice for all. What about contemporary mysteries, noir, and thrillers, with their sometimes ambiguous endings--is there justice? And if so, what kind of justice--moral rightness and fairness; reward or punishment; administration of law? This class will discuss issues of justice as they relate to contemporary crime fiction, including class members' favorite authors. An optional reading list will be provided. (Class limit: 22)

Mon 9/30/19, 9:30-11:00am
Mon 10/7/19, 9:30-11:00am

Lyn Fraser

Mystery author, avid mystery reader, retired faculty CMU and Texas A&M University.
Crime Scene Investigation

Retired KBI and CBI Agent, Joe Clayton, who has over 25 years of CSI field experience, will introduce you to real-world CSI events. Focused more on crime scene investigation and management than agents and equipment, you will discover how actual CSI work is performed. Various adjudicated case presentations will also be part of the class. Warning: This class is not for the faint of heart! Numerous graphic images, as well as some gruesome descriptions, are included in this presentation. (Class limit: 50)

Fri 10/25/19, 1:00-4:00pm
Church of the Nativity
2175 Broadway
Grand Junction, 81507

Difficult Conversations: Finding Common Ground

Do you ever converse with people of a different political party or religion? Would you have coffee with someone who does not share your beliefs? Why is it our friends and social circles are usually mirrors of ourselves? How can we find common ground?

Through viewing TED TALKS and discussion, this course will explore how to regulate our emotions and engage in civil discourse in a way that is respectful and edifying. Come prepared to think about your own presuppositions and propensities, and to practice self-regulation in active discussions. This journey of self-discovery can open your mind and heart to the value of civil discourse in our society. (Class limit: 32)

Thu 10/24/19, 2:00-4:00pm
First Presbyterian Church
3940 27 1/2 Rd.
Grand Junction, CO

Thu 10/31/19, 2:00-4:00pm
First Presbyterian Church
3940 27 1/2 Rd.
Grand Junction, CO

Heather O’Brien
Mother, wife, cyclist, poet, teacher, friend

Jean Gauley
Retired educator, New Dimensions co-founder and volunteer committed to lifelong learning.
District Attorney: A Look inside the Office

The District Attorney will review his role in our community, major cases being handled, current challenges, and crime trends in Mesa County. He will also discuss his role with many of the social services in Mesa County. (Class limit: 100)

Wed 10/9/19, 10:00-11:00am

Dan Rubinstein
Elected District Attorney for the 21st Judicial District.

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Duplicate Bridge for a Better Brain

This is a beginning class for those wanting to learn the card game of Duplicate Bridge. Any type of card experience is helpful. The basics of Bridge will be taught by an ACBL accredited teacher. Exercise your brain while learning something fun and challenging. (Class limit: 12)

Tue 10/22/19, 1:00-3:00pm
Tue 10/29/19, 1:00-3:00pm
Tue 11/5/19, 1:00-3:00pm
Tue 11/12/19, 1:00-3:00pm

Jeff Phillips
Bridge enthusiast.

Sharon Snyder
Bridge enthusiast.

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501
Economic Outlook for Our Valley

Enjoy hearing GJEP's Director Robin Brown's update on economic development efforts in Mesa County, including new focus areas. You will also gain a better understanding of the roles and responsibilities of the economic development partners across the valley. (Class limit: 50)

Fri 10/4/19, 1:00-2:30pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Robin Brown
Executive Director of the Grand Junction Economic Partnership.

Election Polling Introduction: "They never ask me...."

Nearing election time the news besieges us with results of election polls. The public, however, is not well versed in the methods used in these polls, nor in the meaning of the results. This course covers the general basics of polling and the methods of specific election polling companies. (Class limit: 27)

Wed 10/9/19, 3:00-5:00pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Gene H Starbuck
Has taught 'Methods of Social Research' that covered questioning and polling at CMU.
**Enstrom Candies Tour and History**

Join us for a tour of the Enstrom candy factory and learn about its history and other information. (Class limit: 18)

Tue 10/8/19, 9:30-11:15am

*Enstrom Candies*
*701 Colorado Avenue*
*Grand Junction, CO 81501*

Jim Simons
Fourth generation owner and Vice President of Sales for Enstrom Candies.

**Eureka! McConnell Science Museum Tour**

Come join us for a fun filled 90 minute tour at the Eureka! McConnell Science Museum's new building, Confluence Hall, on the CMU campus (previously known as the "John McConnell Math & Science Center" located at New Emerson School). Experience all the new exhibits and grandeur of this newly designed-high tech building. Staff will share the history of the Center, the mission and its future plans. Learn more about classes, programs and upcoming events including Eureka! Explorers trips for active 55+ adults. (Class limit: 16)

Tue 11/5/19, 1:00-2:30pm

*Confluence Hall, CMU Campus*
*1400 North 7th Street*
*Grand Junction, CO 81501*

Briana Board
Eureka! Program Coordinator
Fly Fishing Casting

This class includes a presentation of equipment used for fly fishing, rigging of equipment, technical discussion of mechanics of casting a fly rod and using a rod to make casts. Equipment will be provided but if a person has equipment they can use it.

Class on Tuesday, Oct 1, 2019 (Class limit: 2):
Tue 10/1/19, 10:00am-12:00pm
Canyon View Park
(East of the city shops across from the dog park. Look for a silver Toyota.)
G Road and 24 Road
Grand Junction, CO 81505

- OR -

Class on Thursday, Oct 3, 2019 (Class limit: 2):
Thu 10/3/19, 10:00am-12:00pm
Canyon View Park
G Road and 24 Road
Grand Junction, CO 81505
(East of the city shops across from the dog park. Look for a silver Toyota.)

Folktales of the Southwest

Every culture will share its humor, fears, aspirations and wisdom in the stories that it shares from generation to generation. This is no different for the Native, Spanish and American Pioneers, all three of whom made the American Southwest their home. Their oral stories, tall tales, folk tales, and legends give us a glimpse of who they were, what they thought and how they interacted with the land and each other. (Class limit: 50)

Thu 10/3/19, 5:30-7:00pm
Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Greg Dillon
Greg runs a fly casting school called Zencasters and has been fly fishing since the age of 6.

Peter Booth
A retired museum professional, Peter uses folktales to study the SW peoples and culture.
**Fruita History Walk**

There are two sections to this class. Section 1: Local Historians, Steve and Denise Hight, will narrate a slide presentation of Fruita's historical sites and buildings, limited to 25 participants. Section 2: This is a walking tour of the Downtown Fruita area with local historians Steve and Denise Hight who will talk about Fruita's rich past, limited to 15 participants.

**Class on Friday, Oct 4, 2019** (Class limit: 25):
Fri 10/4/19, 9:30-11:30am

*Fruita Community Center*
324 North Coulson Street
Fruita, CO 81521

- OR -

**Class on Friday, Oct 11, 2019** (Class limit: 15):
Fri 10/11/19, 12:00-2:00pm

325 Aspen Avenue
Fruita, CO 81521

Meet at the Civic Center Parking lot prior to the Downtown Fruita walk.

**Gilsonite, the “Magic Asphalt”, and Its Impacts on the Grand Valley**

Gilsonite is a unique, naturally-occurring asphalt found in bizarre formations in the Uintah Basin. Walked over for years, Gilsonite was effectively discovered in the 1880s when creative minds found its uses and value. The course covers what Gilsonite is and the wild history of how it was mined and moved to market. Find out why investors sank serious money into building the world’s steepest and crookedest railroad across the Bookcliffs. Learn how the names Mack, Baxter, and McAndrews are related to Gilsonite. Find out what Henry Ford, Aldophus Busch, gasoline, chewing gum, wet sheep, 80,000 bricks and United Kingdom nuclear reactors have in common. And find out what the remnants of the refinery west of Fruita are about. (Class limit: 60)

Tue 10/15/19, 6:00-8:00pm
Tue 10/22/19, 6:00-8:00pm

*Unitarian Universalist Church*
536 Ouray Avenue
Grand Junction, CO 81501
**Grand Junction Regional Airport Exploration**

This class will involve an in-depth conversation and overview of the capital improvement projects taking place at our airport, as well as an update on air service development efforts. Also included is a tour of the airport campus and the Commemorative Air Force Museum.  (Class limit:  25)

Thu 10/10/19, 1:00-3:00pm

*Walker Field Airport*
*2828 Walker Field Drive*
*Grand Junction, CO 81506*

*(3rd Floor Conference Room. Park in the main parking lot, and bring your parking voucher in with you to be validated so that you don't need to pay for parking.)*

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**Grand Junction, Our Town**

Greg Caton, Grand Junction City Manager, will talk about the role of the City Manager and discuss current issues and goals for the City of Grand Junction.  (Class limit:  80)

Fri 10/4/19, 9:00-10:30am

*Unitarian Universalist Church*
*536 Ouray Avenue*
*Grand Junction, CO 81501*
Grand Valley Irrigation System and Infrastructure

Colorado’s Grand Valley has an extensive irrigation system which is fully modeled at Eureka Science Museum. Presentation will cover the beginning of the Valley System from the Roller Dam to the end of the valley and rejoining into the Colorado River. The conversation may further discuss waste water management, flood control, tamarisk control, and other topics about the water that is such a critical part of the Grand Valley. Come and join the talk and see the irrigation model and all the other wonderful things offered by the Museum. Be sure to check out Explorer trips provided by the Museum for active 55+ adults. Donations to Eureka are welcome! (Class limit: 40)

Tue 10/1/19, 2:00-4:00pm

Eureka Science Museum
Confluence Hall
1400 North 7th Street
Grand Junction, CO 81501

Luke Gingerich
Manager J-U-B Engineering, Professional Engineer.

Groundwater—Earth’s Unsung Hero

Learn how groundwater systems work, how groundwater is related to streams and rivers, and what to know about water wells and different types of aquifers. The course will discuss basic groundwater chemistry and what to know about testing domestic water wells. (Class limit: 100)

Mon 9/30/19, 10:00-11:30am

First Presbyterian Church
3940 27 1/2 Road
Grand Junction, CO 81506

Lawrence O Anna
Larry Anna is a professional geologist with 35+ years of experience including groundwater.
Grow your Novel: An organic Approach to Story Structure

The hardest part of writing a novel is starting it. If you're struggling with where to begin, this class is for you. Award-winning novelist, Patti Hill, will guide you through the first five questions a novelist must ask to build a solid story foundation. And because starting strong means avoiding lengthy rewrites and paralyzing writer's block, you won't want to miss this class. (Class limit: 30)

Mon 10/14/19, 1:00-4:00pm
Canyon View Vineyard Church
Room T-106
736 24 1/2 Road
Grand Junction, CO 81505

Patti Hill
Patti is a local author with seven published books.

Growing and Enjoying Houseplants

How to choose, prune, propagate, pot and transplant houseplants. Holiday plant care will be included. (Class limit: 10)

Thu 11/7/19, 10:00am-12:00pm
Debra Foster's home
354 Martello Court
Grand Junction, CO 81507

Debra Foster
Former houseplant specialist.
Active in GJT African Violet and Orchid Societies.
Hike: Pollock Bench Trail

Pollock Bench Trail is located in the Blackridge Canyons Wilderness area with beautiful views of Loma and Fruita and our high desert terrain. You will hike 3 1/2 to 4 hours on a 7-mile, loop trail with a 930 foot elevation gain. This trail is rated as a "moderately easy" hike on a good trail, but the length is the largest challenge as well as areas of uneven ground. The first mile and a half is a gradual ascent with some rock step-ups with good views of Flume Canyon. The next three miles follow along the Pollock Canyon rim going up to the head of the canyon with excellent views of Pollock Canyon. The last part of the hike is down a gentle ridge to meet up with the approach trail. If you are used to hiking up hill and longer distances, this trail will be a good fit. (Class limit: 10)

Fri 10/11/19, 9:30am-1:30pm

*Pollock Bench Trailhead. Take I-70 west to exit 19, Fruita. Travel south across the river on CO 340 for 1.3 miles to Kings View Estates subdivision. Turn right and travel through the subdivision. When the pavement ends, veer to the left past the City of Fruita Open Space Park, then follow the signs toward Horsethief Canyon State Wildlife Area. The Pollock Bench Trailhead parking lot is located 3.3 miles from the subdivision, just before you approach the main entrance of Horsethief Canyon State Wildlife Area.*

Dave Orton

Dave is an outdoor enthusiast who has led a variety of hikes over the years.

Historic Tales of Settlers of Colorado’s Grand Valley

Colorado’s Grand Valley has an extensive geological and human history going back millennia. Franciscan priests worked in tandem with the native Ute people to plot passage through the territory, opening the valley to unprecedented settlement. The region became a playground for enterprising visionaries, murderous outlaws, hooligans and harlots alike. This class will tell the tales of these adventurers that came into the Grand Valley making the way for today. Come hear about the consequences for the Ute nation, mysterious murders and showdown with the Ku Klux Klan. (Class limit: 50)

Tue 10/1/19, 10:00am-12:00pm

*Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501*

Kate Ruland-Thorne

Newspaper editor, history author--has spent a lifetime writing history stories.
**History of Bicycling in the Grand Valley**

This class is a pictorial history of bicycles in Grand Junction 1880-2000.  (Class limit: 20)

**Tue 11/5/19, 7:00-9:00pm**

*Brown's Cycles*

549 Main Street

Grand Junction, CO 81501

Chris Brown

Owner of Brown Cycles Bike Shop and "Historical Dabbler".

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**How to Tell a Great Story**

At the first class meeting, members of the Mesa County Spellbinders group will tell some of our favorite stories, discuss what makes a good story, and share the rewarding experiences we've had as volunteer storytellers for children and adults. At the end of that session, we'll give you summaries of a few short stories to look over at home and pick one to work on for class two.

During the second session you'll tell the story you chose in your own way and we will coach you on what you can do to make it more engaging. Participants will learn from each other, and you'll find you're a better storyteller than you might have imagined!  (Class limit: 12)

**Thu 10/24/19, 9:00-11:00am**

Thu 11/7/19, 9:00-11:00

*First Congregational Church*

1425 N 5th St.

Grand Junction, CO 81501

Ruthmary Allison

Storyteller/Trainer

Kate Fotopoulos

Storyteller/Acting Coach
In the Know at MCL: Finding Great Reads

The class includes finding your next good read with Novelist-Author read-alikes, book recommendations, and more. RBDigital-downloadable are magazines you keep as long as you like. (Class limit: 8)

Wed 10/2/19, 1:00-2:30pm

Central Library
Computer Lab
443 North 6th Street
Grand Junction, CO 81501

Bring your library card.
Couples register as one and share a computer.

Jennifer Murrell
Librarian at MCL who is highly skilled in recommending books for all ages.

In the Know at MCL: Genealogy

Learn how to research your family tree using Ancestry Library Edition and other genealogy resources. This class is for beginning genealogists. Must have computer skills. (Class limit: 8)

Wed 10/23/19, 1:00-2:30pm

Central Library
Computer Lab
443 North 6th Street
Grand Junction, CO 81501

Please bring your library card for this class
Couples may register as one and share a computer

Noel Kalenian
Noel is the Patent and Trademark Resource Center Librarian at Mesa County Libraries.
In the Know at MCL: Mesa County Ghost Towns

Mesa County is the home of multiple abandoned towns and communities. Today these ghost towns are noteworthy reminders of our unique local history. This class will be an opportunity to learn about these locations and see photos and maps of the sites. (Class limit: 70)

Wed 10/30/19, 1:00-2:30pm

Central Library
Community Room
443 North 6th Street
Grand Junction, CO 81501

Ike Rakiecki

Ike is a librarian who is responsible for the Rashleigh Regional History Room at MCPL.

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In the Know at MCL: Prehistoric Living Spaces

Humans have been living in Mesa and Montrose Counties for thousands of years. At several prehistoric sites, archaeologists have discovered material remains that prove human habitation and activities. This class will unearth the findings from some of those sites. (Class limit: 25)

Wed 10/9/19, 1:00-2:30pm

Central Library
Community Room
443 North 6th Street
Grand Junction, CO 81501

Ike Rakiecki

Ike is a librarian who is responsible for the Rashleigh Regional History Room at MCPL.
Isabella Bird: Traveler, Writer, Explorer---Wonder Woman of the Victorian Age

Have you heard about the second woman to climb Long's Peak in Colorado? Not only climbed it but did so while wearing a skirt! That was Isabella Bird in 1873, and that was just one of her many adventures in countries around the world---from China to Persia, from Hawaii to Kashmir and Tibet. Some of those stories will be shared in this class.  

Thu 10/3/19, 9:30-11:30am
Unitarian Universalist Church  
536 Ouray Avenue  
Grand Junction, CO 81501

Nancy Keddy
Avid traveler and researcher.

John Otto: Boostingly Yours--A Chautauqua Presentation

In 1906, itinerant trail builder and dynamite expert, John Otto saw the rimrock country south of Grand Junction for the first time, an event that forever changed his life. The deep canyons and sandstone cliffs spoke to his ideas about patriotism, religion, and love as well as the nation’s future. He dedicated his life to protecting, celebrating and promoting what he envisioned as a natural paradise. Otto’s manic boosterism culminated in the establishment of the Colorado National Monument.  

Thu 10/24/19, 5:30-6:30pm
Unitarian Universalist Church  
536 Ouray Avenue  
Grand Junction, CO 81501

Peter M Booth
A museum professional, Peter shares Otto as hermit, patriot, & visionary of the Monument.
**K-9 Dogs: Learn about the Dogs and their Officers**

Officer Joey Gonzalez will share information about K-9 dogs, where the dogs come from, and the unique way of training them. He will talk about using dogs to track drugs and, of course, perpetrators. He and his dog Merlin will show bite techniques and possibly search tactics if weather permits. (Class limit: 30)

Thu 10/3/19, 10:30am-1:30pm  
*Canyon View Vineyard Church*  
*Room T-105*  
*736 24 1/2 Road*  
*Grand Junction, CO 81505*

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**Landfill Operation Tour**

This tour of the Mesa County landfill will cover the Mesa County landfill operations and environmental controls. The tour will cover green waste composting and the handling of household hazardous wastes, electronic wastes and wastes containing refrigerants.

The class Landfill Operation and Recycling in Mesa County is a suggested prerequisite for this class. (Class limit: 25)

Mon 10/14/19, 10:00-11:30am  
*Mesa County Landfill*  
*3071 U.S. Highway 50*  
*Grand Junction, CO 81503*

*Meet in the dirt lot across from the Hazardous Waste Collection Facility (first building on the left as you enter the landfill). The lot will be on your right just before the vehicle scale. Participants are asked to ride share for the tour to limit traffic at the site.*

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**Joey Gonzales**  
Officer Joey is the K-9 Officer for the Grand Junction Police Department.

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**Jennifer Richardson**  
Jennifer Richardson is the Solid Waste & Sustainability Division Director for Mesa County.
**Landfill Operation and Recycling in Mesa County**

The first meeting will cover landfill operations including waste volumes handled, funding sources, and operating costs. History of solid waste regulation and waste management in Mesa County. Current activities to meet environmental requirements, such as methane gas monitoring and collection, leachate detection and collection, groundwater monitoring, and daily cover requirements will be discussed. The first session will also cover wastes not accepted at the landfill, such as household hazardous waste, electronic waste, and wastes containing refrigerants.

The second meeting will cover Mesa County’s composting facility including green waste collection and processing, volumes handled, and operating costs. Typical soil types and soil structure in the valley, and the appropriate use of compost will be discussed. The second session will also discuss hazardous waste collection and processing at the hazardous waste collection facility and will touch on recycling operations in Mesa County. China’s “Green Fence” and the impacts it has had on the recycling industry will be discussed as will what the public can do to improve recycling in the County. Most importantly, the course will cover what can be recycled in Mesa County. (Class limit: 50)

Wed 10/2/19, 10:00am-12:00pm
Wed 10/9/19, 10:00am-12:00pm

*Church of the Nativity*
*2175 Broadway*
*Grand Junction, CO 81507*

Jennifer Richardson

Jennifer Richardson is the Solid Waste & Sustainability Division Director for Mesa County.
Libraries: Things You Didn’t Know About Yours

This presentation is loaded with fun facts about Mesa County Libraries, its services, and its history. Library Director Michelle Boisvenue-Fox hears many surprised reactions when she talks about all the things a modern library does for people. Always one for a good laugh, there will be many funny stories to share from Michelle’s career in libraries (i.e. squirrels, bats, and patrons left after closing). A tour of the Central Library campus is included. (Class limit: 110)

Mon 10/7/19, 4:00-6:00pm
Central Library
Community Room
443 North 6th Street
Grand Junction, CO 81501

Michelle Boisvenue-Fox
New Mesa County Libraries’ Library Director with more than 20 years of library experience.

Madames, Mayhem & Murder On Main: Grand Junction Crime Sprees of the 1930s

Take a short walk to locations where downtown gambling hall murders took place, including the site of a shoot-out between a gambling hall owner & police. This was a crime that later involved a crooked police chief, shady D.A. and possible murder in old St. Mary’s. Details on the infamous red light district “Apron String Murder,” which went unsolved for several years, also will be provided, along with other stories of crime and intrigue.” (Class limit: 25)

Sun 10/27/19, 5:30-7:30pm
Tour starts and ends at Chrome on the Range II Buffalo, 4th & Main Street.

Dave Fishell
Former historian for Museum of Western Colorado: author of books on Grand Junction.
Mesa County Jail Tour

The tour will include the sallyport, pre-screen area, body scanner, booking, holding cells and the housing areas, possibly the Master Control, and the laundry and kitchen areas.

NOTE: DO NOT bring knives, guns or other weapons. You will need to empty your pockets; no cell phones allowed--lockers available if needed. Background checks are required. You will receive an email requesting a copy of your driver's license or passport two weeks before the tour.

Class on Monday, Oct 7, 2019  (Class limit:  12):
Mon 10/7/19, 12:15-2:00pm
Sheriff Department (South Door)
215 Rice Street
Grand Junction, CO 81501

- OR -

Class on Monday, Oct 14, 2019  (Class limit:  12):
Mon 10/14/19, 12:15-2:00pm
Sheriff Department (South Door)
215 Rice Street
Grand Junction, CO 81501

Mindfulness Meditation

This is a class to learn the why and how of simple but powerful awareness meditation practice that you can begin using right away. It is a proven method for calming the mind, relieving stress and dealing effectively with the continuous challenges of everyday life.

Class starting on Tuesday, Oct 22, 2019  (Class limit:  10):
Tue 10/22/19, 11:00am-12:30pm
Wed 10/23/19, 11:00am-12:30pm
Thu 10/24/19, 11:00am-12:30pm
Koinonia Church
730 25 Road
Grand Junction, CO 81505

- OR -

Class starting on Tuesday, Oct 29, 2019  (Class limit:  10):
Tue 10/29/19, 11:00am-12:30pm
Wed 10/30/19, 11:00am-12:30pm
Thu 10/31/19, 11:00am-12:30pm
Koinonia Church
730 25 Road
Grand Junction, CO 81505

Brenda Apolinar
Lieutenant with the Mesa County Sheriff's Department.

Tom Sawyer
Tom has engaged in meditation practices and studies for 30 years.
Movies: Mad About film

We will be showing films from several different genres. Films are mainly selected from American Film Institute's 100 greatest American movies of time. Most films shown are considered "classics" and have earned this designation based on critical analysis and acclaim, not necessarily popularity. The presenter will preview the film and facilitate a brief discussion following the showing. The New Dimensions film license prohibits publishing or marketing film titles in advance of showing. (Class limit: 100)

Fri 10/11/19, 6:30-9:30pm
Fri 10/18/19, 6:30-9:30pm
Fri 10/25/19, 6:30-9:30pm
Fri 11/1/19, 6:30-9:30pm

TBD

Robert Washington
Film enthusiast and former instructor at CMU

Dick Arnold
Dick is a film enthusiast and tries to explore the genres.

Native American Flute Building and History

There will be a brief description of flutes from across the globe focusing on Native American type flutes with some history and the presentation of approximately thirty flutes. Playing a flute will be included.

Class on Monday, Sep 30, 2019 (Class limit: 3):
Mon 9/30/19, 10:00am-12:00pm

575 Meadowlark Lane
Grand Junction, CO 81507
(on the Redlands opposite the Church on the Rock, second house on the right)

- OR -

Class on Wednesday, Oct 2, 2019 (Class limit: 3):
Wed 10/2/19, 10:00am-12:00pm

575 Meadowlark Lane
Grand Junction, CO 81507
(on the Redlands opposite the Church on the Rock, second house on the right)

- OR -

Class on Friday, Oct 4, 2019 (Class limit: 3):
Fri 10/4/19, 10:00am-12:00pm

575 Meadowlark Lane
Grand Junction, CO 81507
(on the Redlands opposite the Church on the Rock, second house on the right)

Greg A Dillon
He has been playing and building flutes for years.
**Opera: Informance on "Turandot"**

An Informance (background on "Turandot", Puccini, and the lead singers) with the intent of maximizing your enjoyment of the Metropolitan Opera Live Simulcast airing on Saturday, October 12 at 10:55 am at the Regal Theater. This opera contains the aria "Nessun dorma", Pavarotti's signature piece and one of the most famous tenor arias in all opera.

NOTE: Tickets for the simulcast typically are $22 for seniors. (Class limit: 60)

**Thu 10/10/19, 10:00-11:30am**

_Unitarian Universalist Church_
_536 Ouray Avenue_
_Grand Junction, CO 81501_

**Ed Arnos**

Opera fan and lecturer. He has studied and sung opera and large choral works for 40 years.
**Orchestra Conductors and What They Do: Demystifying the Maestro**

In the first hour a reprise to learn from the inside how an orchestra conductor interacts with the musicians to recreate great musical masterpieces. How do we interpret Beethoven’s music? Why don’t musicians seem to be looking at the conductor during a concert? When should I clap? Who chooses the music for concerts and how long does the orchestra rehearse? What is the conductor actually doing up there in a concert? Do different conductors actually make a difference to the performance? In hour two, Charles Latshaw discusses how to dissect a piece of music, prepare to conduct musicians, rehearse the orchestra and conduct the upcoming performance that week.

In addition to the lecture on Monday, participants are also invited to observe a symphony rehearsal from within at CMU. They will also have the opportunity to purchase discount tickets to the Grand Junction Symphony Orchestra performances at the Avalon on Saturday or Sunday. The information for the rehearsal and/or performance is in addition to the two hour class and is listed below. (Class limit: 75)

Mon 10/14/19, 10:00am-12:00pm

Unitarian Universalist Church  
536 Ouray Avenue  
Grand Junction, CO 81501

Tue 10/15/19, 7:00-8:00pm

Symphony Rehearsal  
CMU Moss Performing Arts Center  
Room 005/006  
1100 North Avenue  
Grand Junction, CO 81501

Sat 10/19/19, 7:30-9:30pm

Grand Junction Symphony Orchestra Performance  
Avalon Theatre  
645 Main Street  
Grand Junction, CO 81501

Sun 10/20/19, 3:00-5:00pm

Grand Junction Symphony Orchestra Performance  
Avalon Theatre  
645 Main Street  
Grand Junction, CO 81501
Outdoor Recreation Coalition of the Grand Valley

The Outdoor Recreation Coalition of the Grand Valley (ORC) is a group of businesses and organizations working together to support and promote the outdoor recreation industry in the Grand Valley. Sarah, a Founder of ORC, will describe its history, why it's important, and the impact it has had in our valley. (Class limit: 25)

Wed 11/6/19, 12:00-1:00pm

Bonsai Design
201 South Avenue
Grand Junction, CO 81503

Sarah Shrader
Sarah is the Owner and Co-Founder of Bonsai Design, a world-class aerial adventure course.

Palisade Insectary Tour

Do you have issues with insect pests and weeds in your garden? The Palisade Insectary has been helping orchardists and gardeners for decades through the use of biocontrols. One of the insectary’s employees will give a brief introduction and then a tour of this special facility which currently collects, rears, and releases about 20 different species of biological control agents for use against both weeds and insect pests. Find out if they can help you and your garden! (Class limit: 27)

Tue 11/5/19, 10:30am-12:30pm

Palisade Insectary
750 37 8/10 Road
Palisade, CO

Sonya Daly
Biocontrol mapping and data management specialist
Pickleball Clinic for Beginners

This class is designed to teach new players the rules of the game as well as information regarding local play. We will play a few matches in order to familiarize the participants with the game and ensure the rules are being followed. Pickleball is played on a tennis court surface so participants should wear court or tennis shoes. Please wear clothes appropriate for the outdoor weather. NOTE: while the majority of pickleball players are seniors, the game requires players to do a little running during play so they should be in good enough physical shape to do so. Equipment will be provided.

Class on Thursday, Oct 10, 2019 (Class limit: 20):
Thu 10/10/19, 2:00-4:00pm
Lincoln Park Tennis Courts-West end
1340 Gunnison Avenue
Grand Junction, CO 81505

- OR -

Class on Thursday, Oct 17, 2019 (Class limit: 20):
Thu 10/17/19, 2:00-4:00pm
Lincoln Park Tennis Courts-West end
1340 Gunnison Avenue
Grand Junction, CO 81505

Police Chief’s Goals & Updates

Chief Shoemaker will share his core message and goals for the next 2-5 years. He will discuss major topics such as crime in our community, homeless issues, staffing and budget issues/constraints. Q & A to follow his presentation as time allows. (Class limit: 60)

Thu 10/10/19, 9:30-11:00am
Grand Junction Police Department
555 Ute Avenue
Grand Junction, CO 81501

Please meet at the entrance at 9:15 in order to be escorted through locked doors.
Power Journaling: a Way to Enhance Your Memory

Learn the benefits of power journaling for executive skills like organization, time management, goal achievement, sustaining attention, and enhancing memory. Additionally learn how power journaling can be a creative outlet for those who enjoy drawing and decorating their pages, leaving a legacy for their children and grandchildren. (Class limit: 33)

Mon 10/28/19, 10:00am-12:00pm
The Business Incubator Training Room
2591 Legacy Way
Grand Junction, CO 81503

Wed 10/30/19, 10:00am-12:00pm
The Business Incubator Training Room
2591 Legacy Way
Grand Junction, CO 81503

Linda Malesich & Anna Goetz

Both use enhanced power journals (Bullet Journals) to manage their lives.

Primary Sources: Sleuthing Historic Documents

Get your magnifying glasses! Be ready to investigate and analyze compelling primary sources! Learn more about a historic time period by examining documents, political cartoons, sheet music, and sound recordings. Also learn where to find other fascinating online treasure from the vaults of the Library of Congress. (Not sure what primary sources are? They are raw materials of history — original documents and objects which were created at the time under study. They are different from secondary sources, accounts or interpretations of events created by someone without firsthand experience.) (Class limit: 25)

Tue 10/15/19, 1:00-3:00pm
Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO

Sherrie Galloway

Former Educational Resources Specialist with the Library of Congress in Washington, DC.
**Property Tax Policy? What could be sexier?**

Learn how your Real Property Tax is determined and what the state policies are that influence this tax!  (Class limit:  50)

Wed 10/2/19, 12:00-2:00pm

*Ken Brownlee*

**Mesa County Courthouse Annex**
*6th and Rood 3rd Floor Training Room A*
*Grand Junction, CO*

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**Pruning Woody Plants**

Join Colorado State Forester and Colorado Master Gardener Kamie Long for an interactive presentation on tree pruning. She will cover objectives for pruning shade and ornamental trees from the ground, including the what, where, why, when and how of pruning. She will also cover the appropriate tools and tool care for tree pruning.

NOTE: The pruning information and instructions in this presentation are designed for small to medium sized pruning jobs. This information is not intended for large trees where climbing is involved.  (Class limit:  40)

Tue 10/8/19, 1:00-3:00pm

*Kami Long*

**Colorado State Service Forester and Colorado Master Gardener.**

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**Public Defender: Fighting Injustice**

Learn about the significant role played by the Public Defender in our Judicial System.  (Class limit: 100)

Tue 10/15/19, 10:00-11:00am

*Steve V Colvin, Esq.*

**Lead Public Defender with the Colorado Public Defender's Office in Grand Junction.**
Radio-controlled Flying: Drones, Quads, Planes and Jets in the

This isn't your father's hobby anymore. Radio controlled flying has been around for almost 80 years, but it has changed with the times. New technologies and materials have made this growing sport more and more popular, challenging, and rewarding. Drones and multi rotor equipment have added an extra element with recreational and commercial-quality video and even drone racing! See what it's all about at our flying field and visit our website at gjmodeleers.com   (Class limit:  30)

Wed 10/2/19, 9:00-10:00am
3320 Whitewater Hill
Grand Junction, CO 81503

Directions to flying club: From Hwy 50 on Orchard Mesa, turn north onto 32 Road, travel app. 1/4 mile, turn turn east (right) at 115 32 Road, follow road through the gate and signs past the dragway (stay to the left), pass shooting range, to flying field.

From Clifton area: travel south on 32 Road app. 5 miles, turn east (left) at 115 32 Road, follow road through the gate and signs past the dragway (stay to the left), pass shooting range, to flying field.

Vicki Felmlee

Vicki Felmlee is a Grand Junction native and Secretary of the Grand Junction Modeleers.

Scams and Technology: Staying Safe on the Internet

With increased use of the internet, email and smartphones, there are now more ways than ever for scammers to contact their victims. This presentation will equip you with information about recognizing scams on the internet, social media and email, and provide you with ways of avoiding unwanted contact from scammers. Mark has worked on education and outreach to older adults for over 10 years. He currently works with a crew of dedicated volunteers to address thousands of inquiries each month about fraud, scams and financial exploitation as part of the AARP ElderWatch and AARP Fraud Watch Network.   (Class limit:  100)

Wed 10/23/19, 2:00-3:30pm
Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Mark Fetterhoff

Mark is an Advisor with AARP in Denver and part of AARP's Fraud Watch Network.
Secrets of St. Catherine's Monastery of Siani: How Two Scottish Lady Adventurers Discovered the Hidden Gospels

This is a presentation on the history of St. Catherine’s Monastery which dates back to the rule of the Byzantines. It is one of the richest monasteries in the remote location of the Sinai and one of the greatest collections of manuscripts biblical scholars have ever found. Jackie will be joined by Dr. Larry Neffe who is the Chairman of the Art History Dept. at the University of Delaware, with a Specialty in Medieval Manuscripts. (Class limit: 33)

Mon 10/14/19, 9:30am-12:00pm  
Jackie Walker  
American Lutheran Church  
631 26 1/2 Road  
Grand Junction, CO 81506

Dr. Larry Nesse  
Chairman of the Art History Department at the University of Delaware Medieval Manuscripts.

Self Defense for Women - Beginners

Participants will learn and practice how to recognize predators and the impending danger, how to deescalate a situation, how to keep their balance, and multiple ways to escape being grabbed, being abducted, being choked and multiple strategies to allow you to escape an altercation. These are among many skills available to you to provide safety for you and the ones you love. No degree of athleticism is required with safety first and foremost for everyone. (Class limit: 24)

Mon 10/7/19, 10:00am-12:00pm  
Wed 10/9/19, 10:00am-12:00pm  
Fri 10/11/19, 10:00am-12:00pm  
Robert McKenna  
Nationally certified black belt with 35+ years experience.

Unitarian Universalist Church  
536 Ouray Avenue  
Grand Junction, CO 81501
Self Defense for Women: Advanced

This will be a continuation from the basics with practice, practice and more practice and will expand on the legal implications, will explore your options when you cannot escape and how to take charge of the altercation empowering you with your body weapons to distract, defend and then escape. Simple but very effective joint manipulations, targeted nerve centers and release mechanisms will be taught with plenty of time to safely practice the techniques. Simple effective target areas that can incapacitate the predator long enough for you to get away will be reviewed. (Class limit: 24)

Mon 10/14/19, 10:00am-12:30pm
Wed 10/16/19, 10:00am-12:30pm
Thu 10/17/19, 10:00am-12:30pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Robert McKenna
Nationally certified black belt
with 35+ years experience.
Shakespeare for Grownups: Richard III

No matter your past experience, increase your confidence and enjoyment in reading Shakespeare as we explore Richard III together, taking parts to read aloud (or simply listening to others read) and discussing a play that went through an extraordinary 5 reprints during Shakespeare’s lifetime. In this dark history that celebrates and condemns one of history and literature’s great villains, we will explore some of Shakespeare’s most memorable speeches and consider the liberties he took with the history as it was known then and is understood now.

Many editions of Richard III are available at the library and online, but because there is significant variation between the editions published during Shakespeare’s lifetime, participants are encouraged to obtain the Folger Edition of Richard III (not only will help us all stay together, its annotations and commentaries are very helpful). Copies are available for $5.99 at Out West Books at 533 Main or can be ordered from any bookstore. A kindle version is also available from Amazon. (Class limit: 15)

Mon 10/28/19, 1:00-3:00pm
Wed 10/30/19, 1:00-3:00pm
Mon 11/4/19, 1:00-3:00pm
Wed 11/6/19, 1:00-3:00pm

Koinonia Church
730 25 Road
Grand Junction, CO 81505

Nancy Strippel

Nancy taught high school literature for ten years.
Tai Chi/Qigong: An Introduction to Movement and Breathing Exercise for Better Health

Originally developed for self-defense, Tai Chi is a graceful form of exercise that is used for stress reduction and a variety of other health conditions. Qigong is an over five-thousand year-old Chinese health method that combines slow graceful movements with mental concentration and breathing to increase and balance a person’s vital energy.

While the instructor will give brief talks on the history and benefits of Tai Chi and Qigong, emphasis will be on leading the students through Qigong and Tai Chi movement and breathing exercises while explaining correct performance of and health benefits of those movement and breathing exercises.

Because this is an introductory course, no previous experience is required.

Space for this class has been made available at a dance studio. To protect the dance floor, no shoes are allowed on the floor, so everyone will need to be barefoot or in socks. (Class limit: 46)

Sun 10/6/19, 6:00-07:30pm
Sun 10/13/19, 6:00-07:30pm
Sun 10/20/19, 6:00-07:30pm
Sun 10/27/19, 6:00-07:30pm

Institute of Dancing Arts
2148 Broadway Suite C-4
Grand Junction, CO 81507

Diana Barnes is a Tai Chi/Qigong instructor at Grand Valley Oncology and Fruita Community
Tamarisk Impacts and Management

Tamarisk is an invasive plant that’s been taking over critical riparian (riverside) areas, displacing much (in some places, all!) of the native vegetation. How did this plant invade so rapidly, what impacts does it have on our ecosystem, and what is being done to manage it and other invasive plants? Join an interactive presentation and discussion with Cara Kukuraitis from RiversEdge West to learn more. RiversEdge West is a non-profit based in Grand Junction that works to restore habitat along the river’s edge for the benefit of communities and wildlife. (Class limit: 60)

Wed 11/6/19, 9:00-10:00am

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Cara Kukuraitis
Outreach Coordinator,
RiversEdge West

Texas Holdem Poker

For beginners and experts alike, the course will cover strategies for winning poker, whether for fun or money, including ranking of hands, some basic probability, cost-reward calculations, and reading other people. No money will be risked or exchanged during the course. (Class limit: 20)

Wed 10/23/19, 3:00-5:00pm
Wed 10/30/19, 3:00-5:00pm
Wed 11/6/19, 3:00-5:00pm

Koinonia Church
730 25 Road
Grand Junction, CO 81505

Gene Starbuck
Retired from CMU & has won poker tournaments at multiple casinos.
Tour of the National Weather Service

Tour of the National Weather Office in Grand Junction, including balloon release, tour of the operations area, and short presentation about the National Weather Service (upper air, radar, etc.). (Class limit: 15)

Thu 10/3/19, 5:00-6:30pm
National Weather Service Building
2844 Aviators Way
Grand Junction, CO 81503

Matthew Aleksa
Meteorologist and forecaster.

Walking Easy

This class is designed for people who are most comfortable walking on flat, even surfaces for a distance of 2-3 miles as part of a personal exercise program. Participants should be in good health and able to walk at a steady pace for moderate exercise (rest stops allowed). Sturdy walking shoes, water, and clothing appropriate for fall weather are recommended. We will explore the valley through three local walks. Let's walk to good health! (Class limit: 12)

Fri 10/18/19, 9:00am-12:00pm
Highline State Park Loop Trail (I-70, Exit 15) Specific directions/meeting location will be sent to participants when registration is finalized

Fri 10/25/19, 9:00am-12:00pm
Watson Island Eagle Rim Trail. Specific directions/meeting location will be sent to participants when registration is finalized

Fri 11/1/19, 9:00am-12:00pm
Corn Lake Trail. Specific directions/meeting location will be sent to participants when registration is finalized

JoLynn Phillips
JoLynn taught physical education and coached girls basketball. She is a retired educator.
Walking Meditation
This Western adaption of meditation is geared for an ambulatory way of clearing the mind, focusing the mind, stress reduction, and starting to control invasive thinking.  (Class limit:  13)

Tue 10/8/19, 1:30-3:00pm

Riggs Hill parking lot. Riggs Hill is about one mile west of the traffic circle intersection of Broadway and South Broadway (Redlands Parkway).

Steve Clark
Degree in geology, docent at Dinosaur Journey, mental health therapist, retired teacher.

What’s in Your Medicine Cabinet? Show Me Yours and I’ll Show You Mine!
This 90 minute interactive discussion will outline how a New Dimensions learner might prudently stock his/her medicine cabinet. Participants will understand how to skillfully self treat a score of common maladies--diarrhea to fishhooks and how to avoid unnecessary costly trips to your clinician.  (Class limit:  15)

Thu 10/17/19, 9:00-10:30am

Primary Care Partners Conference Room
3150 North 12th Street
Grand Junction, CO 81506

Garden Level Conference Room B

Phil Mohler, MD
Retired Family Practice
Physician still active with Mesa County Public Health.
William Osler: Greatest Physician Ever?

This 90-minute class will explore Osler, the humanist, the aphorist, the educator. Participants will savor a taste of Osler’s colorful life near the 100th anniversary of his death. Using aphorisms and bon mots, students will appreciate Osler’s vision of mindfulness and equanimity, circa 1900, understand his prophetic views of medications and Big Pharma, recognize Osler’s thoughts on the qualities that you should look for in your own personal physician and understand Osler’s concepts of aging and death.

“Common sense is rare before 40.” William Osler  (Class limit: 15)

Thu 10/10/19, 9:00-10:30am

Primary Care Partners Conference Room, Lower Level
3150 North 12th Street
Grand Junction, CO 81506
Garden Level Conference Room B

Yoga - Chair

Chair support offers you the opportunity to move through a variety of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Students must be committed to attending both one-hour sessions.  (Class limit:  40)

Tue 10/29/19, 2:00-3:00pm
Thu 10/31/19, 2:00-3:00pm

Crossroads Fitness
2768 Compass Drive
Grand Junction, CO 81506
**Yoga - Gentle**

This class is designed for seniors who have always wanted to try yoga, but were apprehensive. It will offer a gentle approach to yoga through a series of basic yoga posture sequences, for development of greater strength, balance, focus and flexibility. Students must be committed to attending both one-hour sessions.  (Class limit:  35)

Tue 11/5/19, 2:00-3:00pm  
Thu 11/7/19, 2:00-3:00pm  

Crossroads Fitness  
2768 Compass Drive  
Grand Junction, CO 81506

Ron Church  
Ron is an experienced yoga instructor for all ages and levels. Before teaching at Crossroads Fitness, Ron taught at St. Mary's Life Center.

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**Yoga for Balance**

Balance is a key issue as we age. Yoga for Balance will center on core strengtheners to tone and support the body along with standing poses for improving balance and focus.  (Class limit:  30)

Tue 10/22/19, 2:00-3:00pm  
Thu 10/24/19, 2:00-3:00pm  

Crossroads Fitness  
2768 Compass Drive  
Grand Junction, CO 81506

Ron Church  
Ron is an experienced yoga instructor for all ages and levels. Before teaching at Crossroads Fitness, Ron taught at St. Mary's Life Center.