Acupuncture and Traditional Chinese Medicine: How it works!

Participants will learn basic theory of Traditional Chinese Medicine. The course will help participants draw connections between their mental, emotional, and physical health in order to empower them to become leaders in their own health care. (Class limit: 24)

Wed 3/18/20, 6:00-7:00pm

Healing Horizons Integration Health Solutions
2139 North 12th Street #7
Grand Junction, CO 81501

Dr. April Schulte
Doctor of Acupuncture and Oriental Medicine and an expert in the field.

After Communism in the Country of Georgia

What does a country do when their whole world collapses? A brief historical background for the country of Georgia will build an understanding of the country’s attitudes towards democracy and the Soviet Union. The course will concentrate on the years 1991 to present, analyzing the events following the breakup of the Soviet Union and establishment of democracy in Georgia. (Class limit: 30)

Tue 2/18/20, 1:30-3:30pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Ken Maybery
Ken worked 40+ years for the National Park Service that included international assignments.
After the Asteroid, the Rise of the Mammals: New Fossil Finds from Colorado

On 24 October 2019, a paper in the Journal Science, a PBS NOVA video (Rise of the Mammals), and a flood of press releases simultaneously announced the discovery of significant plant and animal fossils from the Corral Bluffs area of the Denver Basin. These discoveries shed light on the Earth’s recovery during the one-million-year time period immediately following the asteroid impact associated with the extinction of the dinosaurs. The instructor, a member of the DMNS-led collaborative research team and a co-author of the Science article, will elaborate on why and how these fossils were found in Colorado and the significance of the Corral Bluffs project. (Class limit: 30)

Mon 2/10/20, 10:00-11:30am

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Ken Weissenburger

Ken is a geologist, teacher, and volunteer researcher at the Denver Museum of Natural History.
American Wild Horse: Freedom, Family, and Familiar Way of Life

In Colorado, there are 4 herd management areas, several sanctuaries and many dedicated volunteers that support each one of our wild ranges. This multi-media presentation highlights the American “living national treasure” mustang as stated in the 1971 Wild Horse and Burro Act. During this class, you will gain insights from topics such as: citizen range support groups and their role with the BLM, the complex social system of wild horse families, the adoption procedure, and the role of the socialized, gentled mustang in our culture. Learn how volunteer groups like Piceance Mustangs who partners with the White River Field Office, and Steadfast Steeds help with the health and plight of these horses.  (Class limit:  30)

Mon 2/10/20, 1:00-3:30pm

Tracy Scott
Co-founder of Steadfast Steeds Mustang Sanctuary and Piceance Mustangs.

Kathy Degonia
BS Journalism, AA Nursing, Currently working as a Nurse, co-founder Piceance Mustangs.

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Arresting Crime by the DA in Mesa County, Colorado

Mr. Rubinstein will review his role in our community, the major cases being handled, current challenges, and crime trends in Mesa County. He will discuss his role with many of the county social service programs.  (Class limit:  75)

Thu 2/6/20, 10:00-11:00am

Dan Rubinstein
Elected District Attorney for the 21st Judicial District.
**Art for the Rest of Us**

This class will begin with a brief lecture discussing art appreciation and enjoying art through a layperson’s point of view. That will be followed by a tour of The Art Center studios and a discussion and tour through The Art Center galleries to view our three March exhibitions: Colorado Mesa University Juried Student Show, Rockies West National (National Watercolor Society Show), and Cutting Edge (works from The Art Center’s Permanent Collection). (Class limit: 25)

**Wed 3/18/20, 10:00-11:30am**

*Western Colorado Center for the Arts*
*1803 North 7th Street*
*Grand Junction, CO 81501*

---

**Basics in Buddhism**

Buddhism is a religion and philosophy largely based on the teachings of Siddartha Gautama (later known as the Buddha, meaning "the Awakened One"). It originated in Northern India over 2500 years ago and has become a major world religion with over 495 million followers worldwide. The purpose of this class is to provide a brief introduction to Buddhist history, ideas, and practices. Buddhism is ultimately about the transformation of the mind through the practice of meditation. Anne has been a serious practitioner for over 30 years and a meditation instructor the past 10 years. (Class limit: 20)

**Mon 2/10/20, 10:00-11:30am**
**Wed 2/12/20, 10:00-11:30am**
**Fri 2/14/20, 10:00-11:30am**

*Koinonia Church*
*730 25 Road*
*Grand Junction, CO 81505*
**Beginning American Mah Jongg**

Learn Beginning Mah Jongg and begin to feel comfortable playing the game with others.  (Class limit: 16)

- Thu 2/13/20, 9:00-11:00am
- Wed 2/19/20, 9:00-11:00am
- Wed 2/26/20, 9:00-11:00am
- Wed 3/4/20, 9:00-11:00am

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

*Kim Sutherland*
Kim is an experienced player and instructor of Mah Jongg.

---

**Beginning Ukulele**

Introduction to Ukulele, tuning, reading, tabulature and chords. Playing simple songs. (Ukuleles are not provided.)  (Class limit: 15)

- Mon 2/3/20, 11:00am-12:00pm
- Mon 2/10/20, 11:00am-12:00pm
- Mon 2/17/20, 11:00am-12:00pm
- Mon 2/24/20, 11:00am-12:00pm
- Mon 3/2/20, 11:00am-12:00pm

*First Congregational United Church of Christ*
1425 North 5th Street
Grand Junction, CO 81501

*Frank Grossi*
Music instructor for 25 years. Taught private and group lessons.
**Birding: April Migration**

This class will travel to various birding sites and hotspots in the Grand Valley looking for migrating waterfowl, raptors, shorebirds and wintering songbirds. In addition we should find some local birds that have already begun nesting. Participants must be able to walk a mile over uneven trails and will need to provide their own binoculars. (Class limit: 10)

Tue 3/31/20, 8:00am-12:00pm  
Tue 4/7/20, 8:00am-12:00pm  
Tue 4/14/20, 8:00am-12:00pm  

730 24 Road  
Grand Junction, CO 81505  

Each 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: Early Spring Migration**

This class will travel to various birding sites and hotspots in the Grand Valley looking for migrating waterfowl, raptors, shorebirds and wintering songbirds. In addition, we should find some local birds that have already begun nesting. Participants must be able to walk a mile over uneven trails and will need to provide their own binoculars. (Class limit: 10)

Thu 3/12/20, 8:00am-12:00pm  
Thu 3/19/20, 8:00am-12:00pm  
Thu 3/26/20, 8:00am-12:00pm  

730 24 Road  
Grand Junction, CO 81505  

Each 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.
**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 for this session is the New York Times Best Seller, "The Mosquito: A Human History of Our Deadliest Predator" by Timothy C. Winegard. Dr. Winegard is an Assistant Professor of History and Political Science at CMU, holds a PhD from the University of Oxford, and will be joining us for a discussion of his book. This is a narrative-driven nonfiction book offering a new perspective on the history of humankind from the beginning of time to current day. "The mosquito has been the single most powerful force in determining the fate of humanity". Read and learn how this insect has been altering life and human history from the dinosaurs, the Roman Empire, Crusades, Slavery, Creation of Greater Britain, American Revolution, America Civil War, and Football to other current day events. (Class limit: 50)

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

**Timothy Winegard**
Assistant Professor of History, head coach hockey, PhD Oxford, author of several books.

---

**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 bridge and want to learn. (Class limit: 12)

**Paul Hackbert**
Bridge enthusiast.

**Jeff Phillips**
Bridge enthusiast.
Brown's Around Town--Update

The Daily Sentinel’s monthly column, “Browns Around Town”, is a personal look at some of the restaurants, farms, and businesses in the area that are special to Rita and Kent Brown. Since the column lacks pictures and has word count limits, this class offers the opportunity to read between the lines, to expand the information, and to view photos of the subjects of the column. More than two years of columns will be covered with earlier column information being updated. (Class limit: 30)

Wed 2/5/20, 9:30-11:30am

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Kent Brown

Kent and his wife Rita write the Grand Junction Daily Sentinel “Browns Around Town” column.

CMU Theater: Building a Production from Page to Stage

The presentation will focus on the path of creating a live musical theater production by showing the participants the process of creating CMU's new production of "Fiddler on the Roof". From a talk on casting and pre-production preparation, the participants will move to a music rehearsal, the costume and scenic shops, and end with a peek into rehearsals on the Robinson Stage. Participants will move about the theater spaces while discussing the different aspects of creating a musical revival. (Class limit: 100)

Tue 2/11/20, 6:00-8:00pm

Moss Performing Arts Center Experimental Theater (the Blackbox).

Jeremy Franklin

CMU Director of Musical Theatre; Bachelor of Music in Vocal Performance
Cacti of Colorado National Monument & Vicinity

Don will present a slide show and discussion of the variety of cacti and some of the other plants & animals that can be found in Colorado National Monument, along with suggestions for hiking trails where many of the cacti can be found later in the Spring. This will also include a visit to the Cactus & Succulent Garden at the Mesa County Fairgrounds. A handout is included. (Class limit: 15)

Thu 3/12/20, 1:00-4:00pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Don Campbell

Don was with the US Forest Service for 33 years and founded the GJ Cactus club.

Card Games for the Fun of It!

Whether you're camping, having friends over, or looking for a game to play with your grandkids, easy to learn card games are a great option for spending time together. Perfect for socializing with a little competition and lots of fun thrown in. Come enjoy learning Euchre (pronounced: you-cer), Hand and Foot, and Sweep! Then teach your family and friends! The games range for 2-8 people. Only sign up if you can attend all three classes as we will be learning in tables of 4. (Class limit: 12)

Mon 2/24/20, 1:00-2:30pm
Mon 3/2/20, 1:00-2:30pm
Mon 3/9/20, 1:00-2:30pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Melanie Wiseman

Retired card enthusiast
**Cartographic Time Machine: Historic Map Adventures**

Travel back in time with historic maps from the collections of the Library of Congress. Analyze unique maps from early explorers and adventurers. The class will include a brief introduction to the LOC collections and how to access maps and other primary sources. (Class limit: 25)

Tue 3/3/20, 1:00-3:00pm

Koinonia Church
730 25 Road
Grand Junction, CO 81505

Sherrie Galloway
Former Educational Resources Specialist with the Library of Congress in Washington, DC.

**Celebrating 127 Years of Women's Suffrage in Colorado**

Although the 19th Amendment granting women equal voting rights was ratified by 3/4 of the states in August 1920, Colorado women started voting in 1893, 26 years earlier! This class highlights a dozen Colorado suffragettes who were inducted into the Colorado Women's Hall of Fame and their role in women's suffrage. We will focus on why Colorado and other western states were ahead of the country in granting women's voting rights. The class will include time to share personal information about our ancestors and how suffrage might have affected their lives. (Class limit: 60)

Wed 2/26/20, 1:30-3:00pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Priscilla Walker
Priscilla is a Colorado native and the founding chair of the Palisade Historical Society.
Citizen CPR

Citizen CPR teaches lay responders what to do if they witness someone suffering sudden cardiac arrest. The course will teach individuals how to recognize the signs of sudden cardiac arrest, how to provide immediate care, and how to access advanced medical care. It has been shown that the hands-only CPR method is extremely effective in reducing death by heart attack if administered quickly and appropriately. (Class limit: 25)

Mon 2/10/20, 10:00-11:00am
Red Cross Office
506 Gunnison Avenue
Grand Junction, CO 81501

Julie Hartshorn
Julie is a volunteer for the American Red Cross who has taught Citizen CPR classes.

Citizen Science: Adding to Our Understanding of Birds.

This class is an introduction to the use of eBird. Since its launch in 2002, eBird has revolutionized the way birders worldwide report and share their observations. A joint project by the Cornell Lab of Ornithology and Audubon, eBird is a free online program and birding app that allows birders to track their sightings and allows others to access the data in real-time. eBird is “a revelation for scientists” and gives birders “a new sense of purpose.” eBird data are a powerful resource for a wide range of scientific questions such as: analyses of bird abundances, range boundaries, habitats, and trends. (Class limit: 25)

Fri 2/7/20, 1:00-2:30pm
Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Dave Price
Retired NPS ranger with an interest in birding and travel.
Colon Cancer Screening: Should I do it?

Which test? Cologuard? Everything you need to know. Active participants will understand the pros and cons of colon cancer screening and the benefits and liabilities of each of the available screening modalities. (Class limit: 15)

Thu 2/6/20, 9:30-11:00am

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

Garden Level, Conference Room B

Phil Mohler, MD
Retired Family Practice
Physician, official at RMHP

Colorado and Western Forest Tree Identification in a Botany/Plant Physiology Class Designed for You!

Aspiring scientists are welcome here! Dean will provide information on the physical, chemical and biological characteristics of Western trees. There will be specimens to see and study visual characteristics and handouts to assist in learning more about the general mechanisms of plant growth. (Class limit: 20)

Mon 3/16/20, 1:00-2:30pm

677 Curcanti Circle
Redlands
Grand Junction, CO 81507

Dean Dybing
Plant Physiologist, USDA - Agricultural Research Service, Forest Management
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 2/13/20, 1:00-3:00pm
Thu 2/20/20, 1:00-3:00pm
Thu 2/27/20, 1:00-3:00pm
Thu 3/5/20, 1:00-3:00pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Tony Hober
Member of the American Cribbage Congress and an advanced photography hobbyist.

Daily Sentinel: Under the Tent

Things have been changing in the print media world and at the Sentinel over the past years. Jay will discuss the current situation, his concerns, and will invite participants comments and questions. (Class limit: 75)

Thu 3/5/20, 9:00-10:30am

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Jay Seaton
Publisher, The Daily Sentinel
**Dementia & Alzheimers: Effective Communications Strategies**

Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementia progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.  

(Class limit: 50)

Wed 3/11/20, 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.

Judy Williams  
MSN, RN, Associate Professor of Nursing, Department of Health Sciences CMU
**Difficult Conversations**

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 2/27/20, 2:00-4:00pm  
Thu 3/12/20, 2:00-4:00pm  

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

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

Jean Gauley  
Retired educator, New Dimensions co-founder and volunteer committed to lifelong learning.

---

**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 2/4/20, 1:00-3:00pm  
Tue 2/11/20, 1:00-3:00pm  
Tue 2/18/20, 1:00-3:00pm  
Tue 2/25/20, 1:00-3:00pm  
Tue 3/3/20, 1:00-3:00pm  
Tue 3/10/20, 1:00-3:00pm  

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

Paul Hackbert  
Bridge enthusiast.  

Jeff Phillips  
Bridge enthusiast.
**Enstrom Candies History and Tour**

Tour of the Enstrom factory by Jim Simons and a history of the company by Jamee Simons.

**Class on Wednesday, Feb 12, 2020**
(Class limit: 15):
Wed 2/12/20, 9:30-11:00am
701 Colorado Avenue
Grand Junction, CO 81501

- OR -

**Class on Wednesday, Mar 25, 2020**
(Class limit: 15):
Wed 3/25/20, 9:30-11:00am
701 Colorado Avenue
Grand Junction, CO 81501

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

Jamee Enstrom Simons
3rd generation owner and Vice President of Marketing.

**Eureka! McConnell Science Museum Tour**

Come join us for a fun filled 90 minute tour at the Eureka! McConnell Science Museum's new building 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: 20)

Mon 3/9/20, 1:00-2:30pm
Eureka! Science Museum
1400 North 7th St
Grand Junction, CO 81501

Briana Board
Program Director for Eureka! Science Museum
**Fur Trade: Beaver Hats and Steel Traps**

The first class will look primarily at how male hat fashions drove the fur trade for hundreds of years and how we trapped beaver nearly to extinction. The second class will look at Antoine Robidous, operator of Western Colorado's first retail outlet, which was a fur-trade post near present day Delta, and how the fur trade helped shape this part of Colorado.  (Class limit: 50)

Wed 2/12/20, 10:00-11:00am  
Wed 2/19/20, 10:00-11:00am

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

**Bob Silbernagel**  
Author, retired journalist, and frequent contributor to the Daily Sentinel.
The purpose of this class is to engage in discussion about geopolitics as presented in the book, "Prisoners of Geography" written by Tim Marshall. Tim is an award winning journalist who examines the geopolitical strategies of world powers including Russia, China, and the United States. Geopolitics looks at ways in which international affairs can be understood through geopolitical factors. Class members will be engaged in small groups discussing several major areas of the book led by group facilitators. The class will be conducted by Kent Brown and Eileen Lepisto who will serve as lead facilitators; there will be no formal lecture or presentation.

Class members should read the book with emphasis on the first six chapters and come prepared to discuss the complexities of geopolitical strategies. An awareness of current world geopolitics will form the discussion. (Class limit: 60)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 3/17/20</td>
<td>9:00am-12:00pm</td>
<td>Redlands United Methodist Church</td>
</tr>
<tr>
<td>Tue 3/24/20</td>
<td>9:00am-12:00pm</td>
<td>527 Village Way</td>
</tr>
<tr>
<td>Tue 3/31/20</td>
<td>9:00am-12:00pm</td>
<td>Grand Junction, CO 81507</td>
</tr>
</tbody>
</table>

Kent A. Brown
Has an interest in geopolitics.

Eileen Lepisto
Interested in geopolitics. Facilitated the previous class on Prisoners of Geography
**Ghosts of Old St. Mary's Hospital**

St. Mary's Hospital opened at 11th and Colorado Avenues in 1896. The 1912 and 1921 sections of the old hospital still house many reminders of the medical facility. Tour of the site will include seeing what once was the operating room, the infant's infirmary, and the secrets of the seldom visited basement. (Class limit: 25)

Sun 3/22/20, 2:00-4:00pm

*Old St. Mary's Hospital*
*1129 Colorado Avenue*
*Grand Junction, CO, 81501*

*Parking in the back.*

**Dave Fishell**

Former historian for Museum of Western Colorado: author of books on Grand Junction.

---

**Gluten, Fat, Sugar and Other Modern Day Buzz Words**

This class offers the opportunity to examine what facts and fables are out there. You will learn about the explosion of disease in the last 40 years and what gluten, sugar and fat (or no fat) may have to do with it. We will also explore the cozy relationship of big pharma, big ag, and government entities. (Class limit: 25)

Fri 3/20/20, 1:00-3:00pm

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

**Don Aust**

Don is a semi-retired general dentist who practiced in Grand Junction for 37 years, retired, and since has worked part-time at the Grand Junction VA dental clinic.
**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)

Tue 3/24/20, 10:00am-12:00pm

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.)

**Angela Padalecki**  
Angela is the Executive Director at the GJ Airport, with a master's degree from CU Denver

---

**Hike a Local Trail and Learn about Your Public Lands**

Get out onto the trail and explore the beauty of this area. Enjoy a local five mile hike in Kodel’s Canyon Trails and learn some natural history. We will also be delving into where public lands are in our county and country and who manages them. Why are public lands important to us now and in the future? Bring your questions and be ready for a great discussion.

Bring a lunch, good walking shoes and water. Walking poles or binoculars are helpful if you usually use them. (Class limit: 12)

Tue 3/24/20, 1100am-3:00pm

To access the trail from Grand Junction, travel west on I-70 to the Fruita exit. Turn left (south) onto Broadway and in 1.5 miles turn right onto Kingsview Road, there is also a sign indicating Horsethief State Wildlife Area. Continue on this paved road and take a left in 1.3 miles to the Devil’s Canyon Trailhead. Meet at the kiosk by the restroom.

**Laura Johnston**  
A former teacher, Laura now spends her summers as a park ranger in Grand Teton Nat. Park
**Hike: Flume Canyon**

Flume Canyon is located in the Blackridge Canyons Wilderness Area and is a five-mile loop with 800 feet of elevation gain. The trail is rated moderate due to its length, uneven terrain, and sandy areas. Large step-ups and exposures are minimal. Hiking time is approximately two and a half hours. The trail winds up the canyon on the east side of Pollock Bench and then down the gorgeous Flume Canyon with amazing views of sandstone slick-rock, canyon walls, and balanced rocks. You will need good hiking shoes, layered clothing, a hat, sunscreen, and the ability to carry your own water. You may also want to bring a light snack. (Class limit: 10)

Fri 3/13/20, 1:00-4:00pm

*Pollack Bench Trailhead in Blackridge Canyons Wilderness Area.*
*Those enrolled in this class will be sent directions to Pollock Bench Trailhead closer to the hike date.*

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: 40)

Thu 2/27/20, 1:00-2:30pm

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

Kate Ruland-Thorne

Newspaper editor, history author--has spent a lifetime writing history stories.
Impeachment: History and Process

In this course we will review the provisions of the impeachment clause contained in Article II, Section 4 of the U.S. Constitution and its history. The course will discuss Judicial impeachments which make up the bulk of impeachments in the United States. Finally, we will review the history of Presidential impeachments starting with President Andrew Johnson and moving through President William Clinton. Along the way, we will discuss the basis for impeachment including the term “high crimes and misdemeanors”. Since President Trump has now been impeached, we will discuss the process for his impeachment and its resolution in the Senate.

Glenn was a trial lawyer for most of his 44 year career. In private practice and in government practice, he was involved in numerous cases addressing various provisions of the U.S. Constitution. (Class limit: 50)

Wed 2/5/20, 1:00-3:30pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Glenn Whitaker
A trial lawyer for over 40 years representing US Dept of Justice, CIA, FBI among others.

In the Know @ MCL: Finding Great Reads with Novelist, OverDrive and RBdigital

Find your next good read with Novelist-Author read-alikes, book recommendations, and OverDrive, which includes downloadable ebooks and audiobooks, and RBDigital-downloadable magazines you keep as long as you like. (Class limit: 8)

Wed 2/19/20, 1:00-2:30pm

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

Jennifer Murrell
Librarian at MCL who is highly skilled in recommending books for all ages.
In the Know at MCL: A Brief History of Mining in Mesa County

From the late 19th Century through the mid-20th Century, the development of Mesa County has been highly influenced by our ability to obtain natural resources from the ground. This presentation will cover a history of the different types of mining that occurred in the county. (Class limit: 40)

Thu 3/12/20, 1:00-2:00pm
Mesa County Central Library
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.

In the Know at MCL: Prehistoric Living Spaces of Western Colorado

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: 40)

Wed 3/4/20, 1:00-2:00pm
Mesa County Central Library
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.
Inside the FBI: Defending the Indefensible

This course will examine the findings and recommendations of the recent Inspector General’s report regarding FBI misconduct and abuse of the FISA process in the investigation of Carter Page and potential Russian interference in the 2016 election. Topics of discussion will include the FISA process, FBI leadership, former Director James Comey, the future of the FISA Court, future FBI reform, and other FBI-related topics of interest to the class. (Class limit: 75)

Wed 2/19/20, 2:30-4:30pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Jane Quimby
A retired Special Agent, legal advisor, and police instructor for the FBI.

Intro to E-Bikes: For (Not-So) Dummies

E-bikes are revolutionizing the cycling industry. They are similar to regular bicycles, with an added “boost” to ease the difficulty of pedaling. With the power of an e-bike, you can travel more easily on paved paths, backcountry trails, gravel and dirt roads. Riding an e-bike can be a challenging workout, off-road adventure, or a cruise down a paved path....your choice! This class will cover the basics of e-bike technology, drive systems, power options, and what to look for before purchasing a bike. We will discuss some of the available options based on your preferred riding style and where you would like to ride. We will have a variety of bikes for you to look at, and even hop on for a short test ride! The session will provide an overview of everything you’ve always wanted to know about e-bikes. (Class limit: 25)

Thu 3/19/20, 2:00-4:00pm

Unitarian Universalist Church
536 Ouray Avenue
Grand Junction, CO 81501

Jane Quimby
A retired Special Agent, legal advisor, and police instructor for the FBI.

Justin Manupelia
Sales manager for Colorado E-Bikes, a local bike shop.
**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: 40)

Wed 3/11/20, 10:00am-1:00pm

*Canyon View Vineyard Church*
*Room T-105*
*736 24 1/2 Road*
*Grand Junction, CO 81505*

---

**Keeping up with School District 51**

Mesa County Valley School District 51 Superintendent, Dr. Diana Sirko, will discuss current and future initiatives in our local schools. Topics will include curriculum and instructional practices, technology, school safety, student services, finance and budget. Time will be allotted for questions. (Class limit: 50)

Tue 2/25/20, 2:00-3:30pm

*Harry Butler Board Room*
*R-5 High School*
*455 North 22nd Street*
*Grand Junction CO 81501*

*(One block north of D51 Administrative Center at 2115 Grand Avenue.)*
**Leitner-Poma of America Tour**

Come tour the amazing facility of Leitner-Poma of America. It offers a complete line of cable transport systems, including surface lifts, chairlifts, gondolas, MiniMetro ® urban transport, trams, inclined elevators, industrial trams, etc. Its worldwide network has installed more than ten thousand transportation systems, in sixty-one countries, and safely transport eight million passengers each hour!

Must wear closed toed shoes; safety glasses will be provided  (Class limit:  12)

Thu 2/27/20, 10:00am-12:00pm

Leitner-Poma Facility  
2746 Seeber  
Grand Junction, CO 81506

---

**Steve Dugdale**

Retired - worked at Poma for 33 years.

---

**Medicine Cabinet: Show me what's in yours and I'll show you what's in mine.**

This 90 minute interactive discussion will outline how a New Dimensions' learner might prudently stock her/his/ medicine cabinet. Participants will "understand how to skillfully self-treat a score of common maladies . . .diarrhea to fishhooks."  (Class limit:  15)

Thu 2/13/20, 9:30-11:00am

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

Garden Level Conference Room

---

**Phil Mohler, MD**

Retired Family Practice  
Physician, official at RMHP
**Meditation and Mindfulness**

Learn how to incorporate meditation and mindfulness (the ability to be fully present in the moment) into your daily life. (Class limit: 10)

Mon 3/9/20, 10:00-11:00am  
Tue 3/10/20, 10:00-11:00am  
Wed 3/11/20, 10:00-11:00am

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

**Bobbie & Boz Bosworth**

They have taught meditation and mindfulness to people of all ages.

---

**Movies: Mad About film**

We will show films from several different genres. Films are mainly selected from American Film Institute's 100 greatest American movies of all 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 2/21/20, 6:30-9:30pm  
Fri 2/28/20, 6:30-9:30pm  
Fri 3/6/20, 6:30-9:30pm  
Fri 3/13/20, 6:30-9:30pm

*Dominguez Hall*  
Room 111  
1248 Houston Avenue  
*Grand Junction, CO 81501*

**Rob Washington**  
Film aficionado

**Dick Arnold**  
Dick is a film enthusiast and tries to explore the genres.
My Favorite Trees

We often don't think much about trees, but they provide so many benefits, from cooling our homes and yards in the summer to shielding us from the wind, to cleaning the air and providing habitat for birds and other animals. Picking a tree to plant in your yard can be a daunting task, as it's the beginning of a long-term relationship, and you want to choose wisely. Join Dennis as he highlights some of his personal favorites. (Class limit: 40)

Tue 2/11/20, 9:00-11:30am

Bookcliff Gardens
755 26 Road
Grand Junction, CO 81506

Dennis Hill

Part owner and manager of Bookcliff Gardens.

Native American Flute Building and History

Join me for a brief description of flutes from across the globe focusing on Native American type flutes and their history. There will be a presentation of approximately thirty flutes. Playing a flute will be included. (Class limit: 3)

Mon 3/16/20, 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 Dillon

Greg has been playing and building flutes for years.
**Opera: Enjoying the Met Live Opera Simulcast of "Tosca"**

Tosca is among the most performed operas in Puccini's repertoire. It is a tragic love story featuring a very strong woman, Floria Tosca, plotting to save the life of the man she loves. The live simulcast of the opera "Tosca" will be at the Regal Theater on Saturday April 11th. This class prepares you to view this simulcast. NOTE: Tickets to the simulcast are typically $22 for seniors. (Class limit: 60)

Thu 3/26/20, 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.

---

**Police Chief's Goals & Department Tour**

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 and budget. There will be a tour of the Regional Communication Center and other areas of the Police Department. (Class limit: 30)

Thu 2/13/20, 10:00-11:30am

*Grand Junction Police Department*
555 Ute Avenue
*Grand Junction, CO 81506*

**Chief Doug Shoemaker**
Chief of Police for the Grand Junction Police Department.
**Prairie Dogs: Architects of the Desert**

This class will discuss five species of prairie dogs and their locations, concentrating on the natural life history and habitat of the White-tailed Prairie Dog, its breeding cycle, predators, and benefits to the ecosystem. Eric and other volunteers have relocated 300 prairie dogs from areas of development to a prairie dog preserve near the Utah border. (Class limit: 20)

**Wednesday, March 4, 2020, 10:00-11:00 am**

Koinonia Church  
730 25 Road  
Grand Junction, CO 81505

**Eric Rechel**

Prairie dog advocate with a PhD in Botany.

---

**Radioactive Environment, Nuclear Power and You**

The course will describe the types of radiation that exist; namely alpha and beta particles, gamma rays and x rays and how they differ from other types of radiation, such as radiowaves and visible light. The amounts of ubiquitous radiation that we are all subjected to will be summarized. Potential impacts from production of electricity by nuclear power will be described as will potential health impacts from various levels of radiation exposure. A number of frequently asked questions from a large database of expert answered questions will be shown. (Class limit: 50)

**Friday, February 7, 2020, 10:00-11:30 am**  
**Friday, February 14, 2020, 10:00-11:30 am**  
**Friday, February 21, 2020, 10:00-11:30 am**  
**Friday, February 28, 2020, 10:00-11:30 am**

Unitarian Universalist Church  
536 Ouray Avenue  
Grand Junction, CO 81501

**Craig Little**

Dr. Craig Little has over 40 years experience in environmental radiation protection.
**Railroad history of Western Colorado**

The unique history of the Railroads of Western Colorado will be brought to life thru photos, stories and maps. Learn about the Grand Valley’s railroads from the unique Uintah Railway, to the little discussed Fruit Belt route, to the legendary Rio Grande.  (Class limit:  25)

Tue 3/10/20, 4:00-5:00pm  
Tue 3/17/20, 4:00-5:00pm  
Tue 3/24/20, 4:00-5:00pm  

*Cross Orchards Historic Site*  
3073 Patterson Road  
Grand Junction, CO 81504

Matt Darling  
Curator of Cross Orchards. The Museums of Western Colorado’s railroad historian.

---

**Reynolds Polymer: Behind the Scenes**

Reynolds Polymer Technologies is constantly reinventing the definition and setting the standard of what can be done with acrylic. For over 30 years, they have provided turnkey projects in the aquarium, architectural, signage, furniture, and scientific industries across the globe. This tour will allow participants to learn more about the process in which Reynolds Polymer manufactures custom projects.

**Class on Friday, Feb 14, 2020**  (Class limit:  20):

Fri 2/14/20, 9:00-10:00am  

*Reynolds Polymer*  
607 Hollingsworth Street  
Grand Junction, CO 81505

- OR -

**Class on Thursday, Feb 20, 2020**  (Class limit:  20):

Thu 2/20/20, 11:30am-12:30pm  

*Reynolds Polymer*  
607 Hollingsworth Street  
Grand Junction, CO 81505

Kirstin Guptill  
Kirstin is a 3.5 year employee of RPT and is involved with all areas of the organization.
**Rock 'n Roll 101: A History**

The songs of the 1960’s defined a generation of Baby Boomers. This class will study the music and its origins, its impact on society, influences on culture, the rise of new technologies (remember your first transistor radio?) and shifts in national consciousness. We will seek to understand how and why these songs still resonate today. Audio and video clips from this era will highlight this journey through our musical past. Topics include Origins, Folk Scene, Motown, British Invasion, and West Coast Sound. (Class limit: 50)

Mon 2/10/20, 6:30-7:45pm  
Thu 2/13/20, 6:30-7:45pm  
Mon 2/17/20, 6:30-7:45pm  
Wed 2/19/20, 6:30-7:45pm  
Mon 2/24/20, 6:30-7:45pm

Koinonia Church  
730 25 Road  
Grand Junction, CO 81505

**Rock 'n Roll Revolution: The Story Behind the Song**

Much of the 1960's music reflects a specific cultural, historical, or social context that song writers, musicians, and singers used to speak to the increasing turbulence of that era. This new seminar will listen to and examine some of the issues which the music addressed. Songs about the Vietnam War, deaths of JFK, RFK, and MLK, student protests, riots in Detroit, and Feminist Activism all spoke to the angst of the Woodstock generation. Our guest one evening will be a local music enthusiast who was at Woodstock in 1969 and returned 50 years later in the summer of 2019. (Class limit: 50)

Mon 3/2/20, 6:30-7:45pm  
Thu 3/5/20, 6:30-7:45pm  
Mon 3/9/20, 6:30-7:45pm  
Thu 3/12/20, 6:30-7:45pm

Koinonia Church  
730 25 Road  
Grand Junction, CO 81505
Self Defense for Women--Part 1

Participants will learn and practice how to recognize predators and the impending danger, how to deescalate a situation, and how to keep their balance. They will also learn multiple ways to escape being grabbed, being abducted, being choked and 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 starting on Monday, Feb 17, 2020 (Class limit: 24):

Mon 2/17/20, 9:00-11:00am
Wed 2/19/20, 9:00-11:00am
Fri 2/21/20, 9:00-11:00am

First Congregational United Church of Christ
1425 North 5th Street
Grand Junction, CO 81501

- OR -

Class starting on Monday, Mar 9, 2020 (Class limit: 24):

Mon 3/9/20, 9:00am-11:00pm
Wed 3/11/20, 9:00-11:00am
Fri 3/13/20, 9:00-11:00am

First Congregational United Church of Christ
1425 North 5th Street
Grand Junction, CO 81501

Self Defense for Women--Part 2

This will be a continuation from the basics with practice, practice and more practice. It 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 starting on Monday, Feb 24, 2020 (Class limit: 24):

Mon 2/24/20, 9:00-11:00am
Wed 2/26/20, 9:00-11:00am
Fri 2/28/20, 9:00-11:00am

First Congregational United Church of Christ
1425 North 5th Street
Grand Junction, CO 81501

- OR -

Class starting on Monday, Mar 16, 2020 (Class limit: 24):

Mon 3/16/20, 9:00-11:00am
Wed 3/18/20, 9:00-11:00am
Fri 3/20/20, 9:00-11:00am

First Congregational United Church of Christ
1425 North 5th Street
Grand Junction, CO 81501
Shakespeare - An Encore: The Merchant of Venice

Increase your confidence and enjoyment in reading Shakespeare as we explore his most controversial play. Bring your own copy, take parts to read aloud (or simply listen to others read), and discuss the love story of Portia and Bassanio, who must overcome the requirements laid out in Portia’s father’s will and defeat the Jewish moneylender Shylock. Delight in Shakespeare’s word play and cultural commentary and decide for yourself if the play is anti-Semitic.

Participants are asked to bring their own copy of the play. We encourage you to obtain the Folger Edition (its annotations and commentaries are very helpful). Copies are available for $5.99 at Out West Books at 533 Main St. or can be ordered from any bookstore. A kindle version is also available from Amazon. (Class limit: 15)

Mon 2/3/20, 1:30-3:30 pm
Wed 2/5/20, 1:30-3:30pm
Mon 2/10/20, 1:30-3:30pm
Wed 2/12/20, 1:30-3:30pm

Koinonia Church
730 25 Road
Grand Junction, CO 81505

Nancy Strippel

Nancy is happy to be teaching her fourth Shakespeare class for New Dimensions.

Shooting with your Cellphone – How to take pictures beyond Selfies

Cellphone photography is all the rage with nearly everyone having one in their pocket today. This class will discuss how to improve your cellphone pictures beyond “Selfies” and the “I was there pictures”. Tony will cover basic camera terms, how to adjust the settings on your cellphone, explain how digital close-up works, how to compose pictures, how to frame a subject in an image and how to place objects for a more pleasing image. (Class limit: 15)

Tue 3/17/20, 1:00-3:30pm

Koinonia Church
730 25 Road
Grand Junction, CO 81505

Tony Hober

Member of the American Cribbage Congress and an advanced photography hobbyist.
**Snowshoe Hike on Grand Mesa**

Join winter enthusiast Cary Atwood for a half-day guided snowshoe hike in the area near Mesa Lakes Lodge. Pack a lunch and water, layer for cold/snowy weather, and bring snowshoes and poles. Participants need to be in good physical condition for hiking at an altitude of 9500 feet. (Class limit: 10)

Tue 2/18/20, 9:00am-3:30pm

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

*We will carpool from this parking lot.*

---

**Social Justice Activism in the United States: An Intergenerational Course**

In an interactive course with CMU students, we will explore social justice activism through both historical and contemporary lenses. After a brief overview of 19th and 20th century social justice movements, we will discuss the meaning of a social justice orientation along with the opportunities, risks, and rewards associated with social justice activism today. Both New Dimensions and CMU students will share their insights and experiences in small group discussion. (Class limit: 40)

Tue 3/3/20, 10:30am-12:15pm

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

---

**Cary Atwood**

Birder, naturalist, hiker, snowshoer, and explorer who loves to share the outdoors.

---

**Brenda Wilhelm, PhD**

Professor of Sociology, Colorado Mesa University
The Wine Journey

An introduction to the world of wine with a brief history of wine evolution, wine production, tasting techniques, and areas of the world where wine is created is included in this interesting class. The two class sessions will be followed by a wine tasting event at Grand Valley Vineyards. There will be a $4 fee for wine tasting. (Class limit: 20)

Mon 3/2/20, 2:00-4:00pm
Fri 3/6/20, 2:00-4:00pm

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

Mon 3/9/20, 2:00-4:00pm

Grand River Vineyards
787 Elberta Ave
Palisade, CO 81526

Pat Kennedy
Director of Sales/Public Relations, Talon Wine Brands. Instructor, CO Culinary Academy.

Victim Advocates: Who Are They?

Victim Advocates are professionals trained to support victims of crime. The Victim Advocate Program (VAP) provides comfort and compassion to a person who may have just experienced the worst event in their life. Come learn more about Victim Advocates and find out how they impact Mesa County. (Class limit: 50)

Thu 3/5/20, 10:00-11:00am

Grand Junction Police Department
555 Ute Avenue
Grand Junction, CO 81501

(Gary Konzak Training Room)

Megan Weaver
Victim Services Coordinator for the Grand Junction Police Department
Volunteering Enriches Your Life

Volunteering is an activity that benefits so many people, strengthening a community and building relationships and it can create a highly satisfying life experience. There are many volunteer opportunities available that impact the lives of those in need in our own community. Come find out how RSVP impacts Mesa County.  (Class limit:  20)

Mon 2/3/20, 10:00am-12:00pm
Koinonia Church  
730 25 Road  
Grand Junction, CO 81505

Diane Barger
Volunteer Manager of Mesa County RSVP with 25 years experience.

Walking Easy

This class is designed for people who are able to walk up to 3 miles on a paved surface. Participants should be able to keep up with a group walking at a reasonable pace for moderate exercise. Outerwear appropriate for the day’s weather, comfortable walking shoes and a stash of water will ensure a positive outdoor experience! There will be 3 walks: The Monument Corridor Trail; Riverfront Trail, Blue Heron Section; and the Riverfront Trail Clifton Nature Park.

Downloaded maps of each area will be emailed to participants and will provide more detailed information.  (Class limit:  15)

Thu 3/12/20, 9:15-11:30am
The Monument Corridor  
Meet at the Lunch Loops Trailhead  
Monument Road from Broadway (approximately 1.5 miles)  
Free parking on the left side of the road.

Thu 3/19/20, 9:15-11:30
Blue Heron Riverfront Trail  
Free parking off Riverside Parkway less than a mile west of Glacier Ice Arena.

Thu 3/26/20, 9:15-11:30
Clifton Nature Park  
Free parking on D Road less than a mile east of 32 Road.

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 and focusing the mind, stress reduction, and starting to control invasive thinking. (Class limit: 12)

Wed 3/18/20, 1:30-3:00pm

Riggs Hill parking lot on South Broadway.

Riggs Hill is about one mile west of the traffic circle intersection of Broadway and South Broadway (Redlands Parkway). It is also 400 yards west of intersection of South Camp Road and South Broadway, on South Broadway.

Steve Clark
Retired mental health counselor and teacher. Has studied meditation/walking meditation.

Wintering Raptors In The Grand Valley

With wide open fields and desert among the favored habitat of wintering raptors, join birders Dave Price and Cary Atwood for a closer look at the hawks, eagles and falcons that frequent the Grand Valley this time of year. Spotting scopes will be available for close-up viewing. Dress for the weather and bring binoculars if you have them, snacks, drinks and lunch. (Class limit: 8)

Wed 2/12/20, 9:00am-1:00pm

Canyon View Park
730 24 Road
Grand Junction, CO 81505

Meet to carpool at Canyon View's northwest Parking lot adjacent to 24 Road

Dave Price
Retired NPS ranger with an interest in birding and travel.

Cary Atwood
Birder, naturalist, hiker, snowshoer, and explorer who loves to share the outdoors.
Zentangle: Meditative Art

Zentangle allows you to create art without knowing you’re an artist and to experience the calming effect of meditation without knowing you are doing it. It’s highly portable and uses simple supplies. Bring a pen of your choice and a pencil you like. You might want an assortment of colored pencils or markers. Also bring unlined paper—anything from watercolor grade to printer paper, to a bound journal. In the first class, we’ll explore ideas for creating your art, and in the second class, we’ll share with each other the magic that each of us has created. (Class limit: 15)

Thu 3/19/20, 1:00-2:30pm
Thu 3/26/20, 1:00-2:30pm

Koinonia Church
730 25 Road
Grand Junction, CO 81505

Linda Stout

Linda Stout is a retired writer and life coach. She dabbles in many artistic pursuits.