

01 - Alcohol Inks - Art Appreciation

This class is 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 the beginning of class.)

Class on Tuesday, Feb 25, 2025 (Class limit: 13):

Tue 2/25/25, 9: 30 AM-12: 00 PM

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

For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

- OR -

Class on Tuesday, Feb 25, 2025 (Class limit: 13):

Tue 2/25/25, 1: 00 PM-3: 30 PM

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

For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

Renée Herring



Renee is a mixed-media artist and a retired Colorado Parks and Wildlife Watchable Wildlife Coordinator.

02 - Beginning American Mah Jongg

Learn the basics of American Mah Jongg using the National Mah Jongg League card of possible hands. By the end of the sessions you will be playing Mah Jongg. Participants will be expected to purchase the 2024 card of Mah Jongg hands for \$14.00 payable at the first class. We need to have tables of four, so be sure you can attend all four classes. (Class limit: 16)

Tue 2/11/25, 9:00 AM-11:00 AM
Tue 2/18/25, 9:00 AM-11:00 AM
Tue 2/25/25, 9:00 AM-11:00 AM
Tue 3/11/25, 9:00 AM-11:00 AM

*First Congregational - Gathering Space
1425 N. 5th Street
Grand Junction, CO 81501*

Park on the Kennedy Avenue side of the building.

Kim Sutherland



Kim is an experienced player and instructor of Mah Jongg.

03 - Beginning/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, and ways to customize your view, will be covered. Zoom can be used on a computer, tablet, or smartphone. (Class limit: 10)

Mon 2/3/25, 8:30 AM-9:30 AM

Zoom

Dave Karisny



Dave helps with Tech Support for New Dimensions.

04 - Behind the Scenes of the Museum of Western Colorado

Join the Curator of History for a look behind the scenes of the Museum of the West, the history museum of the Museums of Western Colorado. On this tour, the class will explore the Research Library, Archives for Photos and Manuscripts, Small and Large Artifacts, and the educational spaces. The class will consider what role a museum has in its community, what type of artifacts are collected, how educational programs are created, and the different goals and challenges our local museum faces.

Class on Thursday, Mar 20, 2025 (Class limit: 12):

Thu 3/20/25, 10:00 AM-11:30 AM

*Museum of the West
462 Ute Avenue
Grand Junction, CO 81501*

- OR -

Class on Thursday, Mar 20, 2025 (Class limit: 12):

Thu 3/20/25, 11:45 AM-1:15 PM

*Museum of the West
462 Ute Avenue
Grand Junction, CO 81501*

- OR -

Class on Friday, Mar 21, 2025 (Class limit: 12):

Fri 3/21/25, 10:00 AM-11:30 AM

*Museum of the West
462 Ute Avenue
Grand Junction, CO 81501*

- OR -

Class on Friday, Mar 21, 2025 (Class limit: 12):

Fri 3/21/25, 11:45 AM-1:15 PM

*Museum of the West
462 Ute Avenue
Grand Junction, CO 81501*

Vida Jaber



Vida is the Curator at the Museum of Western Colorado.

05 - Biodiversity Research, Citizen Science, and You (and your phone!)

If you would like to improve your knowledge of the plants and animals you encounter and also participate in a global citizen science community, this class is for you. This class will be an introduction to the "iNaturalist" app that brings together citizen naturalists, biology experts, and computer-aided identification tools to record the flora and fauna we encounter in our daily lives. Your biodiversity observations will also contribute to scientific knowledge of changing biodiversity on a local and global scale.

The class will consist of two sessions separated by a lunch break. The first session will be classroom-based and will include background on iNaturalist, its use, practice using the app, tips for collecting "research-grade" observations, and suggestions for journaling. After lunch, we will reconvene at a nearby outdoor location to apply your new skills. The location of the afternoon session will be announced during the morning session.

iNaturalist is a free app available for both Android and iPhones. No experience is required. However, participants will want to be familiar with the camera and GPS functions on their phones. Instructions for downloading the app and suggested settings will be provided to participants before the class with assistance prior to class as needed. (Class limit: 24)

Fri 3/14/25, 10:00 AM-12:00 PM

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

Fri 3/14/25, 1:30 PM-3:00 PM

This session will be in the field and location will be announced in the morning session.

Richard Alward



Richard has a Ph.D. in Ecology and has been enjoying and studying flora and fauna around the world since eating his first butterfly at the age of three.

06 - Biodiversity: Its Value, Vulnerability, and Future

What is biodiversity? How is it measured? What and where are the "Hotspots" of biodiversity? What are the causes of changes in biodiversity? How does loss of biodiversity affect humans? Are there other reasons to protect biodiversity? Is there any good news about protection of biodiversity?

In this course, we will address these and other questions about biodiversity. (Class limit: 40)

Wed 3/5/25, 2:00 PM-3:30 PM

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

Tamera Minnick



Tamera is an Emeritus Professor of Environmental Sciences at Colorado Mesa University.

07 - Birding: Early Spring Migrants

These half-day classes will travel to birding sites and hotspots searching for migrating birds that pass through the Grand Valley. Participants must provide their own binoculars and be able to walk 1-2 miles on uneven trails. (Class limit: 12)

Tue 3/11/25, 8:00 AM-12:00 PM
Tue 3/18/25, 8:00 AM-12:00 PM
Tue 3/25/25, 8:00 AM-12:00 PM

Locations will be emailed to participants Mondays before class meetings; locations are determined by where birds have been most currently sighted.

Cary Atwood



Cary is an avid birder, naturalist, and Grand Valley Audubon board member.

John Higgins



Before his recent move to Grand Junction, John led birding field trips for the Tucson Audubon for 35 years.

08 - Blazing Saddles: How the Horse Shaped Human History

When one human tamed one horse more than 5,500 years ago on the windswept grasslands of the Eurasian Steppe, an unbreakable bond was forged and the future of humanity was instantly rewritten, placing the reins of destiny firmly in human hands. Since that pivotal day, the horse has carried the fate of civilizations on its powerful back. For millennia it was the primary mode of transportation, an essential farming machine, a steadfast companion, and a formidable weapon of war. Possessing a unique combination of size, speed, strength, and stamina, the horse dominated every facet of human life and shaped the very scope of human ambition. And we still live among its galloping shadows.

Horses revolutionized the way we hunted, traded, traveled, farmed, fought, worshipped, and interacted. They fundamentally reshaped the human genome and the world's linguistic map. They determined international borders, molded cultures, fueled economies, and built global superpowers. They decided the destinies of conquerors and empires. And they were vectors of lethal disease and contributed to lifesaving medical innovations. Horses even inspired architecture, invention, furniture, and fashion. From the thundering cavalry charges of Alexander the Great to the streets of New York during the Great Manure Crisis of 1894 and beyond, horses have shaped both the grand arc of history and our everyday lives. To know the horse, and this noble animal's unrivaled and enduring reign across human history, is to understand our world. (Class limit: 100)

Thu 2/27/25, 6:15 PM-7:45 PM

*Colorado Mesa University
Houston Hall 139
1100 North Ave
Grand Junction, CO 81501*

Timothy Winegard



Dr. Winegard is an Associate Professor of History and head hockey coach at CMU. He has a Ph.D. from Oxford and is author of several books.

09 - Bridge Beyond Beginning

For those of you who have basic skills from a history of playing bridge or are a New Dimensions bridge class grad, join a weekly bridge game in a noncompetitive, friendly environment. There will be a mini lesson each week followed by supervised play, with the main focus on playing to learn.

As a bonus, you may find a foursome to continue your weekly bridge game! (Class limit: 20)

Wed 2/5/25, 9:30 AM-12:00 PM
Wed 2/12/25, 9:30 AM-12:00 PM
Wed 2/19/25, 9:30 AM-12:00 PM
Wed 2/26/25, 9:30 AM-12:00 PM
Wed 3/5/25, 9:30 AM-12:00 PM
Wed 3/12/25, 9:30 AM-12:00 PM
Wed 3/19/25, 9:30 AM-12:00 PM

*First Congregational - Gathering Space
1425 N. 5th Street
Grand Junction, CO 81501*

Park in the lot on the north side of the building.

JoLynn Phillips



JoLynn has had a lifetime of playing and learning the best card game ever!

10 - Building Medieval Cathedrals: How Did They Do It?

Medieval cathedrals were constructed with masonry, stone and sometimes bricks, without metal framing. How did they span great spaces, and eventually replace most of the walls with glass? This class will look at the structural experiments with arches and vaults that led to the great French cathedrals of the twelfth and thirteenth centuries, focusing on those in Paris, Chartres and Amiens. (Class limit: 200)

Mon 2/10/25, 11:30 AM-1:00 PM

*Grand Valley Event Center
2400 Consistory Ct
Grand Junction, CO 81501
From 1st St. between Patterson and Orchard, turn east on Bookcliff Ave. and follow the curve to the end of the road.*

Lawrence Nees



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

11 - Butterfly-Themed Ecotourism in Central and South America

Claudette has been traveling through Central and South America for the last eight years visiting various countries to see butterflies. This course will include what it's like to travel with different companies/guides, what the eco lodges are like, and what to expect when traveling. She will also discuss butterflies and a little about amateur photography. (Class limit: 30)

Thu 2/27/25, 2:00 PM-3:00 PM

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

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Claudette Moore



Claudette is a retired aquatic ecologist who enjoys traveling and sharing her adventures.

12 - Card Games for the Fun of It

Card games can be fun, social, competitive and are great for keeping your mind alert and active. We'll be learning at least 3 games - Sweep, Euchre and Hand and Foot- for a nice mixture of games for 2- 6 people. Sweep and Hand and Foot are fun to play with the grandkids as well as adults. *** Each participant must commit to attending all 3 classes, and have played cards in the past, being familiar with basic card terminology. (Class limit: 16)

Mon 2/3/25, 2:00 PM-4:00 PM
Wed 2/5/25, 2:00 PM-4:00 PM
Fri 2/7/25, 2:00 PM-4:00 PM

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

Melanie Wiseman



Melanie Wiseman retired from Business Management, Marketing and Sales, is an avid writer, reader, traveler and volunteer, lover of animals and the outdoors and has played cards and games her whole life.

13 - 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: 14)

Thu 2/20/25, 11:30 AM-12:30 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.

14 - City Recycling Division Tour

The City of Grand Junction provides curbside recycling collection for residents within city limits. Additionally, the City operates a public recycling drop-off, where materials are sorted into five streams: paper, cardboard, chipboard, glass, and a combined stream of plastic bottles, jars, jugs, and tubs (# 1, # 2, & # 5) with aluminum/tin cans. During this tour, you'll learn how these streams are collected and processed into marketable recycling commodities. Discover practical strategies to enhance the quality of recyclables while gaining insight into solutions for common challenges that affect the separation process and boost overall recycling efficiency.

Class on Friday, Feb 21, 2025 (Class limit: 20):

Fri 2/21/25, 10:00 AM-12:00 PM

*City of Grand Junction Recycling Division
333 West Avenue
Building G
Grand Junction, CO 81501*

Parking instructions will be sent to participants.

- OR -

Class on Friday, Feb 28, 2025 (Class limit: 20):

Fri 2/28/25, 10:00 AM-12:00 PM

*City of Grand Junction Recycling Division
333 West Avenue
Building G
Grand Junction, CO 81501*

Parking instructions will be sent to participants.

Angela French



Angela French is the Waste Reduction Coordinator for the City of Grand Junction.

15 - Colorado Team Awareness Kit (COTAK): A New Tool for Fire and Emergency Responders

Developed by the Colorado Center of Excellence for Advanced Technology Aerial Firefighting, this system provides up-to-the-second location information of emergency responders, resources, and critical information. This class will cover the inception of the geospatial cooperation tools beginning with the military and progressing into the public safety space. It will demonstrate how first responders collaborated and now use tools to do their jobs more efficiently and safely. The class will cover some basic tools of communication and demonstrate the system's usefulness in Search and Rescue, Wildland Fire, and Police operation with real life use cases. (Class limit: 40)

Wed 2/26/25, 1:00 PM-2:30 PM

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

Ben Lawrence



Ben has worked at the Colorado Department of Public Safety since 2018 focusing on the COTAK program development and outreach with agencies throughout the state.

16 - Cowboys and Cameras

Session 1: Quiet on the Set: Making Silent Westerns. In this PowerPoint presentation, Bob will discuss the history of silent Western movies, including their formative early years in Colorado.

Session 2: "The Great Train Robbery". Participants will watch this 1925 Tom Mix classic Western, shot in large part in Glenwood Canyon, with commentary from Bob. (Class limit: 80)

Mon 2/3/25, 10:00 AM-11:00 AM
Mon 2/10/25, 10:00 AM-11:00 AM

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

Bob Silbernagel



Bob is an author, retired journalist, and frequent contributor to the Daily Sentinel.

17 - Crime Fiction: What is a Literary Mystery and Can It Be a Page-Turner?

This class will explore possible answers to these questions by considering examples of mystery novels that have been defined as 'literary' mysteries by critics, reviewers, readers, and publishers. We might also consider what difference it makes, if any, whether a mystery is considered 'literary' or not, since what ultimately matters is whether we enjoy reading the book! What we appreciate in literary fiction and literary mysteries is the exceptional quality of the writing and a shelf life longer than the current best-seller list. Think Wilkie Collins, Agatha Christie, Sir Arthur Conan Doyle, Umberto Eco, Mark Hadden, Tana French, Louise Erdrich, among many others. Although there is no required advance reading, names of titles that will be discussed will be provided before class begins, including "The God of the Woods" by Liz Moore and "Shy Creatures" by Clare Chambers. (Class limit: 20)

Thu 2/13/25, 9:30 AM-11:00 AM

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

Park on the Kennedy Avenue side of the building.

Lyn Fraser



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

18 - Daring Dry Gardening

Does it feel like a drag to drag the hose around? Does it feel wrong to cut down plants that you worked so hard to make grow in the first place? There is a whole different way to approach planting in arid places, with its own practical techniques, history, and advantages.

We'll be learning about what it means to garden in a dry place like the Grand Valley, and focusing on a new way of doing it: not to fight dryness, but embrace it. The focus will mostly be on ornamental (flower) gardening, but methods and strategies can also apply to food and vegetable gardening. (Class limit: 60)

Thu 2/20/25, 9:30 AM-12:00 PM

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

Kenton Seth



Kenton Seth is a western Colorado native, garden writer, seed hunter, and garden designer.

19 - Digital Learning Experience with Thomas Jefferson's Monticello

Participants will work with a Monticello guide to examine different resources including documents, images, and videos as well as a 360 degree virtual tour exploring the history of Monticello. Learn about Thomas Jefferson's Monticello. (Class limit: 70)

Wed 2/12/25, 1:00 PM-2:00 PM

Zoom

Alison Kiernan



Alison Kiernan is a Digital Guide at Jefferson's Monticello and has a passion for the past.

20 - Easy Hike in Kindred Reserve

Join me for a stroll into a nearby wooded area. This one-and-a-half (1-1/2) mile hike is on a mostly level trail that is smooth dirt and packed gravel. There are a couple of short, easy footbridges so if balance is a problem, bring a pole. (This hike is a repeat from Fall 2022.) (Class limit: 15)

Fri 3/14/25, 9:00 AM-11:00 AM

Directions to trail head: From the "round about" at South Broadway (Hwy 340) and Redlands Parkway, exit southwest onto South Broadway. Continue 2.2 miles and watch for the easy-to-see "Kindred Preserve" sign. Continue a short distance past the sign to the upper parking lot.

Michael Wallace



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

21 - Energy Use in the United States

Would you like to know how much energy the U.S. uses as a total and by which primary sources (coal, oil, natural gas, renewables, etc.) and a secondary source (electricity)? The class will look at how those energy sources are used (transportation, residential, commercial, industrial), how energy use by source is changing over the years, and how they cycle over seasons, and over a day (as data is available for daily use). We will look at data from the US grid monitor showing hourly total electric demand cycles over several days and how different sources of electricity meet those demand swings. Finally, the class will explore some of the issues that complicate changing energy sources. (Class limit: 35)

Tue 3/4/25, 3:00 PM-4:30 PM

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

For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

Thu 3/6/25, 3:00 PM-4:30 PM

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

For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

Stan Zygmunt



Stan is a retired Chemical Engineer with experience in energy and environmental compliance.

22 - 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. Most importantly, the class will be fun. Participants are expected to attend both sessions. (Class limit: 12)

Tue 3/4/25, 10:00 AM-12:00 PM
Wed 3/5/25, 10:00 AM-12:00 PM

*Redlands United Methodist - Fellowship Hall
527 Village Way
Grand Junction, CO 81507*

Victoria Johnson



Vicki is a retired mental health counselor.

23 - Friendship Force Western Colorado: A World of Friends is a World of Peace

With over 300 clubs and thousands of members worldwide, Friendship Force International connects people with its mission to promote global understanding across the barriers that separate people. Through home-hosting and meaningful travel experiences, participants learn about other cultures, develop a better understanding of our world, and discover our shared humanity.

Since 1982 the Western Colorado Friendship Force Club has been meeting in Grand Junction, hosting 50 inbound journeys and participating in over 45 outbound journeys. Class members will learn what the Friendship Force Club is, how it was started, what its mission is, the club size, and its typical activities. (Class limit: 40)

Mon 2/17/25, 1:30 PM-2:30 PM

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

Dan Clancy



Dan has been a member of Friendship Force for seventeen years (10 years in Atlanta and 7 years in Grand Junction). He and his wife, DJ, have been on an outbound journey to Norway and they have hosted international visitors with inbound journeys a dozen times.

24 - Genealogy - You've Taken a DNA Test, What's Next?

Have you taken a DNA test, received your results, and are now overwhelmed by all your matches (or the lack of matches)? If any of these sound like you, please join us for an introductory DNA class where we will talk about DNA test companies, basics of learning how to navigate testing company websites, and how to sort your matches to help you solve some of your family history mysteries.

To get the most out of the class, attendees should bring an iPad or laptop computer, have taken a DNA test, and have made a family tree on their DNA testing company's website. (Class limit: 15)

Tue 2/4/25, 10:00 AM-11:30 AM
Tue 2/11/25, 10:00 AM-11:30 AM
Tue 2/18/25, 10:00 AM-11:30 AM
Tue 2/25/25, 10:00 AM-11:30 AM

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

Pam Paxton



Pam is a past president and serves as a Board Member for the Mesa County Genealogical Society.

25 - Geology of Yosemite

Join Ranger Mirella to learn about the Sierra Nevada's geological story, the many forces that shaped Yosemite Valley and continue to today, and how the geology informs the ecology. (Class limit: 75)

Mon 2/3/25, 2:30 PM-3:30 PM

Zoom

Mirella Piceno



Mirella is an Education Ranger in the Yosemite Education and Community Engagement Office.

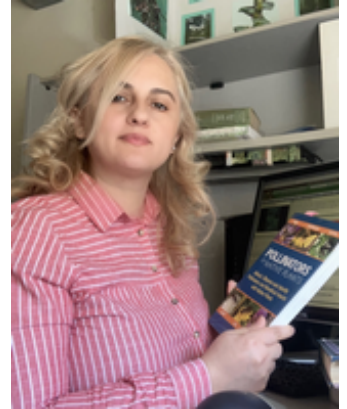
26 - Global Conversations Focusing on Turmoil Areas: Caucuses

Discuss the challenges faced by the country of Georgia as it defends itself against Russia. Examine the significant impacts of 20% of the country being occupied by Russia or Russian-backed governments. Discover how Georgia's regional security is affected and how this challenges the balance of power in the area. Analyze the strategies employed by Georgia and the international community to mitigate the effects of the occupation on the region and maintain security in the face of geopolitical upheaval (Class limit: 45)

Tue 2/25/25, 5:00 PM-6:00 PM

Zoom

Maia Tsignadze



Maia is the President of the Georgia Ranger Association. She completed studies at Cornell University.

27 - Grand Junction City Sustainability and You

Sustainability, a term much in current use. What does it mean and how is the City of Grand Junction involved?

Join the City of Grand Junction and learn about current sustainability initiatives taking place in your community, how these plans were adopted, and personal actions you can take to make Grand Junction a more sustainable place. The content will be split over two classes to cover these topics:

- City Plans, Projects, and Council Direction
- Collective Action and City Support

This class will give you background on your local government and knowledge you can apply to take action in your daily life. (Class limit: 30)

Wed 2/19/25, 10:00 AM-11:15 AM
Wed 2/26/25, 10:00 AM-11:15 AM

*Hospitality Suite
1307 North Avenue
Grand Junction, CO 81501*

*Participants can park at the Stocker/Suplizio Field
Parking lot, and staff will be available to direct
them to the conference room on the fourth floor of
the stadium, elevator available .*

Jenny Nitzky



Jenny Nitzky is the Grand Junction City Sustainability Coordinator.

Andrea Brush White



Andrea Brush White is the Grand Junction City Sustainability Specialist.

28 - Harold Aupperle and Grand Junction at the Turn of the 20th Century

Based on the book "Promise" by local author Joe Zeni, this presentation offers a snapshot of early Grand Junction as a growing western Colorado community and the effect it had on the life of Harold Aupperle. The story is told through Harold's life, whether in Colorado, at Stanford University, or in the service of his country in World War I. A real hero, long forgotten, but worthy of being remembered. His was a life of perseverance, commitment, and accomplishment. This is a fascinating true story of the "promise" of the ideals, convictions, and achievements of early 20th Century America. (Class limit: 60)

Thu 2/27/25, 10:00 AM-11:30 AM

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

Joe Zeni



Joe is a third-generation Grand Junction resident, retired school teacher, and community volunteer.

29 - Hey Dude, WTF!?: The Role of Slang and Swearing in Contemporary Language Use

In this discussion-oriented course, we will examine the many ways that slang and swearing enrich the English language. Though many language users tend to think negatively of these two aspects of our linguistic repertoire, each is worthy of exploration in its own right: swearing is one of the oldest forms of language use, while slang is one of the newest (and most creative) forms of linguistic expression we encounter. Heck, yeah! (Class limit: 35)

Mon 3/10/25, 1:00 PM-2:30 PM

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

For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

Maureen Neal



Maureen Neal is a Professor of English: CMU (retired) and former high school teacher.

30 - Hike Canyon Rim Trail to Window Rock

This easy hike is almost 2 miles in length and begins at the Colorado National Monument's Visitor Center, goes along the rim of Wedding Canyon to the 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. Even if it is snowing, 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. Be sure to have your annual Colorado National Monument pass OR national parks pass OR senior pass at the entrance station if you have one.

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 on Friday, Feb 21, 2025 (Class limit: 12):

Fri 2/21/25, 11:00 AM-1:00 PM

We will be meeting at the Colorado National Monument's Visitor Center at 11:00. You will need to pay an entrance fee unless you have a National Parks pass.

- OR -

Class on Friday, Mar 7, 2025 (Class limit: 12):

Fri 3/7/25, 11:00 AM-1:00 PM

We will be meeting at the Colorado National Monument's Visitor Center at 11:00. You will need to pay an entrance fee unless you have a 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.

31 - Hike Columbus Canyon

For a long time I have been curious about the first large canyon north of the east Monument entrance. After a hike into the canyon I decided to share it with the New Dimensions hikers. Meet at the Devil's Kitchen picnic area behind the parking lot and restrooms. We will follow a sometimes challenging social trail that I will call strenuous because of scrambling up and down rocky places. It is easy to trip and fall if balance is compromised (me) or you lose focus on foot placement. The round trip took me 5 hours due to slow, careful pace and lunch break. There is a lot to see: old stone houses, unique geology, big cottonwoods, rock art, an amazing juniper tree, and more. As with many canyons, I felt as if I had entered a spiritual realm.

Be sure to bring your annual Colorado National Monument OR national parks pass OR senior pass to the entrance station if you have one. If you do not have or forget your pass, it will cost \$25 to enter the park.

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 3/21/25, 9:00 AM-2:00 PM

The trail head is located in the Colorado National Monument Devil's Kitchen picnic area behind the parking lot and restrooms. After showing photo ID and Park Service pass to the attendant at the east entrance station, continue about 1/4 mile to the first right turn. This will bring you to a large parking area. Meet in the picnic area behind the restrooms.

Michael Wallace



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

32 - Hike Flume Canyon

This hike is a repeat of a hike offered previously. I am offering it again because there was a large waitlist last term, plus I never tire of visiting this unique place. Flume has it all: easy access into the nearby Black Ridge Canyon Wilderness, narrow passages with an intimate feel, lots of trees and shrubs, interesting geology and a surprise ending. There is not much elevation change. Consider it moderately strenuous because of an easy scramble up and down. I like to use a hiking pole to keep my balance navigating boulders in the dry stream bed. I wear long pants and a long-sleeve shirt because there are patches of poison ivy. Meet at the Pollock Bench trailhead kiosk at 9:00 a.m., and we will explore the Inner Flume. The hike is 3-1/2 miles out and back. Taking it slow, we 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)

Mon 3/17/25, 9:00 AM-12:00 PM

From Grand Junction take 1-70 west to Fruita (exit 19). Turn left, south, and travel 1.5 miles to Kings View Road and turn right. Stay on the main road and travel approximately 2.5 to the Pollock Bench trailhead. The Flume Canyon trailhead is shared with the Pollock Bench trailhead.

Michael Wallace



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

33 - Hike The Ribbon Trail

The bad news: Two and a half miles downhill on slickrock that pounds your knees and half a mile climb straight up at the end.

The good news: If your knees can take the pounding and you can endure the last half mile climb up, this unique trail will afford you unparalleled views of the Grand Valley as we traverse through a variety of amazing geological features throughout the hike. The Ribbon Trail is a 3.5 mile hike located in the Bangs Canyon Recreation Area. We will do it as a point-to-point hike which means we will leave some vehicles at our meeting place and shuttle up to the trailhead. The majority of the trail will be all downhill along several "ribbons" of slickrock. The last part of the trail will be hiked through a wash and then a steep climb back out to Little Park Road. This trail offers vast stretches of open trail hiking with beautiful views from the Colorado National Monument to the Grand Mesa and Bookcliffs. Using hiking poles will help with the downhill part of the hike. We will be meeting at 6:45 so we can enjoy the sunrise at 7:30. This will be a 3-4 hour hike with several rests to enjoy the views on a trail that is rated as moderately challenging. Please consider your comfort level before joining this hike.

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: 12)

Fri 3/14/25, 6:45 AM-11:00 AM

Because we will be shuttling up to the trailhead, we will be carpooling from the meeting area. We will meet at the pullout for Andy's Loop, 2.7 miles up Little Park Road, at 6:45 a.m.

Kevin Hardy



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

34 - History of Public Lands to National Parks

Over four class sessions this course will provide unique perspectives on the evolution of this nation's public lands including history of public lands in the US, leading to National Parks, the adoption of worldwide National Parks, and finally focusing on Colorado National Monument. As much as possible, the focus is on people behind historical events. Each topic examines the challenges for the future.

Session 1 – Brief History of Public Lands – 1 hour

Session 2 – National Park Service History: A Park Ranger's View – 2 hours

Session 3 – National Parks of The World – 2 hour

Session 4 – History of Colorado National Monument – 1 hour (Class limit: 45)

Tue 2/4/25, 4:00 PM-5:00 PM

Wed 2/5/25, 4:00 PM-6:00 PM

Tue 2/11/25, 4:00 PM-6:00 PM

Wed 2/12/25, 4:00 PM-5:00 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.

35 - HopeWest: Transforming Grief and Serious Illness into Meaningful Connections

Families who have experienced the compassionate care of HopeWest often become heartfelt advocates for this cherished community organization, which strives to profoundly transform how serious illness and grief are experienced. Lindsay will offer a thoughtful overview of the principles of hospice care and the comprehensive HopeWest program designed to support patients and families across the Western Slope. Through poignant stories shared by dedicated professionals, compassionate volunteers, and those who have received care, she will tell us how acts of comfort form meaningful connections and moments of personal growth emerge as individuals navigate the end of life. Join us to hear these touching narratives and discover why HopeWest holds such a special place in the hearts of those it serves. (Class limit: 30)

Wed 3/5/25, 3:30 PM-5:30 PM

*Ferris Care Center—Room 102
3090 N. 12th Street
Grand Junction, CO 81506*

Lindsay Kampfer



Lindsay Kampfer is Vice President of Hospice, Palliative Care, and Bereavement Services at HopeWest.

36 - How Does Mesa County Plan for Emergencies?

Emergencies impacting communities, such as pandemics, floods, landslides, and wildfires, and government responses to those emergencies have been in the news. In this class, Andrew Martsolf, the Emergency Services Director of Mesa County, will define the major emergencies Mesa County has plans to handle and explain how those plans are developed and tested, including how the public can be involved in planning and how drills are conducted to test those plans. Andrew will also explain the organization of county emergency services and how response plans are coordinated with state and federal emergency response. (Class limit: 60)

Thu 3/13/25, 10:00 AM-11:30 AM

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

Andrew Martsolf



Andrew Martsolf is
Emergency Services Director
for Mesa County.

37 - How to Attract Helpful Bugs in the Garden

Have you ever looked at a bug and wondered "should I squish it?"

The un-sung heroes of our successful gardens are often the ones we mistake for unwanted pests. In this course, we will be diving into the world of beneficial predatory insects, why we want them, and how to keep them in our gardens. We will look at the many local predatory insects roaming our gardens and landscapes, how to identify that they are there, and the many plants and flowers they need to be successful. (Class limit: 30)

Mon 2/24/25, 10:00 AM-11:30 AM

*Bookcliff Gardens
755 - 26 Road
Grand Junction, CO 81505*

Stephanie
Bertoch



Stephanie is a Certified
Arborist.

Melissa Turner

Melissa completed "Green School" with CSU earning the Colorado Gardener certification.

38 - I-phone Tips and Tricks

Would you like to learn more about the features of your iPhone that can make your device easier to use? Are you interested in learning about the tools available on your phone? If you answered yes to either of those questions, this class might be for you. This class will consist of a 45-60 minute presentation followed by 15 minutes dedicated to Q&A. (Class limit: 20)

Tue 2/25/25, 2: 00 PM-3: 15 PM

*Mesa County Library, Mesa Room
443 N. 6th Street
Grand Junction, CO 81501*

I ke Rakiecki



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

39 - Ins and Outs of the Most Common Vaccines

Explore the adult immune system, how vaccines work, and which adult vaccines to consider for yourself. This session breaks down the science of immunology and its intersection with pharmacology to help older adults understand the risks and benefits of vaccination. (Class limit: 60)

Thu 2/27/25, 3: 30 PM-5: 00 PM

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

Korrey Klein, MD



Dr. Klein is President and CEO of Family Health West

40 - Introduction to "Gateway" Board Games

This class is designed for those who have an interest in tabletop games. If you have ever noticed the large quantity of board games for sale at Target and Walmart and wondered what they are all about, this class is for you.

- Brief overview of tabletop games
- What are some good games to begin with?
- The game Carcassonne in detail.
- We will all play a game of Carcassonne! (Class limit: 30)

Mon 3/10/25, 5:00 PM-7:00 PM

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

Gary Holm



Gary is a retired IT Director for United Health Group. He was introduced to tabletop games in the 90's.

41 - Iran Through the Ages

This course highlights Iran from Antiquity to the 21st century. It will focus on providing historical context for events. We will cover the history of various states and empires that arose in Iran, and cultural and literary developments. We will also learn about Iran's contributions to world culture and civilization. (Class limit: 70)

Tue 2/18/25, 11:30 AM-12:30 PM

Zoom

Matt Hulstine



Matt Hulstine is a Doctoral Candidate in the Central Eurasian Studies Program at Indiana University.

42 - Japanese and Chinese Art, History & Development

This is a two-session course covering the history and development of aspects of Japanese and Chinese Art, including the effects of cultural, philosophical, and religious influences on the development and practice of styles and schools of art, with illustrations. The first session will cover Chinese Art and the second session will cover Japanese art. (Class limit: 30)

Mon 3/3/25, 10:00 AM-12:00 PM
Mon 3/10/25, 10:00 AM-12:00 PM

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

For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

Gary Clapp



Gary has worked as an engineer and patent attorney. He was involved in western watercolors, and then has studied, practiced, presented, and taught Asian art for 30 years.

43 - Leitner-Poma Tour: Manufacturer of Ski Lifts and Urban Cable Transportation

Locally known for their ski lifts, Leitner-Poma manufactures arial and surface cable transportation systems. Instructor/tour guide, Steve Dugdale, will give a brief introduction of the history of Leitner-Poma and a description of the products manufactured, followed by a tour of the Grand Junction facility. The tour will visit various shops, including welding, electrical, painting and assembly areas. For safety reasons no open-toed shoes are allowed and anyone wearing those will be turned away. The tour guide will provide safety glasses that are required to visit several of the shops. Safety glasses that fit over regular glasses will be available.

Directions: At the traffic circle where Horizon Drive goes to the airport terminal, take H Road west. Turn north onto Saccomanno Road and follow to Seeber Drive. Park in the visitor spaces or available open spaces at the front of the Leitner-Poma entry.

Class on Wednesday, Feb 12, 2025 (Class limit: 8):

Wed 2/12/25, 9:00 AM-10:30 AM

*2746 Seeber Drive
Grand Junction, CO 81506*

- OR -

Class on Wednesday, Feb 12, 2025 (Class limit: 8):

Wed 2/12/25, 1:00 PM-2:30 PM

*2746 Seeber Drive
Grand Junction, CO 81506*

- OR -

Class on Friday, Feb 14, 2025 (Class limit: 8):

Fri 2/14/25, 9:00 AM-10:30 AM

*2746 Seeber Drive
Grand Junction, CO 81506*

- OR -

Class on Friday, Feb 14, 2025 (Class limit: 8):

Fri 2/14/25, 1:00 PM-2:30 PM

*2746 Seeber Drive
Grand Junction, CO 81506*

Steve Dugdale



Steve has 33 years with Leitner-Poma and is their designated tour guide.

44 - Lessons from Other Developed Democracies

Dr. Oberle will describe features of other developed democracies that could help the United States realize a "most perfect union". She will discuss some of these compelling political, economic, and social structures in these countries that address the most pressing issues facing us today. (Class limit: 60)

Fri 2/21/25, 1:30 PM-3:30 PM

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

Holly Oberle



Holly is an Assistant Professor of Political Science at CMU.

45 - Life and Times of the Humble Potato

The humble potato rarely takes center stage at our dinner table, but most of us enjoy eating it in some form. While the potato may be considered boring as a food, its history is anything but. As an easy-to-grow food crop, the potato has been responsible for both population explosions and famines, altering the course of history. In this class, Dr. Jansky will focus on the domestication of the potato, its subsequent spread throughout the world, and its impact on human history. (Class limit: 50)

Mon 2/10/25, 3:00 PM-4:30 PM

Zoom

Shelley Hermundstad Jansky



Shelley is a retired Research Geneticist for the U.S.D.A. and a Professor Emeritus, University of Wisconsin.

46 - Meditation

Meditation is the practice of clearing one's mind by focusing on something simple, such as one's breath. Meditation has been practiced throughout the world, in almost every culture since time immemorial. It can reduce stress and anxiety, but is also a potent means of self-reflection, self-exploration, and spiritual realization. This class will explore several different forms of meditation. (Class limit: 25)

Fri 2/7/25, 3: 30 PM-5: 00 PM
Fri 2/14/25, 3: 30 PM-5: 00 PM
Fri 2/21/25, 3: 30 PM-5: 00 PM

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

Park on in the parking lot on the north side of the building.

Anne Saunders



Anne has been practicing meditation for 30+ years. She has attended many month-long, silent retreats. She has been guiding practitioners in meditative practices for about 10 years.

47 - Meet the Bees: Native Bees and Beekeeping

Join us for this two-part talk on bees and beekeeping in Colorado.

Part 1: Native Bees in Colorado--You are probably familiar with the honey bee, poster child of the pollinators and provider of sweetness and light. But did you know that honey bees are not native to North America? They are excellent pollinators and their colonies are fascinating, but they are not the only bees to be found on the landscape. In fact, worldwide, there are an estimated 20,000 different bee species, with approximately 3,600 of these species native to North America, north of Mexico! Come be introduced to some of these beautiful, fascinating, and important creatures. We'll learn about the different groups of bees, their life cycles and adaptations, and what anyone can do to help support healthy native bee populations.

Part 2: Beekeeping--Have you wondered what it takes to be a beekeeper and handle honey bees safely? Are you curious about the roles of bees in the hive? Interested in their developmental stages and life cycles? Maybe you've even considered becoming a beekeeper yourself! We'll tackle these questions and share information on how beekeepers obtain starter hives, maintain the hives so they thrive even through the winter. Learn more about the three different castes of bees: queen, worker, and drone; the parts of a Langstroth beehive; and the tools used by beekeepers. Russ will also incorporate his personal observations and some fun bee stories, including how NOT to put on a bee suit! (Class limit: 75)

Mon 2/24/25, 3:30 PM-5:00 PM
Wed 2/26/25, 3:30 PM-5:00 PM

Unitarian Universalist Sanctuary
536 Ouray Avenue
Grand Junction, CO 81501

Amy Dolan



Amy is a conservation biologist with the Xerces Society for Invertebrate Conservation.

Russell Rollins



Russ is a member of the Western Colorado Beekeepers Association.

48 - Mesa Verde National Park: A Ranger Introduction

Mesa Verde National Park, located in southwest Colorado, preserves the history of the Ancestral Puebloan people. With over six hundred cliff dwellings and nearly five thousand archaeological sites in total, Mesa Verde provides visitors with an exceptional window into the past. In this program, adult learners will have the ability to interact directly with a ranger while learning about the natural and cultural history of the park. (Class limit: 35)

Tue 3/4/25, 9: 30 AM-10: 30 AM

Zoom

Shannon Roberts



Shannon Roberts is a Park Ranger.

49 - Movies: Mad About Film

Your Movie Team is made up of Joe Zeni, Wayne McCormick, Eileen Bird, and Dick Arnold. 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 2/7/25, 6: 30 PM-9: 30 PM

*Colorado Mesa University
Dominguez Hall 111
1248 Houston Avenue
Grand Junction, CO 81501*

Fri 2/14/25, 6: 30 PM-9: 30 PM

*Colorado Mesa University
Houston Hall 139
1100 North Ave
Grand Junction, CO 81501*

Wed 2/19/25, 6: 30 PM-9: 30 PM

*Colorado Mesa University
Dominguez Hall 104
1248 Houston Avenue
Grand Junction, CO 81501*

Fri 2/21/25, 6: 30 PM-9: 30 PM
Fri 2/28/25, 6: 30 PM-9: 30 PM
Fri 3/7/25, 6: 30 PM-9: 30 PM
Fri 3/14/25, 6: 30 PM-9: 30 PM
Fri 3/21/25, 6: 30 PM-9: 30 PM

*Colorado Mesa University
Dominguez Hall 111
1248 Houston Avenue
Grand Junction, CO 81501*

Movie Team



Your Movie Team members
are movie enthusiasts.

50 - Nature Journaling

Learn how to draw a simple sketch! A wonderful way to explore your inner artist while observing the wonderful landscapes which surround us. A Nature Journal can be anything you want it to be. Nature journaling is about observing what is in front of us and learning how to do a quick sketch to capture the moment, or a feeling. Tap into your imagination and add poetry, prose, or personal reflective writing to your sketches. No experience required. There is a painting kit fee of \$25. For the \$25, the participant will receive a 5.5" x 8" watercolor journal, micron waterproof ink pen, mechanical pencil, water brush, a handmade tin with 12 different colors of Dr. PH Martin liquid watercolors, and watercolor paper for learning exercises. Participants will have a lunch break between 12:00-1:00 p.m. during this class.

Class on Tuesday, Mar 11, 2025 (Class limit: 8):

Tue 3/11/25, 10:00 AM-3:00 PM

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

- OR -

Class on Tuesday, Mar 18, 2025 (Class limit: 8):

Tue 3/18/25, 10:00 AM-3:00 PM

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

Barbara Miles



Barbara is a retired attorney sharing her love of Nature Journaling using the right side of her brain.

51 - Other Campfires: The Cultural Resources of Colorado National Monument

This is a pictorial introduction to some of Colorado National Monument's archaeological resources, both pre-historic and historic. These discoveries, by no means complete, are the result of a former chief ranger's wanderings through a fantastic landscape. Along the way, a few insights regarding inspiration, tools of the trade, methodology, record-keeping, challenges, and sharing. (Class limit: 55)

Thu 2/13/25, 1:30 PM-3:00 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.

52 - 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 now 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 2/6/25, 10:00 AM-12:00 PM

*Palisade Insectary
750 - 37 8/10 Road
Palisade, CO 81526*

Colorado Department
of Agriculture

Directions to Insectary: From Patterson travel through Clifton. It turns into Highway 6 to Palisade. Turn left on Elberta (GPS says 37 3/10) in Palisade. Turn right on 1st Street (GPS also calls it G 4/10 Road). Turn left on Main (GPS also calls it 37 8/10 Road). The insectary is the second set of buildings on the right. Buildings are beige and there is no sign.

From I-70: Take the Palisade exit #42. Turn right onto Elberta (also called 37 3/10 Road). Turn left onto W 1st Street (GPS calls it G 4/10). Turn left onto Main Street (GPS calls it 37 8/10). The insectary is the second set of buildings on the right. Buildings are beige and there is no sign.

53 - Palisade Then and Now - Standing in the Footprints of the Past

The Town of Palisade has a vibrant, rich, and unique history that spans more than 120 years. Join JoAnn Rasmussen, Chair of the Palisade Historical Society, as she delves into vintage photos of Palisade and their modern-day equivalents!

Palisade's distinctive landmarks, with its view of Mt. Garfield, Mt. Lincoln, the Bookcliffs and palisades, Grand Mesa, and the Colorado River, coupled with buildings that have been here since before Palisade was founded in 1904, make it easy to stand in the footprints of the photographers of the past to capture the images of today. How much has changed over the years? Join us on a time-traveling adventure! (Class limit: 45)

Fri 3/7/25, 1:00 PM-2:30 PM

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

JoAnn Rasmussen



JoAnn Rasmussen is the Chair of the Palisade Historical Society.

54 - Perfecting Palisade Peaches - 130 Years of Innovation - and they still taste the best!

Palisade was officially founded in 1904, making 2024 the town's 120th birthday, though actually we have been growing the best-tasting peaches in the world for more like 130 years. Learn what changes Palisade fruit growers have made since the 1880s to continue producing perfect peaches. (Class limit: 30)

Wed 2/19/25, 1:00 PM-2:00 PM

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

Priscilla Walker



Priscilla is a Palisade native and the Founding Chairman of the Palisade Historical Society.

55 - *Pictures at an Exhibition: How Music Paints a Picture*

Join Maestro Charles Latshaw, Music Director and Conductor of the Grand Junction Symphony, for an engaging exploration of Maurice Ravel's brilliant orchestration of *Pictures at an Exhibition*, to be performed by the Grand Junction Symphony Orchestra. Delve into the fascinating history behind Mussorgsky's original piano suite and Ravel's masterful adaptation, all inspired by artworks of the composer's friend, Viktor Hartmann. Perfect for music lovers of all levels, this class offers a chance to deepen your appreciation of classical music in a relaxed, interactive setting. Students who attend the morning session are also invited to attend a rehearsal of the GJSO that same evening. (Class limit: 40)

Thu 3/6/25, 10:00 AM-12:00 PM

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

Maestro Charles
Latshaw



Charles Latshaw is Music Director of the GJ Symphony Orchestra and the Flagstaff Symphony Orchestra.

56 - *Radiation 101: The Basics*

Uranium mining played a significant role in the past of the Colorado Plateau and will continue to affect us into the future. With radioactive contamination being a prominent concern, learning the basics of radiation can assist in understanding the risks. Learn about different types of radiation, like ionizing and nonionizing, by safely exploring everyday items and examples of radiation. (Class limit: 60)

Mon 3/3/25, 10:00 AM-11:30 AM

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

Justin St. John



Justin is an Atomic Legacy Cabin interpreter with experience in industrial radiography.

57 - Recent Developments at the Grand Junction Airport

Exciting developments are on the horizon for the Grand Junction Regional Airport, with new airline services and significant airport improvements planned for 2025. Join us as the airport's Executive Director, Angela Padalecki, provides an in-depth update on the ongoing progress and future growth at the airport, which had a remarkable year in 2024. Angela will also offer a glimpse into her personal journey and share her insights on business and community leadership. (Class limit: 75)

Fri 2/7/25, 1:30 PM-3:00 PM

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

Angela Padalecki



Angela is the Executive Director at the Grand Junction Airport, with a master's degree from CU Denver.

58 - Resistance and Love: The Role of Resistance in Our Lives

In this class we will dive into the concept of "resistance". We will look at what it is and is not, how it relates to the self, and how it manifests in the world. We will also learn about the notable people (already known to us and those who are not so well-known) who worked against forces of death and destruction in the world. This course is built out of Lauren's academic research and is founded on both theological and philosophical principles and scholars. The goal of this course is to offer the solid ground of knowledge, the liveliness of hope, and the tangibility of empowerment in an age of chaos and violence. (Class limit: 20)

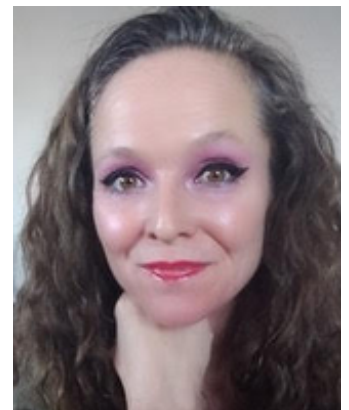
Tue 2/4/25, 1:00 PM-2:30 PM
Tue 2/11/25, 1:00 PM-2:30 PM
Tue 2/18/25, 1:00 PM-2:30 PM
Tue 2/25/25, 1:00 PM-2:30 PM
Tue 3/4/25, 1:00 PM-2:30 PM

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

Tue 3/11/25, 1:00 PM-2:30 PM

*Unitarian Universalist Sanctuary - CHANGE IN LOCATION
536 Ouray Avenue
Grand Junction, CO 81501*

The Rev. Dr. Lauren RE Larkin



The Rev. Dr. Lauren RE Larkin is the Rector of the Episcopal Church of the Nativity.

59 - 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: 30)

Thu 2/20/25, 10:00 AM-11:30 AM

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

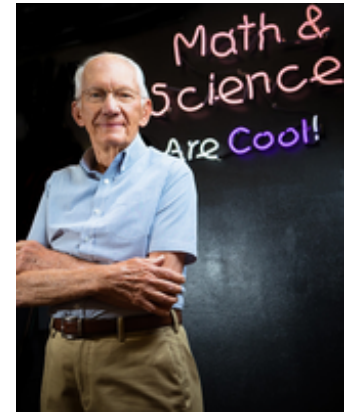
For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

Briana Board



B is the Program Director for the EUREKA! McConnell Science Museum.

John McConnell



John is the founder of the EUREKA! McConnell Science Museum.

60 - Servant Leadership for Retirees

Retirees often think they have no need for the leadership skills that were so helpful in their earlier careers. However, there are actually many opportunities to use leadership skills in retirement! This class will explore the basics of servant leadership, where there may be opportunities to use these skills, and provide a safe place to practice. (Class limit: 30)

Wed 2/5/25, 10:00 AM-12:00 PM

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

Dee Ramsel



Dr. Dee Ramsel is a retired clinical psychologist and medical college professor.

61 - The Silk Road

The Silk Road is an ancient trade route from China to Europe. It connected the Eastern and Western worlds from the second century BCE until the mid 15th century. It was a major conduit for the exchange of goods, ideas, religions, culture, and technology. The Silk Road was a network of routes, not a single route, and historians prefer the term "Silk Roads". The route began in Xi'an China and stretched west along the Great Wall of China, through Afghanistan, and into the Levant, and Anatolia. It ran through Central Asia countries of Tajikistan, Uzbekistan, and Kazakhstan. We will discuss the entire route, but focus specifically on Central Asia. (Class limit: 40)

Thu 3/20/25, 2:00 PM-4:00 PM

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

Jon Larsen



Jon Larsen is a retired Foreign Service Officer.

62 - Smithsonian American Art Museum Program - Contemporary Craft Works

This course shares information about Contemporary Craft Works and is presented by the Smithsonian American Art Museum. Craft artists push beyond traditions by testing the limits of materials and techniques. Whether using clay, metal, glass, or fiber, these artists create works that blur the lines between art and craft and encourage us to see everyday objects in new ways. (Class limit: 30)

Fri 2/7/25, 11:30 AM-12:30 PM

Zoom

Smithsonian American
Art Museum



Smithsonian American Art
Museum Distant Ed Specialist

63 - Step Back in Time and Discover the Location of the Historic Beard Family Sheep Ranch

The amazing story of the Beard Family goes far beyond goats & sheep. While we explore the D1 – D6 – D1 loop trail in McInnis Canyons National Conservation Area (NCA), we will focus on the stories behind the historic Beard family sheep ranch photos. Terri will offer resources for further exploration into this extensive sheep ranch operation. We will hike about 3.5 - 4 miles with minimal elevation gain/loss on sandy soil to discover the historic sheep ranch location. This hike is rated moderate due to the length.

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: 12)

Fri 3/21/25, 12: 30 PM-4: 30 PM

Directions: From Hwy 340 turn west on Kingsview Road, across the street from Rimrock Adventures. Follow that around past the neighborhood and Snooks Bottom (City of Fruita Open Space Park.) You will now be in McInnis Canyons National Conservation Area (NCA). Turn left on Devils Canyon Road for the Devils Canyon trailhead. There is a composting toilet in that parking lot. Dress in layers. Bring water and snacks.

Terri Ahern



Terri has been an Adopt a Trail Volunteer in McInnis Canyons National Conservation Area since 9/2020

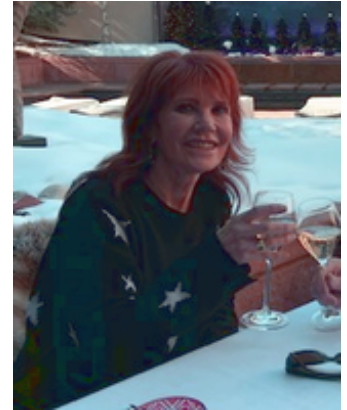
64 - Traveling to Spanish-Speaking Countries? Learn Spanish to Support Your Basic Needs

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 3/6/25, 9:00 AM-10:00 AM
Thu 3/13/25, 9:00 AM-10:00 AM
Thu 3/20/25, 9:00 AM-10:00 AM

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

Pam Lynch



Pam has 30+ years of experience teaching Spanish, extensive travel to Spain and Mexico with student groups, and is currently teaching private Spanish lessons.

65 - A Trip to Eocene Fossil Lake: A Virtual Tour of Fossil Butte's Visitor Center

Tour Fossil Butte National Monument's visitor center to discover the world of ancient Fossil Lake. The many well-preserved fossils paint a picture of an ancient ecosystem. Fossilized fishes, crocodilians, palms, and turtles reveal it was a much warmer and wetter environment back then, unlike the modern sagebrush covered high desert of southwest Wyoming. (Class limit: 50)

Thu 2/20/25, 1:00 PM-2:00 PM

Zoom

John Collins



John Collins began with the National Park Service (NPS) in 2001 and has served as either a park ranger or an education technician at FOU year-round since 2007.

66 - The Troubles in Northern Ireland: Past and Present

This class will discuss the history of the conflict in Northern Ireland and the issues which led to the conflict. It will also address the impact of Brexit and the discussions around unification. (Class limit: 60)

Wed 3/12/25, 2:00 PM-4:00 PM

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

Sharon Heller



Sharon grew up in Northern Ireland, leaving at the height of the Troubles in the early eighties.

67 - Turf to Low Water Landscaping; Make it a Grand-scape

With more frequent droughts, water conservation is a hot topic in Colorado and the West. The highest amount of water is used outdoors. Join Susan in learning how to replace high water turf with a beautiful low water landscape, that is more than rock and fitting our local environment. With proper planning and watering techniques, much water can be saved. Water rebates within the City water service area will be discussed, but this is open to all as we can all be wise with our landscapes and watering. (Class limit: 30)

Thu 2/6/25, 1:30 PM-3:00 PM

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

For parking, turn east on Kennedy Avenue off of N. 7th Street and park in the parking lot shared with the New Life Church, south across the street from Eureka!

Susan Carter



Susan is an Emeritus CSU Extension Professor and is currently the Water Conservation Specialist for the City of Grand Junction.

68 - Understanding Alzheimer's and Dementia and Know the 10 Signs

This course will discuss Alzheimer's Disease and dementia, and it will address the 10 signs of the disease. (Class limit: 40)

Fri 2/28/25, 10:00 AM-11:30 AM

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

Jaycee Ray



Jaycee Ray, RN/BSN, is a Clinical Support Manager for Hope West.

69 - Understanding Your Carbon Footprint, Carbon Offsets, and Carbon Pricing

As volunteers for the bipartisan Citizens Climate Lobby, Susan and John will share their passion and knowledge regarding making wise, climate-friendly choices in your daily life. Subjects will include details on the full life-cycle of the carbon footprint of a product, greenhouse gas emissions and how they can be offset with voluntary carbon credit, and carbon pricing and how it can have the greatest cumulative effect from collective use of clean energy alternatives. (Class limit: 50)

Fri 2/28/25, 1:00 PM-2:30 PM

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

John Purser



John volunteers for the bipartisan Citizen's Climate Lobby.

Susan Atkinson



Susan is a climate activist who writes opinion pieces for newspapers across the country.

70 - VanWinkle Ranch: Caring for Land, Livestock and Community

Have you wanted to know more about current day beef production in Mesa County and around the state of Colorado? VanWinkle Ranch is a medium/large producer in Western Colorado with a long heritage of producing safe, nutritious, and affordable protein for consumers as well as being good stewards of the land and other resources necessary for high quality production. Join us as 4th generation rancher, Janie VanWinkle, talks about the legacy her family has in Western Colorado and the focus they have on stewarding the land and animals in the first session. She will also talk about the economic impact of the beef community in Mesa County and the business model of VanWinkle Ranch.

In the second session, visit one of the ranch properties to see and hear about production practices. It's a great opportunity to ask any questions you have...antibiotic use, animal care and well-being, difference between grass finished and grain finished beef. (Class limit: 25)

Tue 3/11/25, 3:00 PM-4:30 PM

*Business Incubator Center
2591 Legacy Way
Grand Junction, CO 81503*

Mon 3/17/25, 1:00 PM-4:30 PM

*Tour of the VanWinkle Ranch
Directions will be provided at the first class*

Janie VanWinkle



Janie is a local 4th generation cattle rancher.

71 - Western Slope Weather 101

The class will cover the work life of a forecast meteorologist, the equipment he uses, and the challenges of forecasting Western Slope weather. The difference between climate and weather will be addressed. Jeff is a Warning Coordination Meteorologist/Incident Meteorologist and will explain the different weather hazards associated with the area, how to access hazardous weather warnings, and how to be aware of hazardous weather situations. Jeff will end the class with a Spring weather outlook. (Class limit: 60)

Mon 2/17/25, 3:00 PM-4:30 PM

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

Jeffrey Colton



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

72 - What Everyone Should Know About How Hospitals Get Paid

Have you ever wondered how a hospital gets paid? Explore how Medicare, Medicare Advantage, Medicaid, and commercial insurance interact with your hospital to make sure you get the medical services you need....and how the hospital pays for them. (Class limit: 60)

Thu 3/13/25, 3:30 PM-5:00 PM

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

Korrey Klein, MD



Dr. Klein is President and CEO of Family Health West

73 - What is a Species?

Biologists use the term "species" to describe and define the diversity of life. However, there are many ways to define what a species is and different groups of organisms, such as plants, animals, and bacteria, utilize different species concepts. This talk will cover some of the biological differences in organisms that make it difficult to have a single, overall definition of what a species is. Dr. Stern will discuss different species concepts and how they are applied to different groups. The presentation will include examples from Colorado and from Dr. Stern's work, including an exciting new species of plant. (Class limit: 40)

Mon 2/24/25, 6:00 PM-7:30 PM

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

Stephen Stern, Ph.D.



Stephen is an Associate Professor of Biology at CMU who teaches numerous classes.

74 - What's In a Word?

In this four-session course, we will tackle an awkward but important linguistic question: How do words--and, in the case of idioms, particular stylized phrases--take on meaning? Is this a logical process, or a set of random accidents? In essence: Where do words come from? Through lecture and plenty of discussion, we'll apply sociolinguistic theory to an open-ended exploration of several related areas of linguistic interest: the history of the English language; the inner workings of the dictionary as a source of linguistic authority; and the question of how language changes over time. (Class limit: 25)

Mon 2/3/25, 1:00 PM-2:30 PM
Mon 2/10/25, 1:00 PM-2:30 PM
Mon 2/24/25, 1:00 PM-2:30 PM
Mon 3/3/25, 1:00 PM-2:30 PM

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

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Maureen Neal



Maureen Neal is a Professor of English: CMU (retired) and former high school teacher.

75 - What's Out There -An Overview of Deep Sky Objects

Deep sky objects reveal much about the history and structure of the universe. Recent observations by space and ground-based telescopes, including the James Webb Space Telescope (JWST), have pointed toward potential revisions to our fundamental understanding around galaxies, star clusters, nebulae (gas clouds in space), and quasars and active galactic nuclei (regions surrounding black holes). This survey class will explore the formation and classification of these objects and their impact on surrounding space in context with the evolution of the universe, and include images taken from the Grand Valley as well as from professional telescopes. (Class limit: 60)

Tue 2/18/25, 4:00 PM-5:30 PM
Thu 2/20/25, 4:00 PM-5:30 PM

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

Scott Perrin



Scott is a local cosmologist and astronomer, with graduate course work in physics and astrophysics.

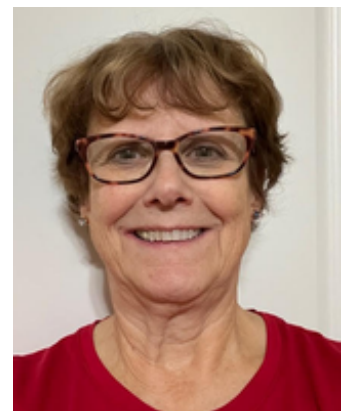
76 - What? Am I Liable? – A Discussion of Liability

What is urban legend verses fact regarding liability? Lynne O'Connell spent over 30 years of her career as an insurance educator. In this class, Lynne will first cover the basics of liability with focus on personal and property liability. The class will then become interactive with participants raising situations that are liability concerns such as, you host a party where alcohol is served. A party attendee has an accident on the way home. Where is the liability? Your social club plans a hike and someone falls and gets hurt? Where is the liability? What about those stories I read in the newspaper? Bring your thoughts and questions. (Class limit: 60)

Mon 3/10/25, 10:00 AM-12:00 PM

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

Lynne O'Connell



Lynne has 30 years as an educator in the insurance industry.

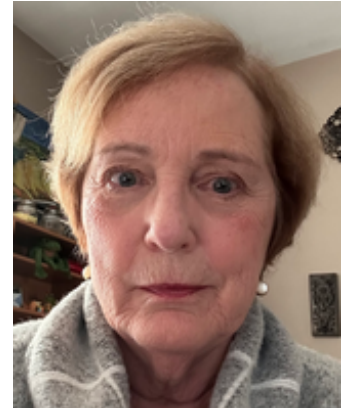
77 - The White City: 1892 Chicago Exposition

1893 World's Columbian Exposition, also known as the Chicago World's Fair and the White City--Discover the backstory of why this was important to the city of Chicago, who were the people involved, and why this might well have been the most important World's Fair ever. Hear about the new technology and how some of the items introduced are still impacting our lives today. (Class limit: 50)

Mon 3/17/25, 1:00 PM-2:00 PM

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

Sheree Fukai



Sheree is a retired Civil Engineer.

78 - Why Mars?

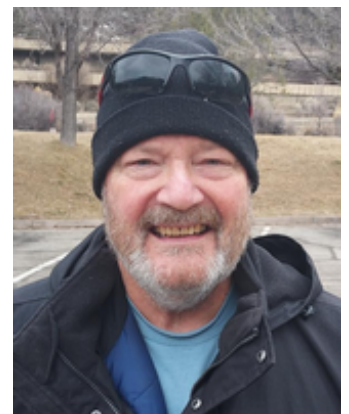
This course will be a discussion of the current state of planning for a human crew to visit (and live on) Mars. It will start with a discussion about our historic fascination with the Red Planet and a review of the scientific study of Mars (from Galileo's telescope in the 1600s to current family of orbiters and landers). It will then move on to NASA and private plans for exploration and colonization – focusing on SpaceX notions and progress. It will also include critiques of the concept (including a review of "back to the Moon" plans and debates about resource allocation: Moon vs Mars). (Class limit: 35)

Thu 2/6/25, 7:00 PM-8:30 PM
Thu 2/13/25, 7:00 PM-8:30 PM

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

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Rick Peterson



Rick served in the USAF as a missiles and space operator (16yrs). He was a physics instructor at CHS (19yrs). He is now a JPL Solar System Ambassador.

79 - 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 nature 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)

Tue 3/18/25, 10:00 AM-2:30 PM

*Hunter Education Classroom
711 Independent Avenue
Grand Junction, 81505*

Renée Herring



Renee is a mixed-media artist and a retired Colorado Parks and Wildlife Watchable Wildlife Coordinator.

80 - 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 starting on Thursday, Feb 6, 2025 (Class limit: 16):

Thu 2/6/25, 3: 30 PM-4: 45 PM
Thu 2/13/25, 3: 30 PM-4: 45 PM
Thu 2/20/25, 3: 30 PM-4: 45 PM

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

- OR -

Class starting on Friday, Feb 28, 2025 (Class limit: 16):

Fri 2/28/25, 3: 30 PM-4: 45 PM
Fri 3/7/25, 3: 30 PM-4: 45 PM
Fri 3/14/25, 3: 30 PM-4: 45 PM

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

Laura Daniels



Laura is a 285-hour Certified Yoga Instructor.