

01 - 3D Printing and Pediatric Rehab: How This New Technology Can Improve the Lives and Function of Even Our Littlest Patients

This class will discuss how we bring the new technology of 3D printing into the health care realm, specifically using it to improve the lives of our smallest patients in the pediatric setting. (Class limit: 40)

Fri 11/7/25, 2:00 PM-3:00 PM

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

John Weirath



John has been a Physical Therapist for almost 30 years and is Director of Family Health West Pediatric Rehabilitation Clinic.

02 - Adventures in the Amazon Basin in Peru

An exploration of the Amazon basin in Peru from Cusco and Machu Picchu in the south to the headwaters of the Amazon River in northern Peru, including the flora and fauna of the Amazon Rainforest. (Class limit: 70)

Thu 10/2/25, 10:00 AM-12:00 PM

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

Su Joffrion



Su backpacked the entire Appalachian Trail in 2014.

03 - Afghanistan in Context

This presentation teaches viewers about the history of Afghanistan from the 19th to 21st century, with a focus on explaining the roots of the current situation in the country. We explain the ethnic make-up of the country, its borders, and its role in world politics since the 1800s. (Class limit: 40)

Mon 10/6/25, 9:00 AM-10:00 AM

Zoom

University of Indiana
Inner Asian & Uralic
National Resource
Center



This class is presented by the
University of Indiana.

04 - Alzheimer's/Dementia 101 - Facts, Research, Treatment, Care, Risk Reduction

This presentation will cover: What is the difference between Alzheimer's disease and dementia? - What are the most common types of dementia? - Cognitive issues might not be dementia - What are the risk factors and warning signs for dementia? - Ten things you can do at any age to reduce dementia risk - How to get a dementia diagnosis - Promising research updates - The latest information on treatments - Dementia communication, interaction, and behavior tips - Community dementia resources.

Dementia Friendly Denver is an affiliate of Dementia Friendly America, a not-for-profit, volunteer-based initiative announced at the White House Conference on Aging in 2015. Our mission is to make communities across the nation more dementia friendly, reduce dementia stigma, and improve the quality of life for those living with Alzheimer's disease and other dementias and their family care partners. Dementia Friendly Denver offers free dementia education programs to government, business, academic, faith, and community groups throughout the greater Denver area. (Class limit: 100)

Mon 11/10/25, 11:00 AM-12:30 PM

Zoom

JJ Jordan



JJ is the CEO of the Jordan Consulting Group, where she lectures, teaches, and consults on dementia topics.

05 - The American Constitution and Political Process: A Historical View

This two-session course explores the origins of the US Constitution and the development of America's enduring two-party system. Participants are encouraged to bring a copy of the Constitution or to download the "Interactive Constitution" app for easy reference during lectures. This foundational document was shaped by compromise and accepted by many of the founders with reservations; some even feared it might ultimately fail. Where do today's contentious political dynamics originate? Why do political parties remain central to organizing our government? These questions will be addressed as we trace the roots of American political traditions. (Class limit: 70)

Wed 10/1/25, 5:00 PM-6:30 PM
Wed 10/8/25, 5:00 PM-6:30 PM

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

Scott Finholm



Scott teaches Modern US History, CMU US History, and AP US Government at Central High School, this is his 30th year in teaching. Scott is also the current President of the Colorado Council for the Social Studies.

06 - The Art of Falconry

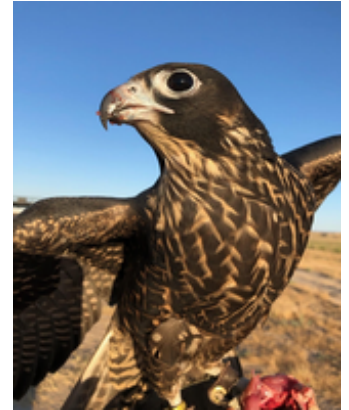
Local falconer, Ray Rickard, gives an insight into the world of falconry. Learn the sport's colorful history and the types of birds used, legal requirements, environmental risks, and how he hunts with and exercises his birds.

Meet the birds, see their beautiful hoods, and enjoy Ray's stories. (Class limit: 70)

Mon 11/10/25, 9:00 AM-10:30 AM

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

Ray Rickard



Ray Rickard is a local falconer and for years has enjoyed hunting and flying birds.

07 - The Art of Native Americans in the American Southwest

For over 10,000 years, people have lived in what is now the American Southwest. From these early Native Americans to today, art has been a central part of their culture. From rock art to ceramics, from basketry to sculptures, Southwest Native American art reflects the beauty and resilience of their culture. (Class limit: 45)

Mon 10/20/25, 4:00 PM-6:00 PM

*The Art Center
1803 N. 7th Street
Grand Junction, CO. 81501*

Peter Booth, PhD



Peter is currently an Advancement Director at The Art Center of Western Colorado.

08 - Art on the Corner Walking Tour

Join Sarah Dishong, Project Coordinator of Downtown Grand Junction, on an educational walking tour of Downtown's art and 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. This class includes two sessions starting at different parts of Main Street so more amazing art can be seen. (Class limit: 25)

Tue 10/7/25, 1:00 PM-3:00 PM

*Meet at the corner of 2nd & Main near John Otto
202 Main (near Credit Union of Colorado)
Grand Junction, CO 81501*

Tue 10/14/25, 1:00 PM-3:00 PM

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

Sarah Dishong



Sarah Dishong is the Project Coordinator for Downtown Grand Junction.

09 - Asian Painting, An Introduction

This is a hands-on class teaching the fundamentals of rendering paintings using Asian brushes, papers and ink, and compositional concepts. The first session will be a discussion, demonstration, and practice. The second session will be the student's creation of a chosen painting. Prior to the first session, the instructor will send an email regarding recommended supplies. Be prepared to purchase some needed supplies from the instructor for about \$20. (Class limit: 6)

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

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

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

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.

10 - The Avalon Theatre's Philanthropic Heroes

The Cooper Theatre on 7th & Main went dark in 1989. Five years later the City of Grand Junction was cajoled into buying the dilapidated building with promises of a grassroots campaign to restore the building to the Avalon's original glory. A beautiful 10' x 11' artwork now hangs above the entrance to the Encore Hall as a testament to all involved. Its story is as fascinating as the people who stepped up to rescue the Avalon. (Class limit: 50)

Wed 10/15/25, 2:00 PM-3:30 PM

*The Avalon Theatre, Lobby
645 Main Street
Grand Junction, CO. 81501*

Stephen Doyle



Stephen is President of the Avalon Theatre Foundation, a Glade Park resident, and CU graduate.

11 - 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 2025 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 10/21/25, 9:00 AM-11:00 AM
Tue 10/28/25, 9:00 AM-11:00 AM
Tue 11/4/25, 9:00 AM-11:00 AM
Tue 11/11/25, 9:00 AM-11:00 AM

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

Kim Sutherland



Kim is an experienced player and instructor of Mah Jongg.

12 - 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 9/29/25, 9:00 AM-10:00 AM

Zoom

Dave Karisny



Dave helps with Tech Support for New Dimensions.

13 - Behind Locked Doors at Cross Orchards

Tour Cross Orchards with Matt Darling, Curator of Cross Orchards. Go behind locked doors to see parts of the museum that the general public do not have access to. Learn the challenges and adventures it takes to keep Cross Orchards running.

Cross Orchards has many old buildings with steep stairs and uneven floors. Participants should be in good physical health with mobility to attend the session.

Class on Tuesday, Oct 14, 2025 (Class limit: 30):

Tue 10/14/25, 1:30 PM-3:00 PM

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

- OR -

Class on Tuesday, Oct 14, 2025 (Class limit: 30):

Tue 10/14/25, 3:30 PM-5:00 PM

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

Matt Darling



Matt is the Curator of Cross Orchards Historic Site, and the Museums of Western Colorado's railroad historian.

14 - Big Horse Dreams

The Clark Family, known for 130 years as Palisade peach farmers, is now involved in the raising and training of majestic Percheron draft horses. Used as work horses to carry freight and to farm the land in the 1800's, these "gentle giants" are athletic, graceful, and want to please. Dennis and Staci Clark, with their trainer Scott Banga, drive their team in a red semi-truck to Six-Horse Hitch competitions across the country. These contests show the skills and cooperation of team and driver as well as the horses' strength and stamina. Dennis calls them "a ton of power". In this class, the Clarks will tell us the story of how they became involved in this exciting and demanding project and what is involved in the care and management of these intelligent animals. We will also learn how training involves understanding the disposition of each horse as well as best practices. Trainer Scott says, "When they all get to working together, it's a thing of beauty."

Class on Tuesday, Oct 28, 2025

(Class limit: 20):

Tue 10/28/25, 1:30 PM-3:30 PM

*Clark Family Barn and Arena
3901 - G 1/4 Road
Palisade, CO 81526*

Drive through Palisade on Hwy. 6, cross the Colorado River and go 1.3 miles. The orchards, house, barn, and arena are on the left.

- OR -

Class on Thursday, Nov 13, 2025 (Class limit: 20):

Thu 11/13/25, 1:30 PM-3:30 PM

*Clark Family Barn and Arena
3901 - G 1/4 Road
Palisade, CO 81526*

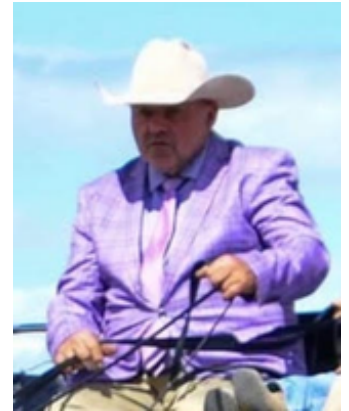
*Drive through Palisade on Hwy. 6, cross the Colorado River and go 1.3 miles. The orchards, house, barn, and arena are on the left.
This class takes place outside. Please consider the weather and dress warm enough to be outdoors in November.*

Dennis Clark



Dennis and Staci own Clarks' Family Orchards and 10 Percheron horses trained for competitions.

Scott Banga



Scott Banga is the Clark Family Horse Trainer.

15 - Bitcoin - Origins and Ethos

Bitcoin - Origins and Ethos is a course for lifelong learners (with no prior technical background) to explore how Bitcoin came to be and the philosophy behind it.

We will trace the history of digital cash before Bitcoin, understand the cypherpunk movement's influence, examine Satoshi Nakamoto's vision in the Bitcoin white paper, and unpack the key principles that make Bitcoin unique.

For those intrigued by the subject of cryptocurrency, this course will explain how it all began.
(Class limit: 70)

Fri 10/10/25, 12:00 PM-1:30 PM

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

Tom Sawyer



Tom is a retired software and technology strategist, inventor, and author.

16 - Bridge Beyond Beginning

Intermediate Bridge Players: Improve your game; have more fun!

Classes will focus on playing, followed by bidding and play analysis, and instruction of new skills. As a bonus, you may find a foursome to continue your weekly bridge game! (Class limit: 16)

Wed 10/1/25, 9:30 AM-12:00 PM
Wed 10/8/25, 9:30 AM-12:00 PM
Wed 10/15/25, 9:30 AM-12:00 PM
Wed 10/22/25, 9:30 AM-12:00 PM
Wed 10/29/25, 9:30 AM-12:00 PM
Wed 11/5/25, 9:30 AM-12:00 PM
Wed 11/12/25, 9:30 AM-12:00 PM

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

JoLynn Phillips



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

17 - Bridging Generational Divides

If you truly want to better understand and communicate with younger generations, this class is for you. We'll move beyond generational stereotypes in two ways. First, you'll hear an overview of social science research on generations and generational divides. Second, you'll have the opportunity to connect with a small group of CMU sociology students who look forward to answering your questions about their generation - and learning more about yours. Along the way, we'll focus on strategies for bridging divides and finding common ground. (Class limit: 40)

Mon 10/6/25, 2:30 PM-4:30 PM

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

Brenda Wilhelm, PhD



Brenda is a Professor of Sociology at Colorado Mesa University.

18 - Building Monasteries, Now and (Mostly) Then

Monasteries are places for spiritual purposes, which are not the subject of this class. They are also built environments, designed to serve the spiritual and other needs of the monks. The fundamental idea is usually separation from the secular world, but monks also need economic support for their spiritual journeys. Starting with some monasteries in Colorado, this class looks at the nearly two-thousand-year history of monasteries in the western European (not Asian) tradition, including several in this area.

At last count (on Google) there were five monasteries in Colorado that allowed visitors. There are several in Utah and more in New Mexico, including Christ in the Desert near Abiquiu. The monastery near Snowmass may soon be closing, but a new one is planned, and probably soon to be built, in the heights above Crested Butte. (Class limit: 50)

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

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

Lawrence Nees



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

19 - Camp Amache - Colorado's Japanese Relocation Camp

Camp Amache, officially known as the Granada Relocation Center, stands as a poignant reminder of a troubling chapter in American history. Located in southeastern Colorado, the camp was one of ten internment facilities established during World War II to house Japanese Americans, many of whom were U.S. citizens. They had been forcibly removed from their homes on the West Coast due to widespread fear, prejudice, and wartime hysteria following Japan's attack on Pearl Harbor. Opened in August 1942, Camp Amache was designed to hold over 7,500 internees. By the time it closed in late 1945, over 10,000 internees had cycled through Colorado's Japanese Internment Camp. (Class limit: 50)

Tue 9/30/25, 4:00 PM-6:00 PM

*The Art Center
1803 N. 7th Street
Grand Junction, CO. 81501*

Peter Booth, PhD



Peter is currently an Advancement Director at The Art Center of Western Colorado.

20 - 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 on Thursday, Oct 2, 2025 (Class limit: 15):

Thu 10/2/25, 1:00 PM-2:00 PM

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

- OR -

Class on Thursday, Oct 16, 2025 (Class limit: 15):

Thu 10/16/25, 1:00 PM-2:00 PM

*Unitarian Universalist - Downstairs
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.

21 - Chiricahua National Monument, "A Wonderland of Rocks!" - Natural and Cultural History of Chiricahua National Monument

Chiricahua National Monument, "A Wonderland of Rocks!" - Join engaging park ranger Callie Caplenor for a virtual tour of Chiricahua National Monument's breathtaking rock formations and learn about the geologic processes that created them. Discover the diverse plants and animals that inhabit this unique ecosystem, and delve into the rich history of Faraway Ranch, a fascinating site nestled within the park. Perfect for nature enthusiasts, history buffs, and curious minds alike, this program offers a captivating experience that brings the wonders of Chiricahua to you! (Class limit: 80)

Fri 11/7/25, 9:30 AM-10:30 AM

Zoom

Carlotta Caplenor



Callie Caplenor is the Education Coordinator for the Southeast Arizona Group.

22 - City Recycling Division Tour

During this tour you will learn about the City of Grand Junction's curbside recycling and public recycling drop-off. You will learn what can, and can not, be recycled. You will see how recyclable materials are collected, sorted, and processed into marketable commodities. You will learn easy things anyone can do to make their recyclables more valuable and some things you might be doing that are unnecessary or even counter productive. This is an outdoor walking tour on dirt and gravel surfaces with a flight of stairs to see the sorting line. Since there is a chance of broken glass, sturdy shoes are required.

Class on Friday, Oct 3, 2025 (Class limit: 20):

Fri 10/3/25, 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 Thursday, Oct 30, 2025 (Class limit: 20):

Thu 10/30/25, 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 is the Recycling and Waste Reduction Supervisor for the City of Grand Junction.

24 - Creating Curiosity: Exhibit Building with John McConnell at EUREKA!

Get ready to be inspired! John McConnell, the founder of the EUREKA! McConnell Science Museum, is still going strong at nearly 95 years old--and he's been busy. Since January 2025, John has built over 25 new exhibits, with more in the hopper! John will share how he comes up with ideas, builds exhibits, and brings science to life. EUREKA! staff will also share about programs beyond the museum walls, and then participants will get to explore the museum and check out the exhibits first hand. (Class limit: 30)

Mon 10/20/25, 1:00 PM-2:30 PM

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

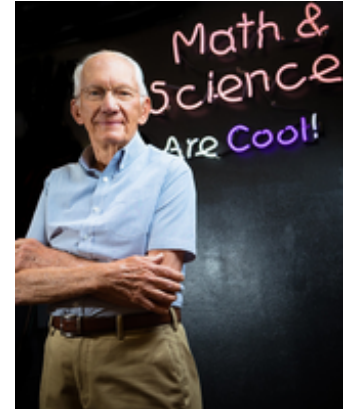
Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Briana Board



B is the Volunteer & Exhibits Coordinator for EUREKA! McConnell Science Museum.

John McConnell



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

25 - Crime Fiction: Round Table

Crime Fiction authors nominated for major writing awards gathered in early 2025 to discuss their perspectives on the genre and addressed questions such as:

If you could pick one classic crime author to recommend, who would it be? What is your favorite crime book of the past 25 years? Discuss current trends in the genre and how you respond to these developments as a reader/writer.

Ours will be more of a 'rectangular' than a 'round' table, but we will take on these questions for class discussion. Come prepared to respond to one or all of the topics from your personal experience as a mystery/crime reader. (Class limit: 20)

Thu 10/23/25, 9:30 AM-11:00 AM

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

Lyn Fraser



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

26 - Crokinole Don't Ya Know

This class is designed for those who have an interest in learning Crokinole which is a very fun Family/Party dexterity game from Canada.

Crokinole is a disc-flicking game played on a wooden circular board with the objective of scoring points by landing discs in higher-scoring areas, particularly the center hole (20 points), while also attempting to knock opponents' discs off the board.

Players take turns flicking their discs, and valid shots require hitting an opponent's disc to score points at the end of the round.

- Brief overview of the Crokinole game
- Crokinole Rules
- We will all play a game of Crokinole! (Class limit: 20)

Wed 11/5/25, 6:00 PM-8:00 PM

*Fruita Community Center
324 N. Coulson Street
Fruita, CO 81521
(Next to Family Health West Hospital)*

Gary Holm



Gary is a retired IT Director for United Health Group. He was introduced to tabletop games in the 1990's.

27 - Do We Live in a Multiverse and Why Does it Matter?

The widely accepted benchmark model of cosmology (history and evolution of the universe) posits an initial inflationary period that leads directly to the concept of a multiverse, or possibly an infinite number, of universes beyond our own. These universes, often called parallel universes may have different physical laws, constants, histories, or dimensions. The concept raises questions about our existence and reality. This lecture will explore the basis for a multiverse and include perspectives on different theories, including String Theory and the Many-Worlds interpretation of Quantum Mechanics. Observer viewpoints will be discussed, including philosophical outcomes around aspects of determinism and free will. (Class limit: 70)

Tue 10/7/25, 4:00 PM-5:30 PM
Thu 10/9/25, 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.

28 - Drone Photography -- A Different Perspective

Have you ever dreamed that you could fly and view your surroundings from aloft? With a camera drone, anyone can enjoy a vicarious flight experience and capture dramatic photos and videos from an aerial perspective.

This presentation will acquaint participants with the anatomy of a typical prosumer camera drone, its flight characteristics and controls, and its cameras and their capabilities. The program will also discuss legal authorizations, requirements and compliance, flight restrictions and constraints, spatial and situational awareness, common flight hazards, and fail-safe mechanisms. The presentation will close with a gallery of aerial images and videos. (Class limit: 45)

Wed 10/22/25, 3:00 PM-4:00 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.

29 - Easy Hike in Kindred Reserve

Join me for a stroll into a nearby wooded area. This one and one-half mile (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 is an area with thick vegetation and it is not uncommon to view wildlife. (Class limit: 15)

Fri 10/31/25, 9:00 AM-11:00 AM

From the roundabout at Redlands Parkway and South Broadway, exit west onto Redlands Parkway. (After about a quarter of a mile, you may notice the street signs changing to South Broadway.) Continue from the roundabout, for 2.2 miles to a sign on your right indicating "Kindred Reserve Parking". You have arrived.

Michael Wallace



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

30 - Electric Transmission and Distribution 101

As the nation shifts away from fossil fuels, the focus on the adequacy and reliability of our electric generation and distribution systems has never been greater. This course is designed to provide attendees with the foundational knowledge needed to understand the key components and challenges of the modern electric grid.

Topics Covered:

- * Basic electrical principles
- * Overview of electric distribution equipment
- * Introduction to electric generation and rotating machines
- * Structure and function of the U.S. transmission system
- * Design and operation of the U.S. distribution system

Whether you're new to the industry or looking to strengthen your understanding of how electricity is generated, transmitted, and delivered, this class will give you the essential background to engage with today's energy issues confidently. (Class limit: 60)

Mon 10/6/25, 10:00 AM-11:30 AM

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

Walter Fees



Walter is Manager of Engineering for Grand Valley Power.

31 - Emotional Intelligence

Do you have questions about emotional intelligence? What skills does it involve, does it improve or decline with age, how necessary is it for good relationships? This hands-on class will explore the components of emotional intelligence, what high EQ predicts, and how to improve emotional intelligence. (Class limit: 60)

Wed 10/1/25, 1:00 PM-3:00 PM

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

Dee Ramsel



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

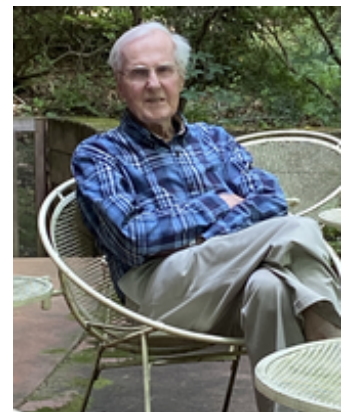
32 - Encounters with Dementia

This class will begin with a thirty-minute presentation in which the instructor will share personal experiences involving his mother and grandmother, both of whom were diagnosed with dementia in the later stages of their lives. The primary focus of the presentation will be on the instructor's wife, who developed Alzheimer's disease during the thirteenth year of their happy marriage. The instructor supported his spouse through two years marked by unpredictable behavior and numerous changes in medication, prior to her relocation to Tokyo in 2019. Since then, the instructor has visited her twice at the care facility where she currently resides. The final thirty minutes of the class will be dedicated to open discussion. (Class limit: 30)

Fri 10/3/25, 1:30 PM-2:30 PM

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

Thomas Wright



Thomas Wright spent his entire career with the U.S. Geological Survey with some of that time at the USGS Hawaiian Volcano Observatory.

33 - 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 10/28/25, 10:00 AM-12:00 PM
Wed 10/29/25, 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.

34 - Entrepreneurship and the Entrepreneurial Ecosystem With the Business Incubator Center

Discover how the Business Incubator Center empowers entrepreneurs and drives local business growth. This session will provide an overview of our key programs, from business incubation to coworking and lending, and explain how they fit within our region's entrepreneurial ecosystem. You'll also enjoy a guided tour of our campus and learn how we support startups at every stage. Whether you're a prospective client, partner, or just curious, this class offers an inside look at innovation in action. (Class limit: 30)

Fri 10/24/25, 10:30 AM-12:30 PM

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

Mike Ritter



Mike Ritter serves as the Economic Development Director at the Business Incubator Center.

35 - Fall & Winter Yard Care in Western Colorado

Topics for this class include preparing lawns, flowerbeds, and vegetable gardens for changing seasons; fertilization and pruning strategies; and the importance of winter water for landscape plants in our arid location. (Class limit: 30)

Mon 10/6/25, 9:00 AM-11:00 AM

*Bookcliff Gardens
755 - 26 Road
Grand Junction, CO 81506*

Melissa Turner

Melissa has completed "Green School" with CSU to earn Master Gardener certification.

Mona Dyer



Mona is a 20-year veteran in the nursery industry. She earned CCNP (Colorado Certified Nursery Professional) status in 2009.

36 - Field Trip to the Fall Bird Banding Station

The epic journey of bird migrations is one of the most remarkable phenomenon in our natural world. Each fall, here in Connected Lakes State Park, a bird banding station, (one of thousands around the world) is set up to capture, band, and release migratory songbirds that pass through the Grand Valley. Much of what we know about migration comes from the tiny aluminum anklets banded birds wear on their travels. You will witness migration in a new way with a visit to the bird banding station. We will be up close to these wild birds as a bird biologist takes us through the process of capture, banding and release, and how bird banding aids in deep scientific research and bird conservation. You might even have the opportunity to hold and release one...it's magical. (Class limit: 30)

Thu 10/9/25, 8:00 AM-10:00 AM

*Connected Lakes State Park
Dike Road
Grand Junction, CO
(Parking instructions will be sent to class participants.)*

Cary Atwood



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

37 - Fly an Electric Remote Control Airplane

Ever wanted to try flying a remote control airplane? Here's your chance. This class starts with a 2 hour lecture in the instructor's shop where you will be introduced to the components used in electric RC flying, the basics of plane control, and the rules and regulations for safe flying. The lecture is followed with several flying sessions at the Grand Junction Modeleers flying field where you will be teamed with experienced pilots that, with the help of "buddy-boxes", help you fly an electric RC plane. The instructor will provide the equipment needed. Flying sessions depend on weather, so while the schedule includes flying session dates and times, some may be cancelled due to the weather and other times offered as needed and as weather patterns dictate. Students do not have to attend all the flying sessions offered, just as much as your interest dictates. (Class limit: 10)

Mon 9/29/25, 12:30 PM-2:30 PM

Lecture to be held at the instructor's shop/garage in the Redlands. The address will be emailed to those in the class.

Mon 10/6/25, 12:30 PM-2:30 PM

Mon 10/13/25, 12:30 PM-2:30 PM

*Grand Junction Modeleers Flying Field
3320 Whitewater Hill
Orchard Mesa
Grand Junction, CO 81503*

*Located off 32 Road near Highway 50.
Directions given at the lecture.*

Stan Zygmunt



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

38 - *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)

Fri 10/24/25, 9:00 AM-10:00 AM

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

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.

39 - From Here to Over There: Army Women of World War II

Using original documents, photographs, and artifacts, this program will explore the lives and stories of four women from World War II who answered their nation's call by joining the Women's Army Corps, becoming nurses, and flying airplanes. (Class limit: 66)

Thu 10/16/25, 11:30 AM-12:30 PM

Zoom

Ali Kolleda



Ali Kolleda is the education specialist for the U.S. Army Women's Museum.

40 - Garden Design for Use and Beauty

Big considerations, small tricks, and valley-specific ideas will populate this class with professional garden designer Kenton Seth. We'll cover broad concepts like what a garden really is and look at detailed concepts, like how to decide which plants to put next to one another. We'll also take a critical look at garden "rules" you might have heard, like using odd numbers, and blow them up with dynamite - to discuss what is really going on there. (Class limit: 70)

Wed 11/12/25, 1:30 PM-3:00 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.

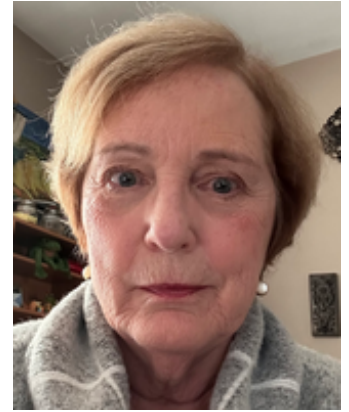
41 - The Great Chicago Fire of 1871

Did Mrs. O'Leary's cow really kick over the lantern? Join me in the before and aftermath of "The Great Chicago Fire." (Class limit: 50)

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

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

Sheree Fukai



Sheree is a retired Civil Engineer.

42 - HealthSpan. Is This a Modern-Day Fountain of Youth?

HealthSpan refers to the length of life when we are healthy, vibrant, and free from serious and chronic illnesses. Lifespan is our entire life existence in years until we die. The main issues that compromise good health are the chronic diseases (cardio-vascular disease, heart disease, diabetes, obesity, dementia, and cancer), poor nutrition, lack of activity, and harmful behaviors. Making healthier lifestyle choices improve our quality of life and the ability to enjoy a longer period of good health, independence, activity, and mental acuity. The goals of these talks are to make you aware of modifiable lifestyle choices and how to put them into action. (Class limit: 60)

Tue 9/30/25, 2:00 PM-4:30 PM

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

Tom Politzer



Dr. Politzer is a neuro-optometrist who credits "healthspan" principles to his good health.

43 - Hike Black Ridge Canyon Wilderness

This is my favorite hike that is NOT in a canyon. It is a moderately strenuous hike of about 4 miles. After an initial, gradual elevation gain, the trail becomes relatively level with views of the canyons below. The trailhead is shared with Devil's Canyon in the Black Ridge Canyon Wilderness area.

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. (Class limit: 15)

Mon 10/27/25, 9:00 AM-12:00 PM

Michael Wallace

Travel west on I-70 toward Fruita for approximately 12 miles. Take exit 19 (Hwy 340) and turn left (south) at the stop sign. This is also the road to the west entrance to Colorado National Monument. Follow the road for about 1 mile to Kings View Estates. A sign is posted for Horsethief Canyon Wildlife Area. Turn right (west) onto Kings View Road. Within about 1 mile bear right at the fork and travel 0.25 miles to the parking lot for Devils Canyon.



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

44 - Hike Columbus Canyon

For a long time I had been curious about the first large canyon north of the east Monument entrance. In the Spring term, a group of 15 shared the hike with me. The wait list was long, so I will repeat the hike. 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 and photo ID 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)

Thu 10/23/25, 9:00 AM-2:00 PM

Meet at Devils Kitchen picnic area in the Colorado National Monument. First right turn past East entrance. Remember your park pass.

Michael Wallace



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

45 - Hike The Ribbon Trail

The bad news: Two and a half miles downhill on slickrock that pounds your knees and a half-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 7:12. 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 10/3/25, 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 of 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.

46 - Hike to Discover the Location of the Historic Beard Family Sheep Ranch

The amazing story of the Beard Family goes far beyond goats and 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 - 3.5 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 on Friday, Oct 10, 2025 (Class limit: 14):

Fri 10/10/25, 9:30 AM-12:00 PM

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.

- OR -

Class on Friday, Oct 17, 2025 (Class limit: 14):

Fri 10/17/25, 9:30 AM-12:00 PM

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.

- OR -

Class on Friday, Oct 24, 2025 (Class limit: 14):

Fri 10/24/25, 9:30 AM-12:00 PM

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 September, 2020.

47 - Hike Turkey Flats

This is about an eight-mile hike that is rated as moderately challenging. There are a couple steep parts of the trail, but the majority of it is rather level. The trail itself is wonderful. We will hopefully have some beautiful fall colors, but if we don't, we will still see some amazing scenery and possibly some wildlife. This trail is located up on Glade Park, and the hike will remind you of being in the beautiful mountains of Colorado. Because this will be between a 4 to 5 1/2 hour hike, please be sure to bring some snacks and water as well as clothing appropriate for predicted weather of the day. It does take at least an hour to drive to the trailhead.

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)

Mon 9/29/25, 9:00 AM-2:30 PM

Meet at the Turkey Flats Trailhead, on 16 1/2 Road, at 9:00 a.m.

(More information on the location and hike will be sent out by the instructor before the class.)

Kevin Hardy



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

48 - History Tour of Fruita's Historic Moon Farm - Pumpkins!

Join the former co-owner and author of "Fruita's Historic Moon Farm" for a tour of Moon Farm. On this tour, the class will learn about the founders and resettlement property. They will explore and discuss some of the 30 plus playhouses along with the history of school field trips, the day camp, and vacation rentals. The tour will culminate at the operational pumpkin patch area where the new owners will be available for questions. Participants must be able to walk. (Class limit: 15)

Thu 10/9/25, 1:00 PM-2:30 PM

Moon Farm
1360 - 18 1/2 Road
Fruita, CO 81521

Jannae Moon



Jannae is the former co-owner of Moon Farm.

49 - Homesteading, Women's Suffrage, and the Wizard of Oz

Homesteading, Women's Suffrage, and The Wizard of Oz, explores the women's suffrage and homesteading themes in Frank L. Baum's, The Wonderful Wizard of Oz. The program highlights the ways those themes remain prominent in retellings of the classic tale. It uses brief vocal music elements to demonstrate the many interpretations of this American fairy tale; including, songs from the 1939 Judy Garland film: The Wizard of Oz. Homesteading, Women's Suffrage, and the Wizard of Oz, is an engaging program that explores the experiences that helped Baum shape his iconic story. (Class limit: 60)

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

Zoom

Amber Kirkendall



Amber Kirkendall is the Park Ranger/Volunteer Coordinator at the National Park Service's Homestead National Historical Park.

50 - A House Divided - The Civil War as Depicted Through Painting, Sculpture, and Photography

This class is presented by the Smithsonian American Art Museum. The Civil War tested and consumed the country for more than four years. Explore how this great conflict and subsequent Reconstruction period are depicted through the traditional mediums of painting and sculpture, as well as the then "new medium" of photography. (Class limit: 50)

Thu 11/6/25, 9:30 AM-10:30 AM

Zoom

Becky Fulcher



Becky is a Videoconference Scheduler and Teacher, Smithsonian American Art Museum.

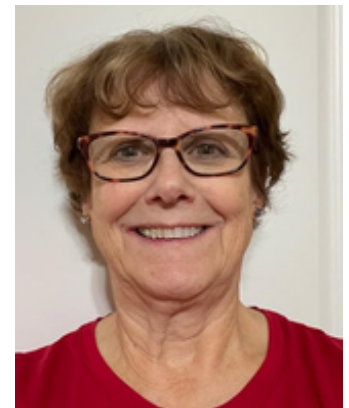
51 - Insurance 101 - How to Read Your Homeowners Policy in 5 Easy Steps

Have you ever been intimidated by your homeowners policy? Please join Lynne for an instructional and hands-on guide to how to read your policy, looking at various coverages, terms, and exclusions. Learn how insurance companies react to homeowners' claims and how that impacts the content of your policy. You can bring a copy of your policy to follow along. While we will not be talking about individual circumstances, we will go over broad categories that can help you understand the concepts, and perhaps guide you in talking with your personal insurance agent. (Class limit: 60)

Wed 10/8/25, 10:00 AM-12:00 PM

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

Lynne O'Connell



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

52 - *Interesting Stories Behind the "Historic Palisade Coloring Book"*

Priscilla Walker, Founding Chair of the Palisade Historical Society, will share information about Palisade history in their 20-page coloring book which has been used by teachers in nine local elementary schools to augment their local history curriculum. Among the illustrations of topics-important-to-Palisade history are coal mines, refrigerated box cars, stilts, peach harvest activities - including orchard hoopies - a map, and historic locations like the "Roller Dam" in DeBeque Canyon and the Orchard Mesa Irrigation District pumping plant.

Now in its fifth printing, the coloring book also appeals to adults who want to learn more about Palisade history. She will share background information for more than 20 illustrations by local artists Melanie Kerrigan and the late Ron Jaynes, and Illinois artist Sarah Walker. (Class limit: 40)

Wed 10/1/25, 10:00 AM-11:00 AM

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

Priscilla Walker



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

53 - *International Financial Institutions and Global Power Dynamics*

This short seminar examines how international financial institutions like the IMF, World Bank, and WTO function not just as economic actors but as tools of global political influence. We will explore how these institutions shape international relations, distribute power among states, and affect sovereignty. Special attention will be given to how tariffs and trade disputes reflect deeper political struggles within the global system. (Class limit: 50)

Fri 10/17/25, 1:00 PM-3:00 PM

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

Holly Oberle



Holly is an Assistant Professor of Political Science at CMU.

54 - *Investing in Your Energy -- Your 'Real' 401K*

This course will present that our energy flow is our real currency. Understanding that predicates easier choices and less struggle in deciding what we eat, what we do, and even what we think. It's never too late to reprioritize our goals and reframe how we can most effectively create our best life chapter! (Class limit: 30)

Thu 10/16/25, 1:00 PM-2:30 PM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Paula Anderson



Paula is a Certified Health and Wellness Coach who has written numerous columns locally on the challenges of behavior change.

55 - Journalism and the Free Press

A free press was written into the U.S. Constitution as essential to the functioning of this democratic republic. It acts as a watchdog, holding those in power accountable and providing real information about important issues. It provides a platform for diverse voices and perspectives, fostering informed public discourse, and empowering citizens to make educated decisions. As publisher of the Daily Sentinel, Jay Seaton will present his views and moderate a panel discussion about the state of journalism, threats to the future of real journalism, and some potential solutions. (Class limit: 70)

Tue 10/14/25, 9:00 AM-11:00 AM

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

Jay Seaton



Jay Seaton is the publisher of The Daily Sentinel, former trial lawyer, and advocate for healthy local journalism.

56 - Language and Identity: The Making of Language Stereotypes and Linguistic Prejudice(s)

Even more telling than our personal habits, choices, decisions, physical appearance, education, age, gender, or any other human factor, our use of language defines who we are. In this discussion-oriented course, we'll take an in-depth look at those linguistic components that combine to create dialect difference and other internal variations in spoken language; then we'll explore the attitudes we have and the opinions we may have developed about those who use language differently than we do. (Class limit: 30)

Mon 10/27/25, 2:00 PM-4:00 PM
Mon 11/3/25, 2:00 PM-4:00 PM
Mon 11/10/25, 2:00 PM-4:00 PM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Maureen Neal



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

57 - 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.

Class on Friday, Oct 3, 2025 (Class limit: 8):

Fri 10/3/25, 9:00 AM-11:00 AM

*Leitner-Poma of America Inc.
2746 Seeber Drive
Grand Junction, CO 81506*

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 Dr. Park in the visitor spaces or available open spaces at the front of the Leitner Poma entry.

- OR -

Class on Friday, Oct 3, 2025 (Class limit: 8):

Fri 10/3/25, 1:00 PM-3:00 PM

*Leitner-Poma of America Inc.
2746 Seeber Drive
Grand Junction, CO 81506*

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 Dr. Park in the visitor spaces or available open spaces at the front of the Leitner Poma entry.

Steve Dugdale



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

58 - *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: 50)

Mon 9/29/25, 1:00 PM-3:00 PM

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

Holly Oberle



Holly is an Assistant Professor of Political Science at CMU.

59 - Letterboxing: Clues, Hiking, and Art - A Modern Twist on Treasure Hunting

Letterboxing is an active hobby that brings together deciphering codes and solving puzzles in order to find a carved stamp that has been hidden by another adventurer. These pieces of artwork, of all sizes, can be hidden in camouflaged containers on hiking trails, in parks, urban sites, and more! Odds are, you've passed by a hidden Letterbox and not even known it!

Letterboxers also use their artistic abilities to carve their own designs, create a list of clues for others to follow, and hide their own treasures in the wild for other Letterboxers to collect.

This hobby is fun for all ages. It encourages problem solving, orienteering, outdoor exploration, and costs very little to enjoy. Letterboxes are hidden all over the world, whether near your own backyard or along your next road trip route.

JoAnn Rasmussen, New Dimensions Instructor, has been Letterboxing for 15 years. She has found and collected hundreds of stamps. Join her as she explains the history of Letterboxing, how to Letterbox, and shares tales of her adventures in this modern twist on treasure hunting. (Class limit: 30)

Tue 9/30/25, 10:00 AM-11:30 AM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

JoAnn Rasmussen



JoAnn Rasmussen is the Chair of the Palisade Historical Society.

60 - Mahler's First Symphony: Nature, Nostalgia, and the Unexpected

Join Maestro Charles Latshaw, Music Director of the Grand Junction Symphony Orchestra, for an in-depth look at Gustav Mahler's groundbreaking Symphony No. 1. Nicknamed "Titan," this work blends birdcalls, funeral marches, and folk tunes into an emotionally charged journey from the pastoral to the profound. In this single-session class, we'll explore the symphony's rich musical language, surprising inspirations, and why it still resonates with audiences today. No prior musical knowledge is necessary—just curiosity and open ears.

Students are also invited to attend a live Grand Junction Symphony Orchestra rehearsal that evening (Tuesday, October 7, 7:00–9:30 PM), offering a rare behind-the-scenes look at how a professional orchestra prepares for performance. (Class limit: 70)

Tue 10/7/25, 10:00 AM-12:00 PM

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

Maestro Charles
Latshaw



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

61 - Medicare Advantage Plans – Ins & Outs, Plus What Are the REAL Advantages?

Dr. Korrey Klein, President & CEO of Family Health West Hospital, will break down the benefits of Medicare Advantage Plans and Medicare. He will also give examples of what worked well for past patients and what didn't, along with making plans for future medical procedures and what you should look for in your next Medicare/Medicare Advantage Plan. This is a must-attend class before open enrollment in October. (Class limit: 60)

Thu 10/16/25, 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 Hospital.

62 - Melt and Move – A Gentle Blend of Yin and Chair-Supported Yoga

Welcome to Melt and Move, a unique yoga experience designed to support your body's natural rhythm of release and renewal. This class begins with the quiet stillness of Yin Yoga, where long-held, supported poses gently target deep connective tissues. Through breath, gravity, and mindful awareness, you'll melt tension, enhance joint health, and invite a sense of calm and inner spaciousness.

From there, we gradually transition into Chair-Supported Yoga, bringing gentle movement, strength-building, and improved mobility into the practice. Using the chair for support—either seated or standing—you'll move at your own pace, building resilience, confidence, and balance. Options are offered throughout for practicing on the mat or in the chair, so you can choose the support that feels right for you.

Whether you're new to yoga, returning after a break, or simply seeking a mindful and accessible way to care for your body and nervous system, this class is for you. No experience is needed—just bring yourself as you are and enjoy a space to unwind, move, and restore.

Props will be provided, but if you have a yoga mat, bolster, blocks, and/or straps, you are most welcome to bring those.

Class starting on Tuesday, Sep 30, 2025 (Class limit: 12):

Tue 9/30/25, 9:00 AM-10:00 AM
Tue 10/7/25, 9:00 AM-10:00 AM
Tue 10/14/25, 9:00 AM-10:00 AM
Tue 10/21/25, 9:00 AM-10:00 AM

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

- OR -

Class starting on Tuesday, Oct 28, 2025 (Class limit: 12):

Tue 10/28/25, 9:00 AM-10:00 AM
Tue 11/4/25, 9:00 AM-10:00 AM
Tue 11/11/25, 9:00 AM-10:00 AM

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

Vicki Gee



Vicki Gee is a certified RYT-500 yoga teacher and yoga therapist with over 20 years of yoga experience and a deep commitment to supporting adults 55 and older.

63 - Mesa County Clerk's Office, Elections Department Tour

Join Bobbie Gross, of the Mesa County Clerk's Elections Department. She will give a tour of their facility. We will be witnessing and learning about how the November 4, 2025, election in Mesa County is functioning. Some of the topics covered will be:

- The bipartisan teams that collect ballots from drop boxes scattered throughout the county, security involved, and the chain of custody.
 - The process of verifying the signatures on the ballot envelopes with voter registration records from ballots received from in-person voting, mail-in ballots, and those collected from drop boxes.
 - The scanning, tabulation, and verification of ballots cast and storing the ballots.
- To quote a line from the musical Hamilton, we will “be in the room where it happens”.

We will be signing into secure areas where no electronics or cameras are allowed. (Class limit: 20)

Tue 10/21/25, 11:00 AM-1:00 PM

*Mesa County Elections Office
(located next to the Motor Vehicle Division)
200 South Spruce Street
Grand Junction, CO 81501*

Because of construction, access to the elections office can be challenging. If you are moving south on 1st Street, turn west/right on Rood Avenue and then south/left on Spruce Street, the election office is on the right. For all those others, navigate to Rood Avenue heading west, go straight across 1st Street at the light, and turn south/left on Spruce Street.

Bobbie Gross



Bobbie Gross was elected Mesa County Clerk and Reporter in 2023.

64 - 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. Maybe YOU would like to present a film? (Class limit: 100)

Fri 10/3/25, 6:30 PM-9:30 PM
Fri 10/10/25, 6:30 PM-9:30 PM
Wed 10/15/25, 6:30 PM-9:30 PM
Fri 10/17/25, 6:30 PM-9:03 PM
Fri 10/24/25, 6:30 PM-9:30 PM
Fri 10/31/25, 6:30 PM-9:30 PM
Fri 11/7/25, 6:30 PM-9:30 PM
Fri 11/14/25, 6:30 PM-9:30 PM

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

Movie Team



Your Movie Team members are movie enthusiasts.

65 - National Monuments You've Never Heard Of (& Why You Should Know Them!)

A look at some of this nation's lesser-known national monuments (generic use of the term), with discussion illuminating their national significance -- why the nation cares about them. (Class limit: 75)

Tue 9/30/25, 4:30 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.

66 - National Park Service: A Unique Mission

Every Federal Agency has its own mission defined by law. Among the Federal Land-Management Agencies (US Forest Service, BLM, US Fish & Wildlife Service, Bureau of Reclamation, Army Corps of Engineers, Office of Surface Mining), the National Park Service's (NPS) mission is unique in its scope and breadth. That uniqueness makes the agency tough to manage; even the courts have had difficulty defining the parameters for NPS. This class examines some of the most important unique features and provides plenty of discussion time to come to some understanding. (Class limit: 50)

Tue 10/14/25, 4:30 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.

67 - 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 limit: 8)

Thu 11/6/25, 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.

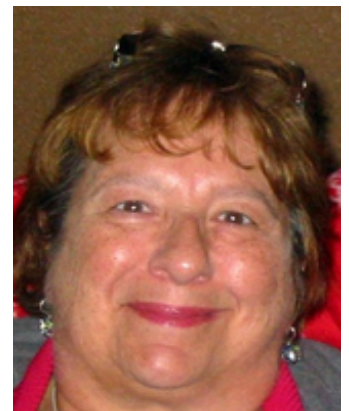
68 - Not Your Grandmothers Quilt-Quilts as Art

Think quilts are just bed coverings? Quilts have evolved from being utilitarian bed coverings to works of art. View examples from traditional quilts to art quilts. (Class limit: 30)

Mon 10/20/25, 11:00 AM-12:00 PM

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

Debra Hughes



Debbie has been a quilter for over 25 years.

69 - 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 10/9/25, 10:00 AM-12:00 PM

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

*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)*

Colorado Department
of Ag Scientists

This class is presented by
Colorado Department of
Agriculture Scientists.

70 - Plants and Animals of Joshua Tree National Park

Join a ranger from Joshua Tree National Park for a virtual exploration of the Mojave Desert. Discover the unique ecology of this arid landscape, including iconic Joshua trees, diverse desert plant life, and the remarkable adaptations that allow plants and animals to thrive in such extreme conditions. (Class limit: 40)

Tue 10/21/25, 2:00 PM-3:00 PM

Zoom

Joshua Tree National
Park Ranger



This class is presented by a
Joshua Tree National Park
Ranger.

71 - Reading Euripides' Bacchae Together

Euripides' Bacchae is often considered the greatest and most beautiful of ancient Greek plays. It also has always had direct relevance to later, including modern politics and religion, and their interplay. The subject is the arrival of a new god, and new religious practices, in a Greek city, and the terrifying impact on the local citizens, especially their leaders. The instructor will read excerpts from the play, and interrupt for commentary and explanation. Participants are not expected to read the play in advance, but may do so. (We will use the translation by William Arrowsmith). (Class limit: 30)

Thu 10/16/25, 9:30 AM-11:00 AM

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

Lawrence Nees



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

72 - Restoring The Historic Crissey House in Palisade: Adventures in Amateur Archaeology

Join JoAnn as she shares tales of their adventures, what it's like living in and rehabilitating a property on the National Register of Historic Places, what it means to be an amateur archaeologist in your own home, and why they'd do it all again in a heartbeat. (Class limit: 35)

Wed 10/29/25, 1:00 PM-2:30 PM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

JoAnn Rasmussen



JoAnn Rasmussen is the Chair of the Palisade Historical Society.

73 - Should English (and English Only) Be the National Language of the United States?

In March 2025, the President signed an executive order designating English, and English only, as the national language of the United States. But that pronouncement did not create legal limitations or statutes about the use of English or any other language(s) in many areas of daily life. In other words, although this topic seems to be past further discussion, the broader issue of the value of linguistic diversity in the United States is still very much an open question worthy of exploration and in-depth conversation. Following some basic operational guidelines and background linguistic information, students will be invited to debate and discuss the question above from multiple points of view. (Class limit: 30)

Wed 10/22/25, 2:00 PM-4:00 PM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Maureen Neal



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

74 - So You Want to Be a Diplomat

Join Jon Larsen, retired Foreign Service Officer, as he explains the steps in getting into the Foreign Service, the different job fields and what each entails, and life in an embassy. Jon served in seven different embassies, both as a military officer and a diplomat. (Class limit: 30)

Thu 10/23/25, 2:00 PM-4:00 PM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Jon Larsen



Jon Larsen is a retired Foreign Service Officer.

75 - Social Psych, Conflict, and Conversation

We will introduce a few social-psychological concepts/findings, and then use them in discussing conflict and cooperation, various conflict resolution options, and identify issues underlying conflicts. We will discuss, apply, and evaluate the concepts and communication techniques with examples. We will especially focus on political conversations, given current public concerns. Participants will be encouraged to bring their conflict examples to class for use in practicing and applying the appropriate skills and techniques. (Class limit: 35)

Mon 10/20/25, 10:00 AM-11:30 AM
Mon 10/27/25, 10:00 AM-11:30 AM
Mon 11/3/25, 10:00 AM-11:30 AM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Dee Wernette



Dee taught a sociology of conflict course at the university level for 25+ years.

76 - Spirit Engineering Tour: Airplane Manufacturing in the Grand Valley

Spirit Engineering has designed, built, and tested a Light Sport Airplane (LSA). The plane was introduced at this year's Oshkosh Air Show. 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, and, of course, the plane itself. (Class limit: 15)

Wed 10/15/25, 10:00 AM-12:00 PM

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

Directions: Turn north off Hwys 6&50 onto 21 ½ Road (west of Hwys 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



Stephen Wood is the President of Spirit Engineering, Inc.

77 - Telescopes: Seeing the Universe for Pleasure, Astrophotography, and Science (Part 1)

Dive into the fascinating universe through telescopes! In this course, you'll learn how telescopes work, explore the differences between reflecting and refracting telescopes, and discover the technology behind capturing stunning images of the universe. From eyepiece observing for pleasure to cutting edge imaging techniques used by professional observatories, this course provides a comprehensive overview of the tools that bring the cosmos into focus.

This series has three separate sessions with different attendance limits. Telescopes: Seeing the Universe for Pleasure, Astrophotography, and Science is a lecture on telescopes. Telescopes: Telescope Observing at Grand Mesa Observatory is a tour of the observatory followed by a night sky viewing. Attendance for the tour and viewing is limited to 15 because of parking and observatory space limitations. **YOU MUST REGISTER FOR THE LECTURE (PART 1) TO BE ELIGIBLE FOR THE OBSERVATORY TOUR (PART 2).** Two separate tours are offered. You may register for both tours but will be allowed to attend only one. (Class limit: 30)

Wed 10/15/25, 6:30 PM-8:00 PM

*Wubben Hall and Science Center
Room 160
1316 College Place
Grand Junction, CO 81501*

Dr. Catherine Whiting



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

77 - Telescopes: Seeing the Universe for Pleasure, Astrophotography, and Science (Part 1) - LECTURE ONLY

Dive into the fascinating universe through telescopes! In this course, you'll learn how telescopes work, explore the differences between reflecting and refracting telescopes, and discover the technology behind capturing stunning images of the universe. From eyepiece observing for pleasure to cutting edge imaging techniques used by professional observatories, this course provides a comprehensive overview of the tools that bring the cosmos into focus.

This class is for the LECTURE ONLY. There is not an observatory tour offered with this class. (Class limit: 8)

Wed 10/15/25, 6:30 PM-8:00 PM

*Wubben Hall and Science Center
Room 160
1316 College Place
Grand Junction, CO 81501*

Dr. Catherine Whiting



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

78 - Telescopes: Observing at Grand Mesa Observatory (Part 2)

Bring your learning from the Telescopes course into practice! You will be given a tour of the Grand Mesa Observatory including live demonstrations of the research telescopes and will be able to observe them side-by-side with eyepiece and imaging telescopes (weather permitting) to understand the value of long exposures and image stacking.

This series has three separate sessions with different attendance limits. Telescopes: Seeing the Universe for Pleasure, Astrophotography, and Science is a lecture on telescopes. Telescopes: Telescope Observing at Grand Mesa Observatory are two tours of the observatory followed by a night sky viewing offered on separate nights. Attendance for the tour and viewing is limited to 15 because of parking and observatory space limitations. **YOU MUST REGISTER FOR THE LECTURE (PART 1) TO BE ELIGIBLE FOR THE OBSERVATORY TOUR (PART 2).** You may register for both tour dates, but will only be allowed to attend one tour.

Class on Thursday, Oct 16, 2025 (Class limit: 15):

Thu 10/16/25, 6:30 PM-8:00 PM

Grand Mesa Observatory
7475 Purdy Mesa Road
Whitewater, CO 81527

Watch out for wildlife on the road. There will be deer on the road at dusk. Directions: Going south on Hwy 50 past Whitewater, take Kannah Creek Road east. Go left onto Land's End Road, then right on Divide Road, then left on Purdy Mesa. There are multiple routes to the Observatory and internet directions will vary. Please consult a map and choose the way that best suits.

- OR -

Class on Friday, Oct 17, 2025 (Class limit: 15):

Fri 10/17/25, 6:30 PM-8:00 PM

Grand Mesa Observatory
7475 Purdy Mesa Road
Whitewater, CO 81527

Watch out for wildlife on the road. There will be deer on the road at dusk. Directions: Going south on Hwy 50 past Whitewater, take Kannah Creek Road east. Go left onto Land's End Road, then right on Divide Road, then left on Purdy Mesa. There are multiple routes to the Observatory and internet directions will vary. Please consult a map and choose the way that best suits.

Dr. Catherine Whiting



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

79 - Time Travel with the Library of Congress

Explore unique primary sources from the vast collections of the Library of Congress. We will take a close look at original documents from the past and work together to make personal connections, learn about the time period, and find new questions for further study. Bring your prior knowledge and your curiosity as we dig into treasures from the world's largest library. We will also examine the Library of Congress website for future research on your own. Optional: bring your laptop, iPad, or tablet for individual website research. (Class limit: 25)

Thu 10/2/25, 3:00 PM-5:00 PM

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

Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.

Sherrie Galloway



Sherrie is a former Educational Resources Specialist with the Library of Congress in Washington, DC.

80 - Tour of Reynolds Polymer

Tour local Reynolds Polymer Technology, a global leader in acrylic and polymer technology, specializing in the design, manufacturing, and installation of complex, custom-engineered structures for various industries in over 60 countries worldwide. The company's global portfolio includes iconic installations at the Dubai Aquarium & Underwater Zoo, Georgia Aquarium, Palms Casino Resort, and numerous scientific research facilities.

Class on Friday, Oct 17, 2025 (Class limit: 30):

Fri 10/17/25, 9:30 AM-10:15 AM

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

- OR -

Class on Friday, Oct 17, 2025 (Class limit: 30):

Fri 10/17/25, 10:15 AM-11:00 AM

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

Luis Villapando



Luis Villapando is with Reynolds Polymer Technology, Inc.

81 - "True West": The Life and Literature of Frank Waters

By embracing the full storytelling potential and archetypal depth of his adventures across the American Southwest, Frank Waters wrote some of the finest literature of the 20th century. Born July 25th, 1902, in Colorado Springs, Waters began his literary career in 1930 with "The Lizard Woman", his novel set in the deepest reaches of the Mojave Desert. Over the next six decades, he would write 28 works of fiction and non-fiction, many of them classics, including "The Man Who Killed the Deer" (1942), "Book of the Hopi" (1963), "The Woman at Otowi Crossing" (1966), "Pike's Peak" (1971), and "Mountain Dialogues" (1981). In this class, we will explore the life and writings of this writer who is often called, "The Godfather of Southwestern Literature." (Class limit: 30)

Mon 11/3/25, 2:00 PM-4:00 PM

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

John Nizalowski



John is an author and retired as professor of mythology and composition at CMU.

82 - The Uintah Toll Road: A Local History Story

Based on his former, much longer class, on the history of Gilsonite mining, Stan Zygmunt will spin local history tales around the Uintah Toll Road, which was completed in 1905 from Dragon Junction, Utah, to Vernal and Fort Duchesne. Find out why investors sank serious money into building not only the toll road, but the world's steepest and crookedest railroad across the Bookcliffs. Learn how the names Mack, Baxter, and McAndrews are related to a unique material called Gilsonite. Find out what Henry Ford, Aldophus Busch, chewing gum, wet sheep, and 80,000 bricks have in common. And time permitting, Stan will tell how that baby-blue warehouse that can be seen from I-70 west of Fruita ties United Kingdom nuclear reactors to Gilsonite. (Class limit: 70)

Wed 11/5/25, 10:00 AM-11:30 AM

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

Stan Zygmunt



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

83 - Ute History Talk with Roland McCook

Roland McCook is an Uncompahgre Ute of the Northern Ute Tribe. Roland was born in 1941 on the Ouray and Uintah Reservation in Northeast Utah. Roland has served his people in many positions with the Ute Tribe and BLM, Fire Management, and BIA, as well as at the National Level with the Smithsonian Institute. Roland lives in Grand Junction, Colorado, and operates a Non-Profit Organization called Native American Cultural Programs, educating and lecturing across Colorado and organizing Native American programs and events. (Class limit: 90)

Fri 10/10/25, 2:00 PM-4:00 PM

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

Roland McCook



Roland McCook is an Uncompahgre Ute, the great, great grandson of Chief Ouray and Chipeta.

84 - 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)

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

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

Wed 10/8/25, 12:00 PM-4:00 PM

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

Janie VanWinkle



Janie is a local 4th generation cattle rancher.

85 - Visit Grand Junction: What is a Destination Marketing Organization and How Does it Benefit the Community?

Join this class to learn the answers to these questions: What is destination management? What is a Destination Marketing Organization? How has Grand Junction's destination brand evolved? Why is tourism important for residents? How do locals benefit from tourism? How can residents be involved with Visit Grand Junction? (Class limit: 40)

Thu 11/6/25, 10:00 AM-11:30 AM

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

Elizabeth Fogarty



Elizabeth Fogarty is Director of Visit Grand Junction.

86 - *Wagons to Apples: the Story of John Ashenfelter*

Hear and see through photos collected by the Ouray Historical Society the interesting history of John Ashenfelter.

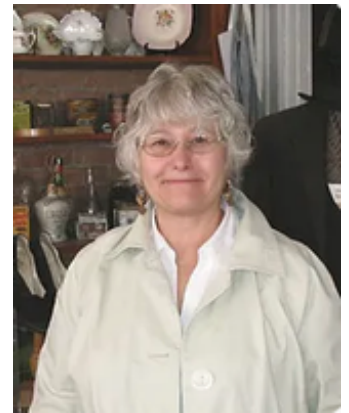
John Ashenfelter was a freighter. He arrived in Ouray around 1880 at the request of his former boss, mining mogul A. E. Reynolds, who had recently purchased the high-altitude Virginus Mine. Ashenfelter started his business with six burros bought on credit and ended up with a freighting empire that employed 50 to 75 men and had over 32 six-horse teams and 100 burros and mules. In Ouray, he owned two large barns, grain and wagon warehouses, livery stables, and carpentry and blacksmith shops. Then, in the mid-1890s, he ventured into the fruit business by operating a large orchard on Spring Creek Mesa, west of Montrose. John's story continued after his death as a legal fight over his estate erupted between his Ashenfelter relatives and his new wife, Amanda.

Gail is a historian and reads her text to ensure accuracy and completeness. Reading text is an accepted practice for formal history presentations. (Class limit: 50)

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

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

Gail Zanett Saunders



Gail is a former Colorado History teacher and is a Ouray County Historical Society Board member.

87 - Want to Plant a Tree? Why?

Did you know that the average life span of a tree in a home landscape is less than 20 years due to poor selection, design, and planting technique? Fall is a great time to plant trees – most local nurseries offer significant discounts at this time, and with proper winter care you'll be a season ahead in the Spring. Bring your ideas about where you want a tree...and why (ex. for shade/energy conservation, to screen out neighbors or noise, or for a focal point in an existing landscape). We'll learn all about how to up your odds for success, increasing the odds for your new tree's success for decades to come! (Class limit: 25)

Mon 9/29/25, 10:00 AM-11:30 AM

Bookcliff Gardens
755 - 26 Road
Grand Junction, CO 81506

Melissa Turner

Melissa has completed "Green School" with CSU to earn Master Gardener certification.

Halee McKee



Halee is the Greenhouse Manager and Grower at Bookcliff Gardens.

88 - Where in the World is the U.S.? A Top 10 Summary

How does the U.S. compare in meeting the challenges that exist in 2025? We will examine some 24 topics including: GDP, wages, taxes, trade balance, tariffs, environment, energy, education, healthcare, climate change, immigration, safety, prosperity, happiness, "best" nations, et al. We will use the "Top 10" format which provides a quick "snapshot" of the U.S. rank relative to other nations. Our sources are international surveys by highly credible and impartial world-wide organizations. This is the fourth Bi-Annual Edition for the program and includes three discussion breaks. (Class limit: 60)

Thu 10/9/25, 9:00 AM-10:30 AM

Zoom

Doug Stowell



Doug is a consumer and political polling veteran in both U.S. and EU markets.

89 - World Cultures Reflected on National Flags

Explore how various cultures around the world have chosen their national identities and have reflected that choice on their national flag. Class will examine other important national interests or traits featured on national flags. Almost 400 national flags are featured; and 75 other images. (Class limit: 50)

Tue 10/7/25, 5:30 PM-7:30 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.

90 - Yoga Basics

Have you ever wanted to attend a yoga class but thought you would be a fish out of water? Have you ever attended a Yoga class and came away more frustrated than relaxed? Join me for Yoga Basics - an opportunity to learn the common poses in a traditional yoga class and the cues used to move through class.

Props will be provided, but if you have a yoga mat, bolster, blocks, and/or straps, you are most welcome to bring those. (Class limit: 12)

Wed 10/8/25, 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.