

30 Years--The Mission and Evolution of Hope West and The Importance of Advanced Directives

This class will discuss the history of Hope West, its importance to the community, and how its mission has evolved over the past 30 years. It will also discuss the reasons for advanced directives and how everyone should have them. Cassie Mitchell, the President & CEO of HopeWest, will also be involved in the presentation. (Class limit: 40)

Wed 2/7/24, 10:00 AM-11:30 AM

*Hope West Conference Center
3090 N 12th St.
Grand Junction, CO 81501*

The conference center is located in the lower level hallway next to Spoons Restaurant.

Jennette Price



Professional & Community Outreach Coordinator for HoppeWest.

Emma Early



Licensed Clinical Social Worker and the Social Work Lead at HopeWest Hospice.

A Catalyst for Grand Valley Growth: The Grand Junction Economic Partnership

Over the past decade Grand Junction's economy has grown and diversified bringing new businesses and job opportunities to the Grand Valley. The Grand Junction Economic Partnership (GJEP) has been the catalyst for much of this growth, providing outreach to new and relocating businesses and connection to the public and private resources they need to be successful. Learn more about GJEP, how it works and the impact it has on our community from Executive Director Curtis Englehart. Curtis will talk about the recent progress, including growth in the Outdoor Recreation industry along with the organization's role in Costco's decision to open a new store here. He'll also share his insight from businesses who have chosen to locate or grow in the Grand Valley. (Class limit: 35)

Thu 3/7/24, 1:00 PM-2:30 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Curtis Englehart



Curtis Englehart is the Executive Director of the Grand Junction Economic Partnership.

Accomplishment of the ENIAC and the Women Computer Pioneers - A Virtual Field Trip - by the National Army Museum

Discover how a talented group of female mathematicians laid the groundwork for the field of computer programming. Winning World War II required an all-out effort. Thousands of women on the home front answered their country's call to join the military, industry, and the civil service. In 1943, the U.S. Army recruited seven women mathematicians to set up and operate the Army's newest top secret weapon: the Electronic Numerical Integrator and Computer (ENIAC). These unsung heroes wired the electrical connections that enabled the world's first electronic, digital computer to complete 300 calculations per second. In doing so, they built a framework for the field of computer programming. A Museum educator will guide this virtual field trip as participants discover how female "computers" solved complex problems, contributing to Army innovations during World War II. (Class limit: 30)

Fri 2/9/24, 10:00 AM-11:00 AM

ZOOM

Jenifer Dubina



Jennifer Dubina is a Museum Educator at the National Museum of the U.S. Army.

An Introduction to NATO and the US European Command

In light of the unprovoked full scale invasion of Ukraine by Russian forces, this lecture serves as a primer on NATO, US European Command, and the collective defense of Europe. After 10 years of out of area missions for the Alliance supporting the US led Global War on Terror, the strategic environment drastically changed with Russia's 2014 annex of the Crimean Peninsula requiring a better understanding of European security on the continent. Following completion of this discussion participants will understand NATO/SHAPE staff organization and how US European Command provides US capabilities and planning to the collective defense of Europe. (Class limit: 45)

Mon 2/26/24, 9:00 AM-10:30 AM

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

Mathew Miller



Col. Mathew P Miller is a Battle Watch Captain in the ECJ3 Division of the US European Command.

Anatomy of a Thunderstorm and Other Fun Facts

A thunderstorm is demonstration of nature's energy that we have all experienced. This class will cover the life cycle of a thunderstorm, answering questions like what conditions cause a thunderstorm to form, strengthen or weaken? What goes on inside the storm? What creates the electrical potential that results in lightning and what conditions form hail and how does that hail grow in size? And for your safety, what are the hazards associated with thunder storms? (Class limit: 45)

Fri 3/1/24, 10:00 AM-11:30 AM

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

Jeffrey Colton



Jeff is a Warning Coordination/Incident Meteorologist for the National Weather Service

Appreciation of Alcohol Inks

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 of this decade's exploding interest in these inks. 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 your own mini works of art on a variety of substrates. No artistic talent or previous experience necessary - honest! (\$10 for materials payable at beginning of class.)

Class on Wednesday, Feb 28, 2024 (Class limit: 15):

Wed 2/28/24, 10:00 AM-12:30 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

- OR -

Class on Wednesday, Feb 28, 2024 (Class limit: 15):

Wed 2/28/24, 1:00 PM-3:30 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Renee Herring



Mixed-media artist, retired Colorado Parks and Wildlife Watchable Wildlife Coordinator.

Art on the Corner Walking Tour

Join Sarah Dishong, Project Coordinator of Downtown Grand Junction, on an educational walking tour of Downtown's art & mural collection along Main Street. You will also spend time learning about the temporary and permanent collection and artists as well as a bit of local history. (Class limit: 10)

Wed 3/13/24, 12:30 PM-2:00 PM

*Meet at the Avalon Theater
645 Main St.
Corner of 7th and Main
Grand Junction, CO 81501*

Wed 3/20/24, 12:30 PM-2:00 PM

*Meet at the Buffalo (old Wells Fargo Bank)
359 Main St.
Corner of 4th and Main
Grand Junction, CO 81501*

Sarah Dishong



Sarah Dishong is the Project Coordinator for Downtown Grand Junction.

Artificial Intelligence (AI): For Life-Long Learners

This non-technical class defines Artificial Intelligence, highlights its history and development, and discusses the current state of and future scenarios involving AI. Artificial Intelligence (AI) is the intelligence of machines or software, as opposed to the intelligence of humans or animals. Artificial Intelligence (AI) is a field of computer science that emphasizes the creation of intelligent machines that work and react like humans. (Class limit: 40)

Tue 3/19/24, 12:00 PM-1:30 PM

*First Presbyterian - Fellowship Hall
3940 27 1/2 Road
Grand Junction, CO 81506*

Tom Sawyer



Retired software and technology strategist; inventor; author.

Basics of Plant Identification

Get ready for spring wildflowers! This class will discuss the basic parts of plants useful for identification and focus on the largest plant families. It will also describe resources available to help identify local plants. (Class limit: 45)

Tue 3/12/24, 1:30 PM-3:00 PM

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

Stephen Stern, Ph.D.



Associate Professor of Biology at CMU who teaches numerous classes.

Beginner/Refresher Zoom Class

This class is for members who have registered for a class offered on Zoom who are unfamiliar with Zoom or want a review of the Zoom features used in New Dimensions classes. Functions like raising hands, participating in chat, how to mute and unmute yourself, ways to customize your view, and the use of video filters and backgrounds will be covered. Zoom can be used on a computer, tablet, or smartphone. (Class limit: 15)

Mon 2/5/24, 12:00 PM-1:00 PM

Zoom

Dave Karisny



Tech Support for New Dimensions.

Behind the Music - GJSO and Krinkes

Maestro Charles Latshaw, conductor of the Grand Junction Symphony Orchestra (GJSO), discusses all the behind-the-scenes work that goes into putting on a world-class orchestral program. He will introduce Concert Master Dr. Brian Krinke and his daughter, Amelia, as guest dual soloists with the Orchestra. They will talk about their rehearsal preparation processes for the concerts on March 9/10, 2024. Students are also invited to attend the GJSO rehearsal on Thursday evening to see how an orchestra puts together a performance with soloists. Amelia is in her second year as a student at Juilliard and it will be interesting to learn about her experience there. (Class limit: 50)

Thu 3/7/24, 10:00 AM-12:00 PM

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

*Optional observation of GJSO rehearsal 7-8PM same day, location TBA.
Students must attend morning session to attend the rehearsal.*

Maestro Charles
Latshaw



Music Director of the GJ Symphony Orchestra and the Flagstaff Symphony Orchestra.

Bicycle Junction: A History of Cycling in Grand Junction

Bicyclists who have recently discovered our area's amazing roads and trails are often surprised to learn that Grand Junction has long been a cycling town. The original Tour of the Moon, part of the Coors Classic, was held in the early 1980s, then memorialized in the movie "American Flyers." In the 1940s and 50s, paperboy pelotons delivered the Sentinel and bicycle parades brought out the whole community. In fact, our town's cycling roots date all the way back to the late 1800s, when Main Street was a dirt road and South 9th Street was – unbelievably – a cycling racetrack. Learn more about our community's fun and fascinating cycling history from bicycle shop owner Chris Brown, author of *Bicycle Junction*, originator of the folk opera "One Bike" and all-around cycling history raconteur. Chris will share the research, artifacts, photos, stories and the engrossing cast of characters who are an integral part of our community history. He'll also offer insight into the best of Grand Valley rides and cycling events today, including his iconic "1871" challenge. (Class limit: 35)

Wed 3/13/24, 7:00 PM-8:30 PM

*Brown Cycles
549 Main Street
Grand Junction, CO 81501*

Chris Brown



Owner Brown Cycles and avid bike enthusiast.

Birding: Spring Songbird Migrants

Travel to various birding sites and hotspots searching for migrating songbirds that pass through the Grand Valley on their way south. Participants must provide their own binoculars and be able to walk 1-2 miles on uneven trail. Due to COVID concerns, we will not arrange any carpooling. The instructors will notify students by email each Monday with instructions and directions to the meeting spot for the upcoming class. (Class limit: 10)

Tue 3/5/24, 8:00 AM-12:00 PM
Tue 3/12/24, 8:00 AM-12:00 PM
Tue 3/19/24, 8:00 AM-12:00 PM

Various hot spot locations. Participants will be notified by email.

Mike Henwood



Colorado Ornithologists' Field guide Audubon of Greater Denver and the Grand Valley.

Kathleen McGinley



Avid birder, assists with Grand Valley Audubon field trips.

Black Holes and the Theory of General Relativity

Black Holes are some of the most fascinating and mysterious objects in the universe. Predicted more than 100 years ago by Einstein's Theory of General Relativity, we now have ample evidence for their existence, including the recent discoveries of gravitational waves detected from the merging of two black holes and images of supermassive black holes at the heart of galaxies. A conceptual introduction to General Relativity will be presented and followed by a discussion about how black holes were predicted by the theory, how they can be detected, their bizarre properties, and what we can learn from them. (Class limit: 50)

Wed 3/20/24, 2:00 PM-3:30 PM

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

Dr. Catherine Whiting



Dr. Whiting is an assistant professor of physics and astronomy at Colorado Mesa University.

Bridge Beyond Beginning

For beginning players who want to improve their game instruction will focus on increasing bidding skills, analyzing declarer's play, and introducing defensive skills. (Class limit: 16)

Mon 3/11/24, 10:00 AM-12:00 PM

*First Congregational - Mayflower Room
1425 N 5th St
Grand Junction, CO 81501*

Fri 3/15/24, 10:00 AM-12:00 PM

Mon 3/18/24, 10:00 AM-12:00 PM

Fri 3/22/24, 10:00 AM-12:00 PM

*First Congregational - Mayflower Rm
1425 N 5th St
Grand Junction, CO 81501*

JoLynn Phillips



A lifetime of playing and learning the best card game ever!

CMU at 100 -- a History of Our Community's University

As we close in on the 100th birthday for Mesa junior college/Mesa College/Mesa State College/Colorado Mesa University we will look back at the twists and turns and milestones. Get to know more about the men and women who made a difference in our community's college. (Class limit: 50)

Tue 3/19/24, 9:00 AM-11:00 AM

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

Tim Foster



Tim Foster served 17 years as President of Colorado Mesa University.

Center for Independence: How to Build a Support Network

As we age, we need support in order to maintain our independence. It is not always possible to handle alone all the challenges that arise, some unexpectedly. When those challenges arise, "Who you gonna call?" This class will cover how to build a support network to help meet planned and unplanned challenges. It will cover a wide range of problems and topics, such as:

- how to find someone to replace batteries in smoke alarms,
- how to get answers for Medicare questions,
- how to plan for emergencies,
- how to find help with low vision or mobility issues,
- how to reduce isolation as you age,
- and many more.

Attendees will leave with an Older Adult Resource Directory that will provide contact information to help build a support network. The class will also cover where to find volunteer opportunities to help keep you connected to the community.

This class is held at the Center for Independence. Covid, RSA and flu cases are on the rise. If you have symptoms consistent with COVID-19, the flu, RSA, or you have been in close contact with someone who has symptoms of COVID-19, the flu or RSA, please do not attend the class.

Please Note: At the time of the class, if Mesa County is experiencing severe countywide outbreaks COVID-19, the flu, RSA, then a health protocol requiring class participants to have a non-contact temperature scan and to answer several health questions as they enter the building will be in place.
(Class limit: 25)

Fri 3/15/24, 10:00 AM-12:00 PM

*Center for Independence
740 Gunnison Avenue
Grand Junction, CO 81501-3212*

Joanne Stamp



Joanne is the CFI Low Vision & Senior Programs Manager.

Josh Kennedy



Josh is the Grand Junction CFI Programs Manager

Chair (Accessible) Yoga

Chair yoga is perfect for people who are new to yoga or who have mobility issues. It can help increase flexibility and strength, as well as improve balance and coordination. Additionally, it can help reduce stress and anxiety levels. Chair yoga is also a great practice for enhancing the mind-body connection through gentle movement and harnessing the power of your breath. (Class limit: 20)

Mon 2/19/24, 3:00 PM-4:00 PM
Mon 2/26/24, 3:00 PM-4:00 PM
Mon 3/4/24, 3:00 PM-4:00 PM

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

Maya Kraushaar



Maya is the Director of Programming and Community Outreach at the Unitarian Universalist Congregation of the Grand Valley and is a CYT200 in Vinyasa and Hatha Yoga.

Craft Coffee Industry & Hospitality

This course is an introduction to the development of the craft coffee industry, the importance of hospitality and how it plays a role in the customer experience. Learn about coffee processing and how coffee and coffee shops are part of the community. (Class limit: 30)

Wed 3/13/24, 3:30 PM-4:30 PM

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

David Foster



Co-founder of the Kiln Coffee Bar. He's been in the business for over 10 years

Crisis on the Colorado River

The Colorado River flows through seven western states and into Mexico. Use of water from the River is governed by the Colorado River Compact, which celebrated its 100th anniversary in 2022, and by a complex set of court decisions, compacts, treaties and regulations known as the "Law of the River." The Colorado River is in the midst of an historic drought which is impacting the 40 million people who rely on water from the River and the millions of acres of farmland irrigated by that water. In this course you will learn about the Colorado River Compact and the Law of the River, how water flows in the Colorado River drainage have been affected by the changing climate, current negotiations between the states and directives from the federal government regarding dwindling water supplies, and how all of this could impact the Grand Valley. (Class limit: 50)

Thu 2/15/24, 10:00 AM-12:00 PM

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

Mark Hermundstad



Mark is a retired Water Rights Attorney who has been working on Western Slope water issues for over 30 years.

Culture of Central Asia

The five countries of Central Asia are Kazakhstan, Uzbekistan, Kyrgyzstan, Turkmenistan, and Tajikistan sit astride the Ancient Silk Road which ran from China to Europe. Along this route came the silks, gold, and delicacies that China and the Western World wanted. Over the course of time the countries of Central Asia developed their own silks, carpets, pottery, poetry and cuisine. The ancient cities of Kokand, Samarkand, Bukhara and Khiva were cultural and governmental centers until conquered by the Russians in the 19th Century. Each country has its own unique, fascinating culture that we will discuss. (Class limit: 50)

Thu 3/14/24, 10:00 AM-12:00 PM

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

Jon Larsen



Jon Larsen Retired Foreign Service

D51: State of the District & Strategic Plan Update

Take an opportunity to hear about the current successes and challenges that exist in D51, how the district is approaching these challenges, and where we are in terms of progress towards our Strategic Plan goals. (Class limit: 50)

Fri 2/9/24, 11:30 AM-1:00 PM

*Harry Butler Board Room
455 N. 22nd Street
Grand Junction, CO. 81501*

Dr. Brian Hill



Superintendent of School District #51.

Easy Hike to Connected Lakes

During our walk around the area of Connected Lakes, we will see the hydroelectric plant on the Redlands Canal and visit the Audubon Nature Area. There are often lots of water birds to see and we'll look for signs of spring. This walk/hike is mostly level. Much of it is paved. Assume 2-3 hours depending on the desire of the group. (Class limit: 15)

Mon 3/18/24, 9:00 AM-12:00 PM

*2500 S Broadway
Grand Junction, CO 81507*

This address is for Chow Down which is to the south of Safeway on Broadway. We'll meet on the sidewalk at the south side of Chow Down by the trail.

Michael Wallace



Passionate to discover whatever is around the next bend in the trail and over that hill.

Engage Your Brain

By challenging your brain to learn new and novel tasks, you activate underused pathways and connections. The games you will learn to play during this two-session, two-hour class will encourage a fit and flexible mind. And, most importantly, the class will be fun. Participants are expected to attend both sessions. (Class limit: 12)

Tue 3/5/24, 10:00 AM-12:00 PM
Wed 3/6/24, 10:00 AM-12:00 PM

*Redlands United Methodist - Back Area
527 Village Way
Grand Junction, CO 81507*

Victoria Johnson



Vicki is a retired mental health counselor.

Equestrian Portraits

Portrait images of Confederate leaders mounted on horseback have been highly controversial in recent years. The statue of Robert E. Lee in Charlottesville, VA, was a flashpoint for demonstrations for and against its continuing presence in that city, and it has recently been removed and destroyed. Other such statues remain controversial, such as the Theodore Roosevelt at the entrance to the American Museum of Natural History, removed in 2022. Images of this sort, portraits of military and political leaders on large scale, often cast in bronze, have a long history of over 2000 years, and have often been a focus for controversy, and have often been destroyed not long after their creation. This class presents an overview of equestrian portraits, and their fates, from Greek and Roman antiquity to the present. (Class limit: 35)

Mon 3/11/24, 1:00 PM-2:30 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Lawrence Nees



Professor of Art History and Humanities at the University of Delaware 1978-2023 (retired)

Everything You Wanted to Know About Classified Information But Were Afraid Of Going To Jail For Asking

This course will review the definition and various categories of classified information. We will explore the current history of prosecutions and civil actions involving the disclosure and improper use of classified information, including the methods of safeguarding the information in court. Several case histories will be discussed including the instructor's personal experience in suing CIA officials who ignored their obligations to protect classified information by obtaining pre-publication review of their writings.

Class on Tuesday, Mar 12, 2024 (Class limit: 50):

Tue 3/12/24, 10:00 AM-11:30 AM

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

- OR -

Class on Tuesday, Mar 12, 2024 (Class limit: 50):

Tue 3/12/24, 10:00 AM-11:30 AM

Zoom

Glenn Whitaker



Retired trial attorney with 44 years of experience including many constitutional issues.

Exploring the Origins of Life

A modern science-based explanation for how life started on Earth has been posited only in the past century. Charles Darwin's evolutionary description based on his 19th century voyages around the world set the stage for a much deeper understanding of the chemical and biological processes responsible for initiating life. A major breakthrough by James Watson and Francis Crick on the structure of DNA led to significant insights into hereditary control of cellular activities and the advancement of species. This class will cover the theories for how life started and evolved as confirmed through current observations. We will also explore advances in astrobiology, which lead to the search for detecting remote life like that on Earth.

Class starting on Tuesday, Feb 27, 2024 (Class limit: 50):

Tue 2/27/24, 6:00 PM-7:30 PM

Thu 2/29/24, 6:00 PM-7:30 PM

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

- OR -

Class starting on Tuesday, Feb 27, 2024 (Class limit: 50):

Tue 2/27/24, 6:00 PM-7:30 PM

Thu 2/29/24, 6:00 PM-7:30 PM

Zoom

Scott Perrin



Scott is an amateur cosmologist with graduate level course work in physics and astrophysics.

Exploring the Shifting Landscape of Gender

Society's understanding of gender has significantly changed from our formative years. Gender categories and expectations for behavior are undergoing radical shifts so that young people today are growing up and reaching adulthood with views on gender that seem unfamiliar to many of us. This class will explore these transformations through discussions with CMU students taking a course in the sociology of gender. Our goal is to create a non-judgmental space for collaborative learning. (Class limit: 20)

Tue 3/5/24, 10:30 AM-12:30 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Brenda Wilhelm, PhD



Professor of Sociology,
Colorado Mesa University.

Exploring the Southwest: The Coronado Expedition of 1540 presented by Southeast Arizona National Parks

This program discusses the Coronado Expedition of 1540-1542, which was the first major Spanish exploration of the American Southwest. It begins with a look at the life and times of Francisco Vasquez de Coronado, the leader of the expedition. We then discuss the logistics and route they took and end with a look at the effects of the Colombian Exchange on our lives today. (Class limit: 30)

Wed 3/20/24, 10:00 AM-11:00 AM

Zoom

Darian Qureshi



Park Guide at Coronado National Memorial, where he answers visitors' questions, leads groups on hikes, and gives presentations.

First Friday Tour of Local Art Galleries

Meet us Downtown for a First Friday Gallery tour. Tour stops include a visit to the Lowell School to check out the galleries located in the historic space. Then we will stop at Confluence Studio before working our way back to Main Street and the other downtown galleries. See what the downtown art scene has to offer and meet the business owners and artists contributing to the scene. This is a casual stroll with no specific time frame. (Class limit: 12)

Fri 3/1/24, 5:00 PM-7:00 PM

*Begin at the Avalon Theater at 7th and Main
645 Main St
Grand Junction, CO 81501*

Sarah Dishong



Sarah Dishong is the Project Coordinator for Downtown Grand Junction.

David Goe



Community Engagement Manager for Downtown Grand Junction

Fraud: Don't be a Victim

The class will focus on fraud and scam trends and ways to prevent becoming a victim! (Class limit: 40)

Thu 2/8/24, 10:00 AM-11:30 AM

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

Kristi Knowles



Member of the Investigations Unit of the Grand Junction Police Department.

GONE! Decommissioned National Parks

What happened to 30 National Parks that are no more? Why were they made National Parks only to be decommissioned years later? Can you still visit these areas? Could this amount of delisting occur again, in the future? We will explore the answers to these questions, only you will have to make up your own mind about that last question. Class presentation will be a bit less than 1 hour; last 1/2 hour will be discussion/Q&A. (Class limit: 45)

Tue 2/6/24, 4:00 PM-5:30 PM

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

Ken Mabery



Ken worked 40+ years for the National Park Service that included international assignments.

Game Changing Benefits of a Plant-Based Diet

Join us for a quick dive into the game-changing benefits of a Plant-based Diet. We will show how the benefits of plants outweigh the Standard American Diet. We will also provide resources and information on how to get more plants into your diet. (Class limit: 75)

Fri 2/23/24, 10:00 AM-12:00 PM

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

Susan Sayers



A Food for Life Instructor working to empower people to take control of their health.

Rhonda Dunlap



Author of "Guide to Super Raw Foods" and radio host of the Fresh Café on KAFM.

Geology of Capitol Reef National Park

Explore the diverse geologic story of Capitol Reef where 280 million years of Earth's history is written in the rocks. A nearly complete set of Mesozoic Era rocks are visible in the park. The process of deposition, uplift, and erosion enable one to understand the drastic changes this landscape, and our planet, have experienced over time. (Class limit: 65)

Wed 2/7/24, 10:00 AM-11:00 AM

Zoom

Shauna Cotrell



Shauna has worked at Capitol Reef for six years and is the Visitor Services Program Mgr.

GoldenGuard: A Comprehensive Senior Safety Seminar

Embark on a journey to enhance your well-being with our Senior Safety & Wellness Series! Dive into expert-led sessions covering essential topics tailored for seniors, including fall prevention, home and fire safety, and mental wellness. Learn practical strategies to ensure a secure living space, fortify your mental resilience, and safeguard your mobility. Join us in prioritizing your safety and holistic health! (Class limit: 35)

Wed 3/6/24, 12:00 PM-1:00 PM
Wed 3/13/24, 12:00 PM-1:00 PM
Wed 3/20/24, 12:00 PM-1:00 PM

*Grand Junction Fire Department
625 Ute Ave.
Grand Junction, CO 81501*

Ellis Thompson



Ellis works for the GJ Fire Department re-imagining programs like Juvenile Firesetters, Hands-Only CPR, and school outreach programs.

Great Migration of the Sandhill Cranes

Jim Gammonley will present an overview of the Rocky Mountain population of Sandhills Cranes including their biology and management throughout their range and in Colorado. After the presentation there will be time for discussion and Jim will answer any questions about the Sandhills (Class limit: 45)

Thu 2/15/24, 6:00 PM-8:00 PM

*Colorado Parks and Wildlife
711 Independent Avenue
Hunter Education Building
Grand Junction, CO. 81505*

Jim Gammonley



Avian Research Chief —
Colorado Parks and Wildlife,
2005-Present

Hike Canyon Rim Trail to Window Rock

This is almost a 2-mile easy hike that starts at the Monument's Visitor Center, goes along the rim of Wedding Canyon to Window Rock overlook. We will see and learn about all of the formations that make Monument Canyon famous without doing the six-mile hike through the canyon. Depending on the weather, this should be a great winter hike as it is an easy, flat trail with only about 250 feet of elevation gain. Be sure to wear appropriate clothing for the weather the day of our hike. When we return, I will be walking the Alcove Trail, a short trail along the Entrada Ridge across from the visitor center that anyone interested can join.

We will be meeting at the Colorado National Monument's Visitor Center at 11:00 a.m. (Class limit: 12)

Fri 2/16/24, 11:00 AM-1:00 PM

*Colorado National Monument Visitor Center
1750 Rimrock Drive
Fruita, CO 81521*

The Visitor Center is 4 miles from the Fruita west entrance.

Remember, to gain entrance, there is a fee per car or you can show your National Parks Pass.

Kevin Hardy



Kevin Hardy is a retired school teacher that spent his summers and many weekends hiking and having fun in the outdoors.

Hike Flume Canyon

This hike is a repeat of a hike led in the Spring term of 2023. It is offered again because of a large waitlist. Flume has it all: easy access in the nearby Black Ridge Canyon Wilderness, narrow passages with an intimate feel, lots of trees and shrubs and interesting geology. Not much elevation change. Consider it moderately strenuous because of an easy scramble up and down. Bring a hiking pole to keep your balance navigating boulders in the stream bed. (There may be some water in the Spring.) Wear long pants and long sleeve shirts because the poison ivy may be leafed out, or not. Meet at the Pollock Bench trailhead kiosk at 9:00 AM and we will explore the Inner Flume. The hike is 3-1/2 miles out and back. Taking it slow, you will return about noon.

When choosing hikes or nature walks, we encourage you to read the course descriptions carefully and be honest when evaluating your capability to participate. Please consider whether: you are adapted to the elevation; you have been hiking or walking regularly; you usually hike or walk a similar distance and on the types of terrain described; you have balance or breathing issues; and you can keep up with a group; etc. Your careful consideration of these factors will ensure that you will be able to complete the hike or walk as described without any serious issues and have a great time. (Class limit: 15)

Fri 3/22/24, 9:00 AM-12:00 AM

From the Fruita round-about over I-70, go south on Highway 340. Follow the road for about 1 mile to Kings View Estates. A sign is posted for the Horsethief Canyon Wildlife Area. Turn right (west) on Kings View Road. Within 1 mile, you will bear right at a fork. From the fork travel 2 miles to the large parking lot for Pollock Bench trailhead. Here there is a restroom. Flume Canyon trail head is shared with the Pollock Bench trailhead.

Michael Wallace



Passionate to discover whatever is around the next bend in the trail and over that hill.

Historic Border Barriers from 21,000 BC to Iron Curtain

Perhaps the most famous border walls in history are the Great Wall of China, Hadrian's Wall in England, and the Iron Curtain/Berlin Wall. Did you know that there have been at least 16 major national Border Walls, up to and including the Iron Curtain? (This class does not discuss border barriers after the 1990s.) There are at least 4 more that deserve mentioning due to their historic impact. This class will examine the purposes and success of each, with the final focus on the Iron Curtain/Berlin Wall. (Reworked and expanded former class "Iron Curtain.") (Class limit: 45)

Tue 2/13/24, 4:00 PM-5:30 PM

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

Ken Mabery



Ken worked 40+ years for the National Park Service that included international assignments.

History & Tour of the Avalon Theatre

One hour PowerPoint presentation (including Q&A) covering the Avalon Theatre's colorful history (conducted in the Avalon's Encore Hall). The presentation will be followed by a 45-minute tour of the historic theatre. (Note: Portions of the tour will not be accessible for those in wheel chairs.) (Class limit: 25)

Tue 3/5/24, 2:00 PM-4:00 PM

*Avalon Theater - Encore Hall
645 Main St
Grand Junction, CO 81501*

Stephen Doyle



President/Avalon Theatre Foundation; Glade Park resident; CU grad (BA in History & German).

History of Alaska's National Parks

Seven decades, between 1910 and 1980, mark the foundational years to the Alaska's national park units. The national monument component plays a huge part of this story as does the importance of science in the early years. Equally important are two federal laws in 1971 and 1980 that shaped the protection and management of millions of acres of public land for the future. (Class limit: 50)

Mon 2/19/24, 2: 00 PM-3: 30 PM

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

Lisa Eckert



Lisa retired from 37-year NPS career including 5 years in Denali NP in AK.

History of Colorado Archaeology

Not only does Colorado have fascinating cultural resources but the history of those that have studied the past is also fascinating. This talk will tell the impact that Colorado archaeology has had on not only the field in general but also on policy and law. Highlights of the careers of famous Colorado archaeologists will also be shared. (Class limit: 35)

Fri 3/8/24, 9: 30 AM-11: 00 AM

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

Zebulon Miracle



Zebulon Miracle is a western Colorado native, historian, and is currently the Executive Director of United Way of Mesa County.

Home for All: A Conversation about Housing in the Grand Valley

Housing that is affordable for all is fast becoming a big concern for our community. Learn more about what affordable housing actually looks like, the housing continuum, unhoused issues, innovations and opportunities in our community, as well as what is currently happening and how to help. (Class limit: 50)

Mon 3/4/24, 1:15 PM-3:15 PM
Mon 3/11/24, 1:15 PM-3:15 PM
Mon 3/18/24, 1:15 PM-3:15 PM

*Fire Admin Building
625 Ute Ave
Grand Junction
CO 81501*

Please park In gravel overflow lot east of south 7th street between Ute & Pitkin Ave. Parking in front of the GJFD Amin building is reserved for GJFD customers. Two handicap spaces are available for use.

Ashley Chambers



Housing Manager, City of
Grand Junction, M.P.A.

Emilee Powell



Executive Director, Housing
Resources of Western
Colorado

Hoofbeats from the Past: Archaeological Evidence of the Horse in Western Colorado

Dominquez Archaeological Research Group (DARG) archaeologists are actively working to document and record horse related rock art in western Colorado. These rare pictograph and petroglyph images depict the horse as it was experienced by the Indigenous peoples who used, cared for, and valued them. Recently, DARG researchers have discovered unexpected and surprising details in these images by applying decorrelation stretch technology to curation quality photographs of this very special type of rock art. Today these fragile images are threatened by climate change, wildfire, and vandalism. Locating and scientifically documenting them aids in protecting and preserving them for you, your children, and for future generations. Join archaeologist H. "Sonny" Shelton as she takes you on a journey to explore the origins of the horse in western Colorado, including fossils found in the Grand Valley, buried faunal remains, and the remarkable story of the horse as preserved in the Native American rock art of western Colorado. (Class limit: 50)

Wed 2/21/24, 10:00 AM-12:00 PM

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

Holly "Sonny" Shelton



Archaeologist, faunal analysis specialist with Dominguez Archaeological Research Group.

How Language Changes Over Time: A Short History of the English Language

In this discussion-oriented course, we'll take a whirlwind tour of the history of the English language from its origins in Celtic and Anglo-Saxon tribal dialects to its present-day forms. Along the way, we'll dip our toes into a number of overlapping areas of interest, including geography, European history, sociolinguistics, demography, medicine, political science, religion, and cultural anthropology. In short, we'll look at how all of these areas of interest have contributed to the on-going story of the remarkably flexible language we recognize as English. (Class limit: 25)

Thu 3/7/24, 6:00 PM-8:00 PM
Thu 3/14/24, 6:00 PM-8:00 PM
Thu 3/21/24, 6:00 PM-8:00 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Maureen Neal



Professor of English: CMU (retired), former high school teacher.

Human Trafficking in Colorado

Human Trafficking is a lucrative and thriving industry that takes place around the globe and right here in Colorado. The Colorado Human Trafficking Council (CHTC) was established through legislative action in 2014. As part of that legislation, the Colorado General Assembly tasked the CHTC with the development of training standards and curricula on human trafficking for a wide range of sectors. In 2016, the CHTC created its first training program: An Introduction to Human Trafficking in Colorado in order to help establish a common language and understanding of human trafficking and its impact in Colorado. This interactive program is designed to provide participant foundational information on the topic rooted in the Colorado context. (Class limit: 35)

Mon 2/5/24, 9:00 AM-11:00 AM

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

Thomas Acker



Founding member Western Slope Against Trafficking.

Introduction to Amateur Radio: Communicate Around the World or Across Town

Amateur (or Ham) Radio is the world's first social medium. People all over the world are using amateur radio to build social bridges, experiment with cutting-edge technology, assist in emergencies and disasters and learn more about emerging technologies. Ham radio hobbyists from 8 to 80 years of age are connecting in new ways, and amateur radio is easier and more economical than ever before. This overview will show you how simple it can be to get your FCC license and join in the fun. And you don't need to learn Morse code! (Class limit: 30)

Fri 2/16/24, 10:00 AM-11:30 AM

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

Chip Ferron



Emergency communications specialist with 30 years of amateur radio experience.

John C. Fremont: The Complex Pathfinder

After his first expedition West mapping a route for the Oregon Trail to the South Pass, John C. Fremont enjoyed a meteoric rise in fame. He quickly became a national hero renowned as a pathfinder who would be credited with opening the West to settlement. From there he would go on to become a national politician, the Republican Party's first nominee for U.S. President, a Civil War General and Territorial Governor of Arizona. Much of this fame though would be tainted with accusations of corruption, incompetence, and atrocities especially against Native Peoples. Many saw him as an impetuous dreamer who did more to promote unrealistic schemes. Join us as we study this very influential though very complicated man. (Class limit: 50)

Mon 2/12/24, 2:00 PM-4:00 PM

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

Peter Booth PhD



Currently an Advancement Director at The Art Center of Western Colorado.

Journey of Cultural Discovery: the other Georgia

The ancient country of Georgia lies between the Black and Caspian Seas, on the south side of the Caucasus Mountains. Its origins can be traced to at least 600 BC, yet many people are largely unaware of its existence. This class introduces its long history, takes a close look at its geography and its unique culture. A culture that has thrived despite centuries of rule by other nations, most recently the Soviet Union. In November, the TV news magazine show 60 Minutes aired three articles on this hospitable country. (Class limit: 45)

Tue 2/20/24, 4:00 PM-5:30 PM

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

Ken Mabery



Ken worked 40+ years for the National Park Service that included international assignments.

Journey through the History of the Alaska National Wildlife Refuge

A personal river trip serves as a backdrop to the North Slope's refuge history, indigenous cultures, and competing demands for Alaska's natural resources. (Class limit: 50)

Thu 2/29/24, 2:00 PM-3:30 PM

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

Lisa Eckert



Lisa retired from 37-year NPS career including 5 years in Denali NP in AK.

Larger Than Life – A Look at Higher Magnification Photography

Learn about the terminology, tools, techniques, and challenges of higher magnification photography – the what, when, where, who, why, and how of it. (Class limit: 30)

Thu 2/8/24, 1:00 PM-2:30 PM

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

Hank Schoch



Hank Schoch is a retired national park ranger, cabinetmaker, and a self-taught photographer.

Madagascar

Madagascar. Just the name evokes exotic images of nature - leaping lemurs, bulbous Baobab trees, crawling chameleons, rare reptiles, and brightly-colored birds. Join us for a photo "safari" by Renee Herring, a retired Colorado Parks and Wildlife Watchable Wildlife Coordinator, to explore some wildlife riches found on the island that time forgot. The varied landscapes of rainforests, spiny deserts, lakes, and dry forests contain 90% of Madagascar's plant and animal species that are found nowhere else on Earth. Lemurs, lemurs, lemurs! (Class limit: 35)

Tue 3/5/24, 3:00 PM-4:30 PM

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

Renee Herring



Mixed-media artist, retired Colorado Parks and Wildlife Watchable Wildlife Coordinator.

Meditation

Mindfulness and compassion are often referred to as the two wings of spiritual well being. Mindfulness helps us cultivate wisdom and equanimity to move through the ups and downs of life with perspective and peace. Compassion opens our hearts to the richness of life and awakens in us passion and a felt sense of connection with all life. This class is open to students with and without experience meditating. It includes instruction, guided practice, and time for questions and reflection. (Class limit: 30)

Mon 2/12/24, 11:00 AM-12:00 PM

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

Kevin Watt

Board Certified Chaplain and
Spiritual Counselor Certified
Mindfulness Meditation
Teacher

Meeker Incident and the White River War

After years of encroachment on their lands, White River Ute attacked an Indian agency staffed by Agent Nathan Cook Meeker on September 29, 1879. The hostility escalated when cavalry troops under Major Thomas Thornburgh engaged with the Ute at Milk Creek in what became one of the last major Indian War conflicts in U. S. history. The ramifications of these incidents have had long lasting implications that changed the course of Ute and Colorado history. (Class limit: 50)

Mon 3/4/24, 9:00 AM-11:00 AM

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

Peter Booth PhD



Currently an Advancement
Director at The Art Center of
Western Colorado.

Mesa County Search & Rescue

Mesa County search and rescue is an all-volunteer team of 40+ individuals. We have existed for over 20 years and donate thousands of hours serving Mesa County's community. This class will include a brief history of Search and Rescue in Mesa County. We will discuss our organizational structure, different sub teams, resources available, typical rescue scenarios, training, funding and how we bring on new members. (Class limit: 40)

Tue 2/20/24, 1:00 PM-2:30 PM

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

Jeff Stephens



Jeff Stephens, Lifetime Outdoorsman, 4th year member of Mesa County Search and Rescue Ground Team

Modern Hunger: Time-Tested Solutions

Participants will understand how the Great Depression shaped how we respond to hunger in America and how that legacy is not aligned with the realities of modern agriculture, food production, and eating habits. We will showcase best practices of responding to hunger that are happening right here in Mesa County, including some time-tested solutions that our grandmothers used. Over a shared snack, we hope to learn from the wisdom in the room to help shape our organizations' educational programming. (Class limit: 30)

Thu 3/7/24, 1:00 PM-2:30 PM

*CSU Western Campus
3170 B-1/2 Road
Grand Junction, CO 81503*

Note this is not the fairground location. As you pull in from B-1/2, follow the black-topped road to the right. Drive forward until you reach the large parking lot. We will meet in the classroom of the Research Extension Forestry building.

Amanda McQuade



Community Food Systems Program Coordinator at the CSU Western Campus

Tessa Kaiser



Executive Director of Kids Aid

Morocco, a melting pot of dynasties and cultures!

Learn more about this beautiful North African multicultural country where African, Arab and European cultures are intertwined with various ethnic groups such as Arab, Berber, Gnawa, white (European), Jewish, and Sub-Saharan African. With 12 UNESCO World Heritage sites, Morocco is a country of many splendors with amazing hospitality, cuisine, architecture, crafts, history and geography. If you have ever considered traveling to Morocco, come learn more about why you should journey to this exotic country. (Class limit: 50)

Thu 3/14/24, 5: 30 PM-6: 30 PM

Barb Bowman

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



Barb Bowman is a Stewardship Contractor for the Colorado Tourism Office.

Movies: Mad About Film

Your Movie Team is made up of Dick Arnold, Joe Zeni, Wayne McCormick, and Eileen Bird. Films will be shown from several different genres and are selected from several sources: The National Film Registry, the American Film Institute's 100 Greatest Movies of All Time and its lists of great movies from each year, and from other sources. Most films shown are memorable or are considered "classics" and have earned this designation based on critical analysis and acclaim, not necessarily popularity. Some are foreign films. 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 2/9/24, 6: 30 PM-9: 30 PM
Fri 2/16/24, 6: 30 PM-9: 30 PM
Fri 2/23/24, 6: 30 PM-9: 30 PM
Fri 3/1/24, 6: 30 PM-9: 30 PM
Fri 3/8/24, 6: 30 PM-9: 30 PM
Fri 3/15/24, 6: 30 PM-9: 09 PM
Fri 3/22/24, 6: 30 PM-9: 30 PM

Movie Team

Location to be determined



We are all movie enthusiasts

Palisade Insectary Tour

The insectary opened in 1945 to rear a biocontrol agent in order to protect our local peaches from the Oriental Fruit Moth. The Insectary releases and monitors about 20 different species of biological control agents for use against both weeds and insect pests. Led by Insectary scientists, the tour will share the history of bio-control of weeds and learn how insects are raised and what they do. (Class limit: 20)

Thu 2/8/24, 10:00 AM-12:00 PM

USDA Scientists

*Palisade Insectary
750 37 8/10 Rd
Palisade, CO*

*From Elberta Ave., turn East on 1st St.
From 1st St. turn North on 37 8/10 Road (Main Street becomes 37 8/10 Road)*

Past & Present: Fruita

Denise and Steve Hight will discuss their new Arcadia book, "Past & Present: Fruita," accompanied by a PowerPoint presentation showing a selection of photographs from the book, both the old ones and the new ones they took of the same buildings decades later. (Class limit: 30)

Fri 3/8/24, 10:00 AM-11:00 AM

Steve & Denise Hight

*Fruita Community Center
Peach Room
324 N Coulson St,
Fruita, CO 81521*



They were 2018 Museum of Western Colorado Historians of the year and are authors.

Pickleball Refresher Class

If you took the Intro to Pickleball class, and need a little refresher before spring kicks in, this is for you. The basics you learned will be reviewed and then we will get into playing and learning more as you practice. This class would also be good for tennis players with court experience wanting to get into Pickleball. (Class limit: 8)

Tue 2/27/24, 2:00 PM-4:00 PM
Wed 2/28/24, 2:00 PM-4:00 PM

*Bookcliff Country Club
2730 G Rd
Grand Junction, CO 81506*

Nancy Burford



Nancy Burford is a life long tennis player and pickleball player/instructor.

Police and Fire Chiefs Goals & Updates for the City of Grand Junction

The Police and Fire chiefs for Grand Junction will share their core message and goals for the next several years. They will discuss major topics such as crime in our community, homeless issues and budget. They will also discuss the City of Grand Junction First Responder Tax and how the fire department is using the funding for Fire Stations 6, 7, and 8, and the staffing for the new fire stations. (Class limit: 35)

Mon 2/19/24, 1:00 PM-2:00 PM

*Police Department Training Lab
555 Ute Ave.
Grand Junction, CO 81501*

enter through the lobby and take the elevator to the second floor.

Chief Matt Smith



Chief of Police, Grand Junction, CO. He has served as a deputy chief for the department for the past three years.

Chief Ken Watkins



Ken Watkins has served as the Fire Chief since 2007. Chief Watkins oversees the administration and leadership of the department.

Probing the Puzzles of History

Historical puzzles have always intrigued author Bob Silbernagel. Why did people take certain actions that significantly affected the outcome of major and minor historical events? And how were some folks able to accomplish things that seem baffling in hindsight. Several of these incidents have caught Silbernagel's attention over the years, and he will discuss three of them that he delved into in his most recent book, "First Draft." (Class limit: 40)

Tue 2/6/24, 10:00 AM-11:30 AM

*First Presbyterian - Fellowship Hall
3940 27 1/2 Road
Grand Junction, CO 81506*

Bob Silbernagel



Author, retired journalist, and frequent contributor to the Daily Sentinel.

Psalms as Literature

The Bible is a complex anthology of ancient literature in many forms, written over hundreds of years. The psalms are a significant part of that body of work. The class will consider the psalms as literature while acknowledging their importance to prayer and worship in Jewish, Christian and other faith traditions. It is not a course in religion and is open to participants regardless of individual spiritual beliefs. We will consider elements such as the images and rhythms of the psalms as lyric poetry; types of psalms; and the distinctive characteristics of Jewish poetry. One of the hallmarks of enduring literature is the capacity for multiple layers of interpretation and the class will allow opportunities for discussion. (Class limit: 15)

Tue 2/27/24, 10:00 AM-12:00 PM

*First Congregational - Chapel
1425 N 5th St
Grand Junction, CO 81501*

Lyn Fraser



Lyn has taught at Texas A&M University and Colorado Mesa University.

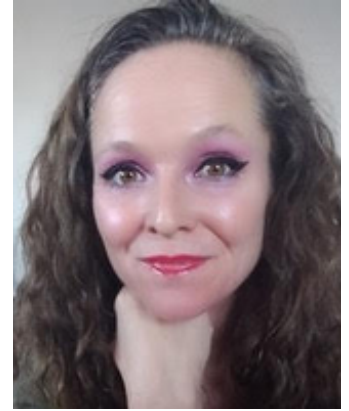
Religious Voices in Irreligious Times

Join with Rev. Larkin to engage with "saints" and "sages" of the past who have spoken into the void, stared it in the eye, and have found new places to live on the other side. These voices include Dietrich Bonhoeffer, Dorothee Sölle, Lao Tzu, Mahatma Ghandi and others. Let's dare to listen to what they have to say, open ourselves up to being confronted so we can ask new questions and conceive of new answers, and find our own religious voice in this irreligious time. (Class limit: 20)

Wed 2/7/24, 1:00 PM-2:30 PM
Wed 2/14/24, 1:00 PM-2:30 PM
Wed 2/21/24, 1:00 PM-2:30 PM
Wed 2/28/24, 1:00 PM-2:30 PM
Wed 3/6/24, 1:00 PM-2:30 PM
Wed 3/13/24, 1:00 PM-2:30 PM

Koinonia Church - Sanctuary
730 25 Road
Grand Junction, CO 81505

Lauren Larkin



Rev. Lauren R. E. Larkin is the Priest in Charge of The Episcopal Church of the Nativity.

Rocky Mountain National Park - Alpine Nitrogen Deposition

Over the past two decades scientists in Rocky Mountain National Park (RMNP) have observed a significant increase in atmospheric nitrogen deposition, which has affected ecosystem processes at the watershed scale and has impacted the economy and human health.

Join a ranger in learning about the progress that has been made and find out how everyday actions can help reduce nitrogen deposition in Rocky Mountain National Park and other natural areas. (Class limit: 30)

Wed 2/14/24, 1:00 PM-2:00 PM

ZOOM

Abi Miller



Rocky Mountain National Park Education Coordinator. She brings her passion for environmental education to the education team at Rocky Mountain National Park

Science Behind the Exhibits with Founder John McConnell - EUREKA! McConnell Science Museum

Come learn about the history of EUREKA! McConnell Science Museum with its founder, John McConnell, and then enjoy spending time exploring the museum and learning about the science behind the hands-on interactive exhibits. (Class limit: 25)

Mon 2/26/24, 1:00 PM-2:30 PM

*EUREKA! McConnell Science Museum
1400 N. 7th Street
Grand Junction, CO 81501*

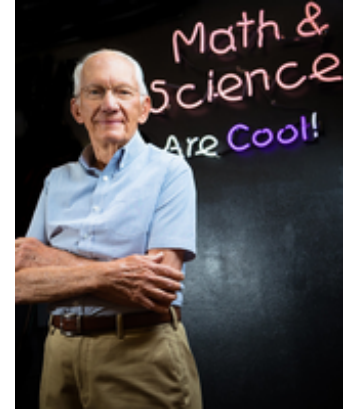
Turn east on Kennedy Avenue and park in the New Life Church parking lot.

Briana Board



Program Director for Eureka!
Science Museum

John McConnell



Founder of the EUREKA!
McConnell Science Museum

Skin Cancer: How to Prevent It

Learn surprising information about skin cancer risk in Colorado, what skin cancer looks like, and how to buy and use the right sunscreen to prevent skin cancer. After the educational talk, participants will be able to have a picture taken of their face showing the lifetime accumulation of sun damage. The pictures do not diagnose skin cancer, however, knowledge is power to stop a totally preventable cancer. Free sunscreen and SPF chap stick provided. (Class limit: 25)

Thu 2/15/24, 1:00 PM-3:00 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Debra Hesse



Retired Cancer Services
Resource Manager

Space, NOT the final frontier

From Apollo to the space shuttle, we all think of NASA as the only purveyors of space. Not anymore. Come learn why and how the commercialization of space is happening. (Class limit: 40)

Mon 2/12/24, 9:00 AM-10:00 AM

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

Ben Miller



Director, Center of Excellence
for Advanced Technology
Aerial Firefighting for the
state of Colorado.

Spirit Engineering Tour: Airplane Manufacturing in the Grand Valley

Spirit Engineering has designed, built, and tested a Light Sport Airplane (LSA) and continues preparations to manufacture this plane. The class will begin in the company's conference room, where Spirit Engineering President, Stephen Wood, will give background about the design and manufacture of an LSA. The introduction will be followed by a tour of the manufacturing facility, showing some of the processes and equipment needed to build the LSA. Please, no photographs during this class. (Class limit: 15)

Thu 3/7/24, 10:00 AM-12:00 PM

*Spirit Engineering Inc
841 21 ½ Road
Grand Junction, CO 81505*

Directions: Turn north off Highway 6&50 onto 21 ½ Road (west of Highway 6&50 intersection with I-70). Drive past the UPS terminal and H Road. Turn left on Bond. The Spirit Engineering parking lot will be on your right.

Stephen Wood



President of Spirit
Engineering, Inc.

Stories Behind the Photos - Stepping Back in Time on Colorado National Monument's Rim Rock Drive

Join longtime National Park Service volunteer, former Colorado National Monument Association employee, and historian Terri Ahern for a photographic look back in time from the Colorado National Monument. The photo exhibit and discussion will focus on historic black & white images from the Civilian Conservation Corp era in the 1930s and Mission 66 in the 1960s and will be compared with color images of how the area looks today. Let's look back in time together and see what has changed from the same locations along Rim Rock Drive in the Colorado National Monument. (Class limit: 30)

Thu 2/8/24, 2:00 PM-3:00 PM

*Colorado National Monument Visitor Center
1750 Rimrock Dr,
Fruita, CO 81521*

The Visitor Center is 4 miles from the Fruita west entrance.

Remember, to gain entrance, there is a fee per car or you can show your National Parks Pass.

Terri Ahern



Colorado National Monument
Volunteer - 18 years.
Colorado National Monument
Assoc. Retired

The Story of the Panama Canal

The Panama Canal was one of the greatest engineering feats of the 20th century. The building of the canal makes for a fascinating history. Learn about the considerable engineering challenges as well as the problems of politics, disease, geology and human foibles encountered during the building of the Panama Canal. (Class limit: 65)

Tue 3/5/24, 2:00 PM-3:00 PM

Zoom

Wendy Van Norden



Wendy Van Norden is a retired geology teacher, a cruise-ship lecturer, and a tour leader for friends, students, and the Sierra Club.

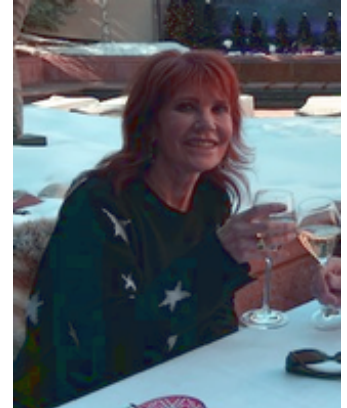
Traveling to Spanish-Speaking Countries? Learn Spanish to Support Your Basic Needs.

Through fun interaction, students will learn basic terms, phrases and cultural differences for travel to Spanish speaking countries. The course will cover asking for directions, ordering food, dealing with medical emergencies and much more. (Class limit: 12)

Thu 2/15/24, 9:00 AM-10:00 AM
Thu 2/22/24, 9:00 AM-10:00 AM
Thu 2/29/24, 9:00 AM-10:00 AM

Redlands United Methodist - Library
527 Village Way
Grand Junction, CO 81507

Pam Lynch



Thirty + years of experience teaching Spanish, extensive travel to Spain and Mexico with student groups, and currently teaching private Spanish lessons.

Two Countries Divided by the Same Language: American English and British English

George Bernard Shaw is not the only person to make the observation that American English and British English are quite different from each other; in this presentation, we'll employ linguistic principles to examine the many ways American English diverges from British English, and why that matters (or doesn't). We'll start with a photographic tour of England to set the stage for a discussion of the phonological, lexical, and semantic ways these two countries speak and write the English language. (Class limit: 30)

Tue 2/20/24, 6:00 PM-8:00 PM

Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Maureen Neal



Professor of English: CMU (retired), former high school teacher.

Uintah Railway, the Gilsonite Route

The Uintah Railway was one of the steepest, most crooked narrow gauge railroads in North America. It hauled only one commodity, Gilsonite. The Uintah ran from the Grand Valley over Baxter pass in the Bookcliffs to the Uintah Basin. Learn the rich history of this unique CO/UT railroad. (Class limit: 25)

Wed 2/28/24, 5:00 PM-6:15 PM

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

Matt Darling



Curator of Cross Orchards.
The Museums of Western
Colorado's railroad historian.

United to Solve Homelessness: A Look at Homelessness in the Grand Valley

Join United Way of Mesa County as part of their "United to Solve Homelessness Program" which has worked with local experts to create a community-based education and immersive experience to help raise awareness, inspire solutions, and help solve the issue of homelessness in the community. In the first class participants will take an active role in experiencing the structural barriers and emotional challenges in a simulation of conditions facing households living in poverty. The 2nd class will feature a presentation by both United Way and the City of Grand Junctions Housing Division on the history of homelessness, the issues facing our community, what initiatives are underway, and how to help. (Class limit: 40)

Thu 2/29/24, 1:00 PM-5:00 PM

*Mesa Co. Workforce Center
512 29 Rd.
Grand Junction, CO*

Thu 3/14/24, 1:00 PM-3:00 PM

*City Hall; Human Resources Training Room (2nd Floor)
250 N. 5th St.
Grand Junction, CO*

Ashley Chambers



Housing Manager, City of
Grand Junction, M.P.A.

Keira Auld



Keira Auld- Community
Impact & Marketing Manager
at United Way Mesa County

What Makes a Rock – And Other Geologic Curiosities

A class on geologic basics, this course introduces you to the four basic rock types (Sedimentary, Metamorphic, Igneous, and Volcanic) and their life cycles. Past and present geologic processes (faulting, folding, fracturing, landscape forms, etc.) will be explained. We will discuss these geologic processes, common uses of some rocks, why scale of observation matters, how rocks are preserved, and how rocks help interpret past climate events. (Class limit: 50)

Wed 3/20/24, 9:00 AM-11:00 AM

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

Lawrence Anna



Lawrence (Larry) Anna is a professional geologist with 35+ years in petroleum, groundwater, and uranium exploration and research.

Why Not Sourdough?

Sourdough baking is at the root of Pam's family. Pam and her husband have spent many years together studying sourdough fermentation, grain, milling flour, and networking and connecting with other sourdough souls. While living on a corn farm on the Hamakua Coast of the Big Island of Hawaii, they started and maintained their own starter, building a bakery business which has now returned to Grand Junction. She has much to share about what sourdough culture brings to our health and relationships. (Class limit: 24)

Mon 2/26/24, 10:00 AM-12:00 PM

*Eureka! McConnell Science Museum
1400 North 7th Street
Grand Junction, CO 81501*

For parking, from 7th St turn north on Kennedy Av and park behind the church across the street from Eureka.

Pam Harsh



Owner, operator of Kulina Lani Organic Sourdough Bakery

Wildlife Watch

A dynamic, fun, hands-on presentation on wildlife viewing skills. Sharpen your senses to sights and sounds in nature through activities, slide shows, and an informative talk. Learn new tricks that will help you see (and therefore photograph) more Colorado wildlife. Discover tips through bird watching 101, range maps, field guides, tracking guides, and great hand-outs. Explore a trail to look for nests, tracks, scat, and other signs of wildlife. Hopefully, we'll spot a horned owl, waterfowl, song birds, and maybe a deer or two. Binoculars and field guides provided, but bring your own if you have them.

--10:00-12:30 - Class activities
--12:30-1:00 - Lunch (bring your own)
--1:00-2:30 - Nature walk (Class limit: 25)

Thu 3/21/24, 10:00 AM-2:30 PM

*Colorado Parks and Wildlife
Hunter Education Classroom
711 Independent Avenue
Grand Junction, CO. 81505*

Renee Herring



Mixed-media artist, retired Colorado Parks and Wildlife Watchable Wildlife Coordinator.

Women in Colorado History

Historians have discovered the stories of many iconic Colorado women who took major roles in our state's history. They were doctors, athletes, businesswomen, artists, authors, and reformers.

An authentic cowgirl, Marie Scott rode the range, branded cows, pitched hay, and fed her livestock. But, Marie was also a shrewd businesswoman who acquired over 100,000 acres of land stretching all the way from the Dallas Valley near Ridgway to Utah.

The Babe could run, jump, pitch, play championship golf, hunt, fish, and play pool. Mildred Ella "Babe" Didrickson is considered by many sports authorities to be the greatest all-around sports woman of the twentieth century.

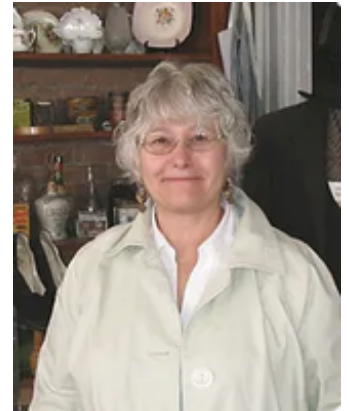
Ruth Mosco Handler had been short of playthings as a child and was always inventing toys out of the oddest things. She and her husband Matt founded the Mattel toy company. Their daughter Barbara loved playing with paper dolls, liking to dress them in the latest fashions. Ruth wondered if she could make a 3-dimension fashion doll – and she did.

This program explores the lives of these three woman and ten others who contributed in unique ways to Colorado's history. (Class limit: 50)

Thu 3/14/24, 10:00 AM-11:30 AM

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

Gail Zanett Saunders



A former Colorado History teacher, Gail is an Ouray County Historical Society Board member

Yoga Lite

After practicing Yoga for almost 10 years Laura was inspired to attend Yoga Teacher Training. This training taught her the enormous benefits of Yoga for everyone, especially as we age.

Each session will include a gentle yoga practice including gentle movements, balance work, breath work, and meditation. Half the class will be lying on our backs and half will be standing. Please bring mats and props, if you have them! Laura will have extras if needed. (Class limit: 16)

Fri 2/16/24, 1:15 PM-2:30 PM
Fri 2/23/24, 1:15 PM-2:30 PM
Fri 3/1/24, 1:15 PM-2:30 PM
Fri 3/8/24, 1:15 PM-2:30 PM

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

Laura Daniels



Laura is a 285 hour Certified Yoga Instructor.

Your Public Art Slide Show

Join Sarah Dishong and Haley Van Camp on an educational slideshow tour of your city's public art. We will highlight the city's various programming and art collections along with Downtown Grand Junction's Art on the Corner sculptures & mural collection. (Class limit: 50)

Tue 2/13/24, 10:00 AM-11:30 AM

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

Sarah Dishong



Sarah Dishong is the Project Coordinator for Downtown Grand Junction.

Haley Van Camp



Arts & Culture Coordinator for the City of Grand Junction