

## 001 - Aging with Mary Oliver and Friends

Using poetry as a catalyst, this class will discuss issues relating to aging, including the one raised in Mary Oliver's poem "The Summer Day" that asks, "Tell me, what is it you plan to do with your one wild and precious life?" Other poets will help us explore fears about aging, seeking and giving support as we age, the impact of grief and loss, and our views of the future. The discussion will feature previously-unpublished correspondence by the poet Jane Kenyon about her writing. (Class limit: 22)

Tue 2/24/26, 9: 30 AM-11: 00 AM

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

*Park in the lot off Elm Ct. Enter through door 01*

Lyn Fraser



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

## 002 - 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! (\$12 for materials payable at the beginning of class.)

Class on Tuesday, Mar 17, 2026 (Class limit: 12):

Tue 3/17/26, 9: 30 AM-12: 00 PM

*Lakeside Art Room  
3150 Lakeside Drive # 108  
Grand Junction, CO 81506*

- OR -

Class on Tuesday, Mar 17, 2026 (Class limit: 12):

Tue 3/17/26, 12: 30 PM-3: 00 PM

*Lakeside Art Room  
3150 Lakeside Drive # 108  
Grand Junction, CO 81506*

Renée Herring



Renee is a mixed-media artist and has been a teacher of alcohol inks to hundreds of students.

## 003 - All You Need to Know About Physics in 10 Equations

This class reviews 10 of the most basic physics equations and how they work. It also addresses two basic flaws in how people think about the topic: first, that they don't know any physics and, second, that equations are magic.

Class on Wednesday, Feb 11, 2026 (Class limit: 35):

Wed 2/11/26, 2:00 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.*

- OR -

Class on Thursday, Feb 12, 2026 (Class limit: 35):

Thu 2/12/26, 4:00 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.*

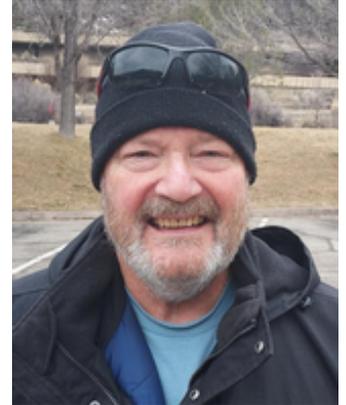
## 004 - The Art of Native Americans in the American Southwest

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: 60)

Tue 3/10/26, 4:00 PM-6:00 PM

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

Rick Peterson



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

Peter Booth, PhD



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

## 005 - 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)

Thu 3/5/26, 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*

Thu 3/12/26, 1:00 PM-3:00 PM

*Meet at the Buffalo  
4th and Main  
Grand Junction, CO 81501*

Sarah Dishong



Sarah Dishong is the Project Coordinator for Downtown Grand Junction.

## 006 - Artificial Intelligence (AI): For Life-Long Learners

Artificial Intelligence (AI) is a field of computer science that emphasizes the creation of intelligent software and machines capable of performing tasks that typically require human intelligence.

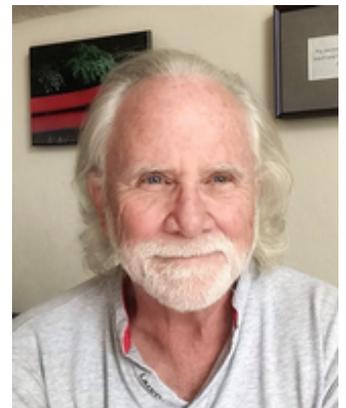
This non-technical class defines Artificial Intelligence, highlights its history and development, and explains fundamental AI concepts and terms.

This class also looks ahead to future AI scenarios and societal impacts. (Class limit: 50)

Wed 3/18/26, 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, author, and life-long student of meditation and meditation practices.

## 007 - Asian Painting, An Introduction

This is a hands-on class teaching the fundamentals of rendering paintings using Asian brushes, papers, 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)

Mon 2/23/26, 10:00 AM-12:00 PM  
Wed 2/25/26, 10:00 AM-12:00 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.

## 008 - The Bayeux Tapestry and the Conquest of England in 1066

In autumn 2026, the British Museum in London will exhibit the Bayeux Tapestry. This 224-foot-long embroidery on linen tells the story of how William the Bastard, Duke of Normandy, became King of England in 1066, defeating and killing King Harold at the Battle of Hastings and becoming William the Conqueror. It is unique and fascinating, the most famous secular work of art from the Middle Ages. Attendees will look through its narrative and focus on some of the many mysteries of the story's representation. (Class limit: 50)

Thu 3/12/26, 6:30 PM-8:30 PM

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

Lawrence Nees



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

## *009 - Becoming CMU: 100 Years in the Making - Part 1*

A three-part presentation series that outlines the history of Colorado Mesa University. From its early days as Grand Junction Junior College to the institution that continues to grow today, President Emeritus Tim Foster dives into each era in detail.

Part 1 will outline the hurdles and challenges the college faced in even establishing a school, but thanks to the support and patience of the community, Grand Junction Junior College prevailed. (Class limit: 50)

Tue 2/10/26, 6:00 PM-8:00 PM

*Colorado Mesa University  
Houston Hall Room 138  
1221 N 12th Street  
Grand Junction, CO 81501*

*Attendees are able to park in lot CP6 on this parking map:  
<https://www.coloradomesa.edu/campus-info/documents/parkingmap.pdf>  
Entrance to the lot is off North Ave as you are heading west.*

Tim Foster



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

## *010 - Becoming CMU: 100 Years in the Making - Part 2*

A three-part presentation series that outlines the history of Colorado Mesa University. From its early days as Grand Junction Junior College to the institution that continues to grow today, President Emeritus Tim Foster dives into each era in detail.

Part 2 will explore an era of upward trajectory, when enrollment grew, new opportunities on campus were created by the student body, and the community continued to show support. (Class limit: 50)

Tue 2/24/26, 6:00 PM-8:00 PM

*Colorado Mesa University  
Houston Hall Room 138  
1221 N 12th Street  
Grand Junction, CO 81501*

*Attendees are able to park in lot CP6 on this parking map:  
<https://www.coloradomesa.edu/campus-info/documents/parkingmap.pdf>  
Entrance to the lot is off North Ave as you are heading west.*

Tim Foster



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

## *011 - Becoming CMU: 100 Years in the Making - Part 3*

A three-part presentation series that outlines the history of Colorado Mesa University. From its early days as Grand Junction Junior College to the institution that continues to grow today, President Emeritus Tim Foster dives into each era in detail.

Part 3 will highlight the institution we see today, and project the future of Colorado Mesa University's next 100 years. (Class limit: 50)

Tue 3/3/26, 6:00 PM-8:00 PM

*Colorado Mesa University  
Houston Hall Room 138  
1221 N 12th Street  
Grand Junction, CO 81501*

*Attendees are able to park in lot CP6 on this parking map:  
<https://www.coloradomesa.edu/campus-info/documents/parkingmap.pdf>  
Entrance to the lot is off North Ave as you are heading west.*

Tim Foster



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

## 012 - Becoming CMU: 100 Years in the Making - Tour

Tim Foster, President Emeritus of Colorado Mesa University, is best known for the growth and expansion of our local university. He will be conducting a tour of the CMU campus for a small group.

Class on Tuesday, Mar 3, 2026 (Class limit: 20):

Tue 3/3/26, 1:00 PM-2:30 PM

Colorado Mesa University  
Davis House  
1520 N. 7th St.  
Grand Junction, CO 81501

Attendees can park in CP3 on this map:  
<https://www.coloradomesa.edu/campus-info/documents/parkingmap.pdf>

CP3 is accessible when drivers are on 7th Street and turning onto Elm Avenue.

CMU has reserved the golf carts for the tours. They will also coordinate with Parking Services to block off 15 parking spaces in the CP3 lot for tour guests. The Davis House driveway will also be available for parking. CMU will offer assistance at the parking areas to help direct guests to the designated spots and move the cones as they arrive.

- OR -

Class on Tuesday, Mar 3, 2026 (Class limit: 20):

Tue 3/3/26, 3:00 PM-4:30 PM

Colorado Mesa University  
Davis House  
1520 N. 7th St.  
Grand Junction, CO 81501

Attendees can park in CP3 on this map:  
<https://www.coloradomesa.edu/campus-info/documents/parkingmap.pdf>

CP3 is accessible when drivers are on 7th Street and turning onto Elm Avenue.

CMU has reserved the golf carts for the tours. They will also coordinate with Parking Services to block off 15 parking spaces in the CP3 lot for tour guests. The Davis House driveway will also be available for parking. CMU will offer assistance at the parking areas to help direct guests to the designated spots and move the cones as they arrive.

Tim Foster



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

## 013 - 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 required to bring \$14.00 to the first class to purchase the 2025 card of Mah Jongg hands. The instructor has to order these cards before the class begins, so repaying him for his purchase is a requirement. It is also important to have tables of four, so be sure you can attend ALL four classes. (Class limit: 16)

Tue 2/24/26, 9:00 AM-11:00 AM  
Tue 3/3/26, 9:00 AM-11:00 AM  
Tue 3/10/26, 9:00 AM-11:00 AM  
Tue 3/17/26, 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.

## 014 - Bike Riverfront Trail

Have you seen what is happening at Las Colonias? Do you know where it is? Do you know you can buy coffee and marijuana there? Do you know you can float a rubber duck on a Butterfly Pond? Do you know you can play frisbee golf? Do you know where the Gunnison River joins the Colorado? Join me for a smooth ride on a wide, concrete, bike-friendly trail to see it all. The ride will be about three miles long.

Class on Wednesday, Mar 18, 2026 (Class limit: 14):

Wed 3/18/26, 10:00 AM-11:30 AM

*Western Colorado Botanical Gardens  
655 Struthers Avenue  
Grand Junction, CO 81501*

*Meet in the parking lot at the Botanical Gardens, where S. 7th Street dead ends then take a slight jog left.*

- OR -

Class on Friday, Mar 20, 2026 (Class limit: 14):

Fri 3/20/26, 10:00 AM-11:30 AM

*Western Colorado Botanical Gardens  
655 Struthers Avenue  
Grand Junction, CO 81501*

*Meet in the parking lot at the Botanical Gardens, where S. 7th Street dead ends then take a slight jog left.*

Michael Wallace



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

## 015 - 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 has two sessions with the second session being optional (and limited to 10 students). 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 breaking for lunch, there is an optional field session where we will reconvene at a nearby outdoor location to apply your new skills. This session is limited to 10 students. 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: 20)

Mon 3/9/26, 10:00 AM-12:00 PM

*The Confluence Center of Colorado  
2596 Dos Rios Drive  
Grand Junction, CO 81501*

Mon 3/9/26, 1:00 PM-2:30 PM

*Optional field session for those who have taken the course Biodiversity Research, Citizen Science, and You (and your phone). Location will be announced at the first session. Limit of 10 students.*

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.

## 016 - 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: 70)

Thu 3/5/26, 6: 30 PM-8: 00 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.

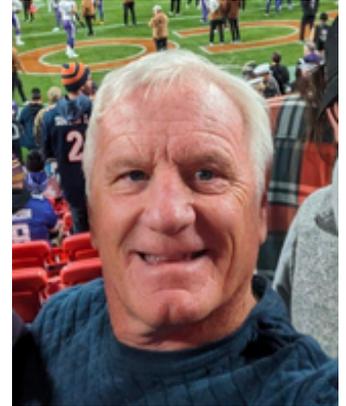
## 017 - Board Game Night for Newbies!

In this class, you will learn to play one or two board games. These games will all be designed with the beginner in mind. Board gaming is a diverse and engaging hobby that involves moving pieces on a specially designed board according to a set of rules. The hobby has evolved significantly from games like Monopoly to modern titles, offering experiences ranging from casual social gatherings to deep strategic challenge. We plan to play rather simple, easy-to-learn games so this class is open to anyone with an interest to learn and have fun! (Class limit: 20)

Tue 2/17/26, 6:00 PM-8:00 PM

*Fruita Community Recreation Center  
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 1990s.

## 018 - Bridge Beyond Beginning

Participants in this class should be experienced bridge players (prior ND instruction or play regularly), knowledgeable in standard bidding conventions. Our goal is to advance participants' skill level using individualized instruction and a sense of humor! (Class limit: 16)

Wed 2/4/26, 9:30 AM-12:00 PM  
Wed 2/11/26, 9:30 AM-12:00 PM  
Wed 2/18/26, 9:30 AM-12:00 PM  
Wed 2/25/26, 9:30 AM-12:00 PM  
Wed 3/4/26, 9:30 AM-12:00 PM  
Wed 3/11/26, 9:30 AM-12:00 PM  
Wed 3/18/26, 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!

## *019 - 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.

Please note this class is the same content that was presented in the fall 2025 session. (Class limit: 30)

Tue 3/10/26, 10:00 AM-12:00 PM

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

Lawrence Nees



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

## 020 - Center for Independence: Navigating Life with Vision Impairment

Even if you do not have vision problems, knowing how to recognize vision impairment and knowing what is out there can be a help to friends and family. The class will provide an overview of the aging eye, some different types and levels of vision impairment, and how untreated vision impairment can effect general health, along with tips, tricks, and tools to help cope with vision impairment. The class will discuss available resources for vision impairment and loss in our community, ranging from simple lighting changes and magnifiers to technical tools using artificial intelligence. (Class limit: 25)

Fri 3/20/26, 10:00 AM-12:00 PM

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

Joanne Stamp



Joanne is the CFI Low-Vision and Senior Programs Manager.

## 021 - 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, Feb 26, 2026 (Class limit: 14):

Thu 2/26/26, 1:30 PM-2:30 PM

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

*There is an elevator to the left and stairs to the right as you enter.*

- OR -

Class on Thursday, Mar 5, 2026 (Class limit: 14):

Thu 3/5/26, 1:30 PM-2:30 PM

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

*There is an elevator to the left and stairs to the right as you enter.*

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.

*022 - 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: 50)

Tue 3/3/26, 10:00 AM-11:30 AM

*ZOOM*

Carlotta Caplenor



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

## 023 - City Clerk, City of Grand Junction: Get to Know Your City Series

This class is part of the Get to Know Your City series, which offers residents an in-depth look at how the City of Grand Junction serves the Grand Junction community through essential core services. Hosted by a representative of the featured department, the class provides opportunities for discussion, questions, and firsthand insight into daily operations, priorities, and services that impact residents' quality of life.

The City Clerk's Office has a long-standing role in Grand Junction's local government, with the first City Clerk recorded in 1882, reflecting the office's enduring commitment to public service and civic accountability. Today, the City Clerk's Office plays a key role in ensuring transparent, accessible, and effective government for the community.

This class offers an inside look at how the office manages public records, supports City Council meetings, oversees municipal elections with Mesa County, and administers licensing for businesses. Participants will learn about the public access services available, and responsibilities that help keep local government accountable and connected to the people it serves. This session highlights how residents interested in civic engagement can get a deeper understanding of the essential functions that keep the City of Grand Junction running smoothly. (Class limit: 21)

Fri 2/27/26, 2: 30 PM-4: 00 PM

*Hospitality Suite at Stocker Stadium  
1307 North Avenue  
Grand Junction, CO 81501*

*Park on the south side of the stadium. The elevator is located behind the bleachers. Follow the signs and take the elevator to level 4R.*

Sandra Núñez Currier



Sandra is the Community and Engagement Coordinator, City of Grand Junction.

## *024 - City Manager, City of Grand Junction: Get to Know Your City Series*

This class is part of the Get to Know Your City series, which offers residents an in-depth look at how the City of Grand Junction serves the Grand Junction community through essential core services. Hosted by a representative of the featured department, the class provides opportunities for discussion, questions, and firsthand insight into daily operations, priorities, and services that impact residents' quality of life.

The City Manager's Office focuses on administrative leadership of the City and works in close partnership with the City Council, the City's 12 departments, and the City Attorney's office to deliver responsive and effective local government services. Participants will connect with the Communications and Engagement division to learn about engagement opportunities, communication networks, and share feedback on the public participation process. Additionally, participants will be able to gain an insight into how collaboration across departments and partners strengthens services that are essential to City operations. (Class limit: 21)

Wed 3/4/26, 12:00 PM-1:30 PM

*Hospitality Suite at Stocker Stadium  
1307 North Avenue  
Grand Junction, CO 81501*

*Park on the south side of the stadium. The elevator is located behind the bleachers. Follow the signs and take the elevator to level 4R.*

Sandra Núñez Currier



Sandra is the Community and Engagement Coordinator, City of Grand Junction.

## 025 - Colorado Mesa University Tour

Tour the ever-expanding Colorado Mesa University. We will visit the new Maverick Hotel and hear about new programs and degrees. (Class limit: 31)

Wed 2/11/26, 9:00 AM-10:00 AM

*Admissions Welcome Center  
Colorado Mesa University  
1579 N. 12th Street  
Grand Junction, CO 81501*

*There are 10 spots on the lower level of the parking structure off 12th Street and Mesa Avenue. The reserved spots for the Welcome Center say "Reserved for Future Mavs." If those 10 spots are full, please park elsewhere on that lower level and get a parking pass from one of the CMU Tour Guides who will be driving golf carts and will be available with parking passes as well as offering transportation from the parking structure to the Admissions Welcome Center.*

Colorado Mesa  
University Tour Guides



Colorado Mesa University  
Tour Guides will conduct the  
tour.

## 026 - Colorado's Bats: Their Values and Challenges

Dan will give a brief background of bats that occur in Colorado, explain their unique traits, their benefits to the ecosystem, and the challenges that arise when their world and ours overlap. Equipment used to study bats, including echolocation detectors, telemetry equipment, and mist nets will be on display. Attendees will learn about threats to bat conservation and Dan will explain the impacts of white-nose syndrome, a fungal outbreak discovered in North American bats that recently reached Colorado. (Class limit: 45)

Wed 2/25/26, 10:00 AM-11:30 AM

*The Confluence Center of Colorado  
2596 Dos Rios Dr  
Grand Junction, CO 81501*

Dan Neubaum



Dan Neubaum is a Species  
Conservation Program  
Manager, Colorado Parks and  
Wildlife.

## 027 - The Cradle of Wine: Georgia's Qvevri Wines

Qvevri Wine making was recently (2018) added to UNESCO's "Intangible Cultural Heritage of Humanity" list. Considered to be the oldest wine making method, it originated in what is now the country of Georgia, between the Black and Caspian Seas. This class presents a fascinating look at the history, process, and resulting cultural traditions in Georgia associated with these wines. (Class limit: 70)

Tue 2/17/26, 3: 30 PM-4: 45 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.

## 028 - 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 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: 35)

Fri 3/6/26, 10:00 AM-11:30 AM

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

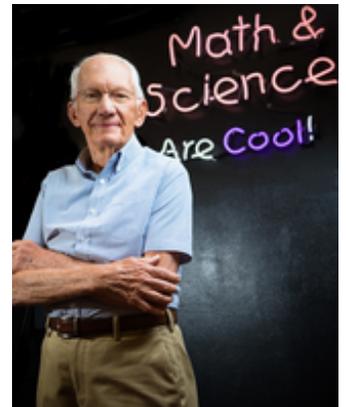
*Turn east onto Kennedy Avenue off of N. 7th Street. Park in the lot shared with the New Life Church, south of the museum building.*

Briana Board



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

John McConnell



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

## *029 - Creating Your Ethical Will*

This program will help you learn about writing your own Ethical Will, which is a personal (not legal) document through which you can share your values, wisdom, and life experiences with those you leave behind. You will learn practical tips and receive information, tools, examples, and guidance that you can use to create your own Ethical Will if you choose to do so. By writing an Ethical Will, you can offer a meaningful legacy so those who follow can learn from you and remember your stories after you are gone. (Class limit: 50)

Tue 2/3/26, 3:00 PM-4:30 PM

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

Jere Friedman



Jere Friedman is a Soul-Centered Coach and Founder of Spiral Light Sound & Meditation Center in Grand Junction.

## *030 - D51 School District Public Outreach and Involvement - Current and Future Efforts*

This class will focus on how New Dimensions' members can best interact with and contribute to the local D51 school district as represented by a panel of the superintendent, two of the elected school board members, and teachers union representative(s). The focus will be on the information the panel members can offer to the class participants and how best the class participants can share their concerns and questions with the panel members. Dee Wernette will moderate the brief presentations and subsequent question-and-answer period and discussion. The class participants will hopefully leave with a better understanding and appreciation of the school district's efforts to reach the public and how the participants can resolve questions and be informed of options for collaboration and mutual support. (Class limit: 100)

Thu 2/26/26, 4:00 PM-6:00 PM

*R5 High School - D51 Board Room  
455 N. 22nd Street  
Grand Junction, CO 81501*

Dee Wernette



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

## 031 - Dyslexia: Why Some Smart People Struggle to Read

This course will be a 90-minute PowerPoint presentation including time for questions, both during and after the presentation. The topics will include a description of dyslexia; the historical roots of the recognition of dyslexia; the connection between speech and reading; the neurological causes of dyslexia; and the current treatment of dyslexia.

Please note this class is the same content that was presented in the fall 2025 session. (Class limit: 30)

Thu 2/26/26, 10:00 AM-11:30 AM

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

Dale Gates, Ph.D.



Dale received a Ph.D. from U.C., Berkeley, in Reading and Language Development.

## 032 - 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 3/13/26, 10:00 AM-12:00 PM

*Meet at the Kindred Reserve parking lot on South Broadway.*

*From the roundabout at Broadway and Redlands Parkway exit west, toward the Monument, onto Redlands Parkway. This road will become South Broadway. At 2.2 miles from the roundabout you will see a sign on the right side of the road for Kindred Reserve Parking.*

Michael Wallace



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

## *033 - 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. This is a repeat of last semester's class. (Class limit: 30)

Thu 2/12/26, 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.

## *034 - Emotional Intelligence: Focus on Assertiveness*

Are you facing situations where you don't feel heard or feel uncomfortable expressing yourself? Assertiveness empowers you to express your needs and boundaries with confidence, fostering healthier relationships and reducing stress. By practicing clear communication, you can navigate medical, financial, and social situations more effectively. Learn these skills to also build self-respect and resilience, enriching daily life with greater independence and peace of mind. (Class limit: 30)

Wed 2/11/26, 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.

## 035 - 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 U.S. 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 starting on Tuesday, Feb 24, 2026 (Class limit: 35):

Tue 2/24/26, 2:00 PM-3:30 PM  
Thu 2/26/26, 2:00 PM-3:30 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.*

- OR -

Class starting on Tuesday, Mar 3, 2026 (Class limit: 35):

Tue 3/3/26, 1:30 PM-3:00 PM  
Thu 3/5/26, 1:30 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.*

Stan Zygmunt



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

## *036 - 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-hours-each 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 3/10/26, 10:00 AM-12:00 PM  
Wed 3/11/26, 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.

## *037 - Engineering and Transportation Department, City of Grand Junction: Get to Know Your City Series*

This class is part of the Get to Know Your City series, which offers residents an in-depth look at how the City of Grand Junction serves the Grand Junction community through essential core services. Hosted by a representative of the featured department, the class provides opportunities for discussion, questions, and firsthand insight into daily operations, priorities, and services that impact residents' quality of life.

The City Engineering and Transportation Department supports and enhances the quality of life in Grand Junction by providing maintenance of the City's core transportation and stormwater infrastructure along with planning, design, and oversight of most of the City's capital improvement program. Explore how public infrastructure is managed to ensure safety and support future growth, including services like design and construction management.

This class will offer participants the opportunity to gain an understanding of the planning and efficient movement of traffic on our roadway system in Grand Junction. (Class limit: 21)

Thu 2/12/26, 10:30 AM-12:00 PM

*Hospitality Suite at Stocker Stadium  
1307 North Avenue  
Grand Junction, CO 81501*

*Park on the south side of the stadium. The elevator is located behind the bleachers. Follow the signs and take the elevator to level 4R.*

Sandra Núñez Currier



Sandra is the Community and Engagement Coordinator, City of Grand Junction.

## *038 - Exploring the Canyons of our Local National Conservation Areas*

Western Colorado is home to three Bureau of Land Management (BLM) National Conservation Areas (NCAs). These crown jewels: Gunnison Gorge, Dominguez-Escalante, and McInnis Canyons are part of the National Conservation Lands, a system of over 900 units covering about 35 million acres, designated by Congress and the President to conserve special natural and cultural features.

These three NCAs are the only three such designated areas in Colorado. All are within a 60-mile radius of Grand Junction, making for excellent opportunities to explore their canyons. The presentation will discuss the NCAs in greater depth and highlight a variety of trails and rivers to explore along with tips on trip preparation and Leave-No-Trace principles. (Class limit: 50)

Thu 3/19/26, 11:00 AM-12:00 PM

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

Chris Herrman



Chris Herrman is the past Executive Director of Colorado Canyons Association.

## 039 - Exploring the Night Sky Through a Telescope

Join Miki Murray at James Robb State Park-Fruita Section for an evening of learning about our night skies in the Grand Valley. A March sky map handout will be provided and viewing through a telescope will highlight the evening.

Class on Wednesday, Mar 4, 2026 (Class limit: 20):

Wed 3/4/26, 6:00 PM-8:00 PM

*James M. Robb State Park-Fruita Section  
595 Highway 340  
Fruita, CO 81521*

*This is an easy location to find off the Interstate (exit 19). There are several eating establishments nearby for those who wish to bring a meal with them. Please arrive by 5:45 p.m. since headlights are detrimental to night vision. Meet at the first group site which is the first left hand turn past the Visitor Center as you enter the park. Chairs are recommended, but there are picnic tables at the site. Dress for a cool evening. This event is weather permitting and could be subject to cancellation if the sky is overcast or excess winds and/or rain occur. Mother Nature always gets the final say. Students may be required to have or purchase a Colorado State Park pass.*

- OR -

Class on Saturday, Mar 7, 2026 (Class limit: 15):

Sat 3/7/26, 6:00 PM-8:00 PM

*James M. Robb State Park-Fruita Section  
595 Highway 340  
Fruita, CO 81521*

*This is an easy location to find off the Interstate (exit 19). There are several eating establishments nearby for those who wish to bring a meal with them. Please arrive by 5:45 p.m. since headlights are detrimental to night vision. Meet at the first group site which is the first left hand turn past the Visitor Center as you enter the park. Chairs are recommended, but there are picnic tables at the site. Dress for a cool evening. This event is weather permitting and could be subject to cancellation if the sky is overcast or excess winds and/or rain occur. Mother Nature always gets the final say. Students may be required to have or purchase a Colorado State Park pass.*

Michele Murray



Miki is retired military (26 years). She was an Air Force Interpretive Park Ranger for 8 seasons at COLM.

## *040 - Fire Department, City of Grand Junction: Get to Know Your City Series*

This class is part of the Get to Know Your City series, which offers residents an in-depth look at how the City of Grand Junction serves the Grand Junction community through essential core services. Hosted by a representative of the featured department, the class provides opportunities for discussion, questions, and firsthand insight into daily operations, priorities, and services that impact residents' quality of life.

The Grand Junction Fire Department (GJFD) provides comprehensive fire protection and emergency medical services to the entirety of Grand Junction, playing a critical role in protecting lives, property, and community well-being. GJFD personnel will share with participants to educate them about fire prevention, fire suppression, emergency response, rescue operations, and community outreach initiatives designed to reduce risk and improve preparedness. (Class limit: 21)

Thu 3/12/26, 10:30 AM-12:00 PM

Sandra Núñez Currier

*City Hall  
250 N 5th St.  
Grand Junction, CO 81501  
HUMAN RESOURCES ROOM ON THE 2ND FLOOR  
All students must use the elevator to access the second floor.*

*Free parking for all class attendees at the 435 Rood Avenue Parking Garage. Students will not need a permit or pay for meters when parking in this garage. However, please be aware that normal parking enforcement will resume at 12:30 p.m.  
For those with a handicap permit, you may park in any designated handicap spot, anywhere downtown at no cost.*



Sandra is the Community and Engagement Coordinator, City of Grand Junction.

## *041 - Fraud and Scams: Don't be a Victim*

There have never been more people trying to steal your money! Technology, including artificial intelligence, is making these scams even more difficult to detect. This class will focus on the latest, and the most common scams. You will learn how to recognize the latest scams, and how to protect yourself from them, so you do not become a victim. (Class limit: 80)

Wed 2/18/26, 10:00 AM-11:30 AM

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

Kristi Knowles



Kristi Knowles is a member of the Investigations Unit of the Grand Junction Police Department.

## *042 - 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: 60)

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

*ZOOM*

Ali Kolleda



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

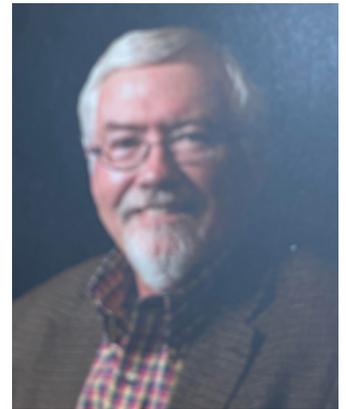
## *043 - From Leadville to Washington-the Life and Legacy of Edward T. Taylor*

It is most appropriate to reflect on Edward T. Taylor's legacy during the 150th anniversary of Colorado's statehood. A teacher, principal, attorney, and congressman, Ed Taylor was a Colorado original. This short class will consider Taylor's role in establishing water rights on the Western Slope as well as his legacy in western Colorado's struggle to keep a viable share of the water originating west of the Continental Divide. His efforts to address grazing on the region's public lands will be discussed. His mentoring of future Colorado political leaders like Wayne Aspinall will also be considered. (Class limit: 50)

Wed 3/4/26, 10:00 AM-11:30 AM

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

Dr. Steven Schulte



Dr. Steven Schulte is Professor Emeritus at Colorado Mesa University where he taught from 1989-2020.

## *044 - Genealogy - The Basics: Getting Started*

So you are interested in preserving and passing on family history, perhaps building a family tree. How do you do it? What equipment do you need to organize, store, and present information? Where do you find family information?

This class will cover the basics of how to get started. Allan will discuss how to establish family research goals, document information, store and organize your family tree, and related information. Allan will show examples of hardcopy family notebooks; identify types of individual family tree programs (Ancestry, FamilySearch, Ancestral Quest) and differences of downloaded programs vs. on line; and demonstrate different programs and how they can be used to build and research your family trees. (Class limit: 30)

Thu 2/19/26, 10:00 AM-11:30 AM

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

Allan Weinand



Allan is a member of the National Genealogical and Mesa County Genealogical Societies.

## 045 - Grand River Mosquito Control District Tour

Learn about mosquito control and why it is so important while touring the Grand Valley Mosquito Control District facility and laboratory with District Manager Tim Moore and Biologist Hannah Livesay.

Class on Tuesday, Feb 10, 2026 (Class limit: 20):

Tue 2/10/26, 12:00 PM-2:00 PM

*Grand River Mosquito Control District  
531 Maldonado Street  
Grand Junction, CO 81501*

*Limited Parking at the venue. Parking on the street is available.*

- OR -

Class on Thursday, Feb 12, 2026 (Class limit: 20):

Thu 2/12/26, 10:00 AM-12:00 PM

*Grand River Mosquito Control District  
531 Maldonado Street  
Grand Junction, CO 81501*

*Limited Parking at the venue. Parking on the street is available.*

Tim Moore



Tim is the District Manager of Grand River Mosquito Control District.

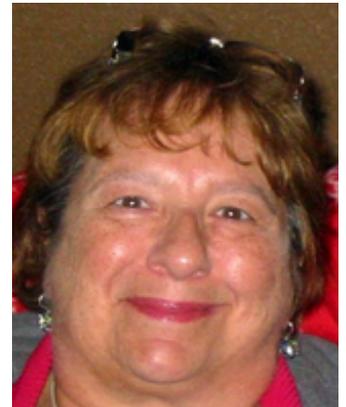
## 046 - Great Artists of Spain

Most everyone is familiar with the French impressionists. This class is an introduction to 5 of Spain's greatest artists. Goya, Velasquez, Picasso, Dali and Miro and their contributions to the world of art. (Class limit: 50)

Tue 2/17/26, 11:00 AM-12:00 PM

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

Debra Hughes



Passion for art and history encourages me to educate myself in those topics.

## 047 - *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 3/10/26, 3:00 PM-4:00 PM

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

Sheree Fukai



Sheree is a retired Civil Engineer.

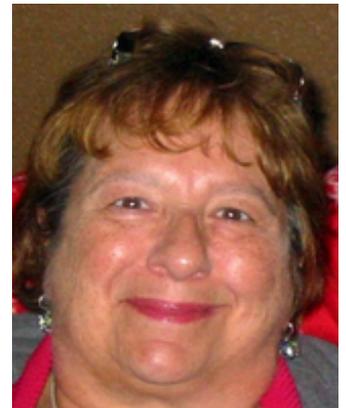
## 048 - *The Great Migration and the Harlem Renaissance*

This class will discuss the migration of African Americans to the north and their impact on the Harlem Renaissance. (Class limit: 50)

Wed 2/4/26, 11:00 AM-12:00 PM

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

Debra Hughes



Passion for art and history encourages me to educate myself in those topics.

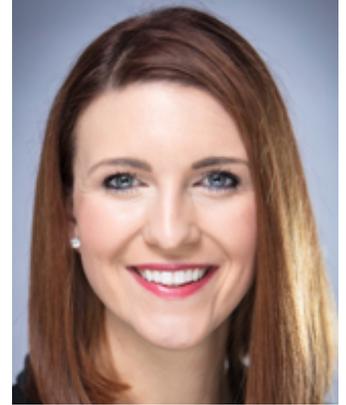
## 049 - Healthy Aging

A healthier lifestyle can prevent, reduce the risk, better manage, and in some cases reverse disease or their effects. It's not just the absence of disease, but a prioritizing and management of several components of wellness. It's never too late! (Class limit: 30)

Tue 3/3/26, 3:00 PM-4:00 PM

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

Kara Griffith



Kara is an exercise physiologist with Family Health West Wellness.

## 050 - 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 Grand Valley and nearby canyons. 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 on Wednesday, Mar 11, 2026 (Class limit: 14):

Wed 3/11/26, 9:00 AM-12:00 PM

*Meet at Devil's Canyon trailhead in McGinnis Conservation Area. Have we all learned to use "Google Maps" to find our way out and about?*

- OR -

Class on Monday, Mar 16, 2026 (Class limit: 14):

Mon 3/16/26, 9:00 AM-12:00 PM

*Meet at Devil's Canyon trailhead in McGinnis Conservation Area. Have we all learned to use "Google Maps" to find our way out and about?*

Michael Wallace



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

## 051 - Hike to Discover Columbus Canyon

Micheal Wallace asked me to lead this hike for Spring 2026. I'm happy to do so! On this four-to-five-hour adventure we will hike about 4 miles on an unimproved/unofficial route along the boundary fence on the east/Grand Junction side of the Colorado National Monument. We will see historic structures, water features, historic rock imagery, and have a snack/lunch break among the oldest rocks in the Monument. There are a few areas of slanted slick rock where short scrambles will be needed. (Scrambling: Lowering your center of gravity or using one or both hands at times.) There are a few short hills with ball bearing scree and areas of erosion. Lastly, there are prickly pear and tripping hazards that cover the entire width of the trail in a few areas in addition to the usual rocky terrain. That being said, this is a little-visited area in an amazing landscape.

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 Thursday, Mar 5, 2026 (Class limit: 14):

Thu 3/5/26, 8: 30 AM-1: 30 PM

*Meet at the Devil's Kitchen picnic area, just inside of the East Entrance, Colorado National Monument. Restrooms/seasonal port-a-potties are available there. Be sure to bring your annual Colorado National Monument OR 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, you will pay to enter the park.*

- OR -

### Class on Thursday, Mar 12, 2026 (Class limit: 14):

Thu 3/12/26, 8: 30 AM-1: 30 PM

*Meet at the Devil's Kitchen picnic area, just inside of the East Entrance, Colorado National Monument. Restrooms/seasonal port-a-potties are available there. Be sure to bring your annual Colorado National Monument OR 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, you will pay to enter the park.*

Terri Ahern



Terri has been a volunteer Trail Ambassador in the Colorado National Monument since April 2006.

## 052 - History of Growing Peaches in Western Colorado

This interesting program features photos and information about Palisade and Western Colorado's rich history of growing the best tasting peaches for over 130 years. Palisade and the North Fork Valley share essential factors which make growing peaches and grapes unexpectedly possible: the dry microclimate and high altitude's warm days with more sunshine and cool nights, katabatic winds, access to the railroad, mineral-rich soil, and essential irrigation. (Class limit: 50)

Fri 2/27/26, 2:00 PM-3:00 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.

## 053 - 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: 50)

Mon 3/16/26, 2:00 PM-3:00 PM

*ZOOM*

Amber Kirkendall



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

## 054 - Honey Rock Landing Organic Orchard and Greenhouse Tour

Step into a new season, and a new dimension of local agriculture, with a guided greenhouse and orchard tour at Honey Rock Landing this March. Designed with the New Dimensions' community in mind, this relaxed and engaging tour offers a behind-the-scenes look at how spring begins on the farm. Guests will stroll through our greenhouses as planting gets underway, learning how seeds become starts, how we care for the soil, and how we gently extend the growing season.

The tour continues into the orchard, where we'll share how fruit trees are pruned and prepared for the year ahead, along with stories from the land, and the rhythms of farming on the Western Slope.

This experience is conversational, accessible, and fun—perfect for curious minds, lifelong learners, and anyone who enjoys fresh air, good company, and a deeper connection to where food comes from. There will be plenty of time for questions, conversation, and taking in the scenery. (Class limit: 50)

Thu 3/19/26, 10:00 AM-12:00 PM

*Honey Rock Landing  
2444 Dominquez Canyon Road  
Delta, CO 81416*

*There will be signs when you arrive that will direct you to the parking area.*

Erica Frank



Erica leads sales, marketing, and hospitality for Honey Rock Landing.

Luis Trujillo



Luis is the Greenhouse Manager at Honey Rock Landing.

## *055 - How To Read Your Homeowners Policy in 5 Easy Steps Part II - Personal Liability*

Lynne explained the legal concept of liability and how to read your home owners insurance policy in five easy steps in previous classes. This class takes the next step and explains how to understand what personal liability your homeowners policy covers. The discussion will cover real world situations and separate fact from urban legend. The class will help you understand the concepts, and perhaps guide you in talking with your personal insurance agent. (Class limit: 60)

Mon 2/16/26, 1:30 PM-3:30 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.

## *056 - Human Resources Department, City of Grand Junction: Get to Know Your City Series*

This class is part of the Get to Know Your City series, which offers residents an in-depth look at how the City of Grand Junction serves the Grand Junction community through essential core services. Hosted by a representative of the featured department, the class provides opportunities for discussion, questions, and firsthand insight into daily operations, priorities, and services that impact residents' quality of life.

The Human Resources Department oversees the City's workforce of more than 800 full-time employees, focusing on recruiting talent, employee development, benefits, and workplace policies. It seeks partnerships with area and regional hiring. This class reviews how the HR department works in partnership with local and regional organizations to attract and retain a skilled, diverse workforce while promoting a growing organization essential to Grand Junction residents. Learn about seasonal, volunteer, and part-time positions that connect more than 300 residents with unique and rewarding positions.

Participants will gain a full understanding on how the Human Resources Department continuously collaborates with other departments to maintain a strong workforce. (Class limit: 21)

Mon 3/9/26, 3:00 PM-4:40 PM

*Hospitality Suite at Stocker Stadium  
1307 North Avenue  
Grand Junction, CO 81501*

*Park on the south side of the stadium. The elevator is located behind the bleachers. Follow the signs and take the elevator to level 4R.*

Sandra Núñez Currier



Sandra is the Community and Engagement Coordinator, City of Grand Junction.

## 057 - Know Your End-of-Life Options

During this interactive presentation, you will learn seven options that Coloradans have at the end of life. You will learn how to best prepare to have your personal end of life wishes honored.

You may also be interested in registering and attending Medical Aid in Dying: The Details which follows this class on the same day at 11:15. You do not need to attend both, only register for what you are attending. (Class limit: 50)

Fri 2/6/26, 10:00 AM-11:00 AM

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

Ellen Friedman



Ellen Friedman is a member of the board of directors for End-of-Life Options Colorado.

## 058 - Las Colonias: From Mill to Park History Tour

Take a trip through time on the Riverfront Trail and learn the history of how the north bank of the Colorado River transitioned from a Spanish settlement to a sugar beet factory to a uranium processing mill to a beautiful city park. The tour will also cover the current work of the U.S. Department of Energy Office of Legacy Management to monitor the park as well as efforts by the city to restore its native habitat. This low-impact walk on paved ground begins and ends at the amphitheater parking lot. Layered clothing and comfortable shoes are recommended.

Class on Tuesday, Mar 17, 2026  
(Class limit: 25):

Tue 3/17/26, 2:00 PM-4:00 PM

*Las Colonias Amphitheater  
Parking lot  
925 Struthers Avenue  
Grand Junction, CO 81501*

- OR -

Class on Thursday, Mar 19,  
2026 (Class limit: 25):

Thu 3/19/26, 2:00 PM-4:00 PM

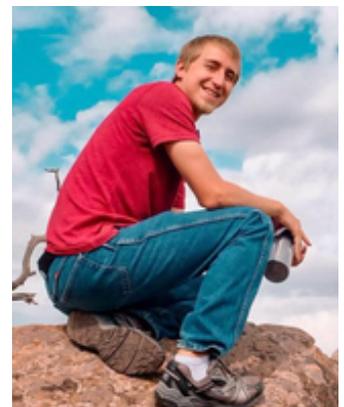
*Las Colonias Amphitheater  
Parking lot  
925 Struthers Avenue  
Grand Junction, CO 81501*

Ashton  
Andrade



Ashton is an Interpretive Specialist for the Department of Energy Office of Legacy Management.

Justin St. John



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

## *059 - Learning To Live With Less On The Colorado River*

The Colorado River is in peril. A warming climate threatens the snowpack that feeds the water supply for 40 million people in our region, while demand for water to sustain crops and sprout new neighborhoods continues to grow. An existing gap between water supply and demand along the southwestern river is widening, and the urgency to find solutions is ramping up. In this course, journalist Luke Runyon takes a journey down the river to explore how the region might learn to close that gap and ultimately learn to live with less water. (Class limit: 70)

Thu 2/19/26, 10:00 AM-12:00 PM

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

Luke Runyon



Luke Runyon is a journalist covering water and climate change in the Western U.S.

## *060 - Letterboxing 101*

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: 35)

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

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

JoAnn Rasmussen



JoAnn Rasmussen is the Chair of the Palisade Historical Society.

## 061 - Letterboxing 201

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.

\*\* This is a followup course to the Letterboxing 101 class, where we will discuss topics in more detail.

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: 35)

Mon 3/2/26, 10:00 AM-12:00 PM

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

JoAnn Rasmussen



JoAnn Rasmussen is the Chair of the Palisade Historical Society.

## 062 - Looks Like a Duck But Isn't: Atypical Presentations of Medical Issues

Serious medical problems can present in a variety of ways. Most patients exhibit the expected signs and symptoms associated with the underlying condition — those classic, textbook descriptions that clinicians recognize and patients are often counseled about. For example, chest pain radiating to the left arm is commonly associated with a heart attack.

Over the course of my 45-year career, however, I have encountered many patients whose symptoms and clinical presentations did not fit these typical patterns. This course will review real-patient cases with atypical presentations, outlining their diagnostic timelines, treatments, and outcomes. The goal is to highlight an important lesson in medicine — and in life — that things are not always what they appear to be. (Class limit: 60)

Mon 2/9/26, 3:30 PM-5:00 PM

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

Tom Politzer



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

## *063 - Machines that Reveal the Fundamental Nature of Reality: LIGO and LHC*

In this new lecture series, Scott describes his firsthand journeys to tour the world's most powerful scientific instruments to learn how we study subatomic particles to the far reaches of the universe. Each class is anchored in on-site visits and guided tours, blending scientific concepts with the stories of travel, place, and people behind the discoveries. Part 1 of the first class will focus on the world's "largest microscope," the Large Hadron Collider, drawing on Scott's tour of the CERN facility in Meyrin, Switzerland during the 100th Anniversary of Quantum Science and Technology. Part 2 will turn to the detection of gravitational waves, offering an overview of the physics and key observations based on a recent visit to the LIGO (Laser Interferometer Gravitational-Wave Observatory) site in Hanford, Washington. (Class limit: 80)

Tue 2/17/26, 1:00 PM-2:30 PM  
Thu 2/19/26, 1:00 PM-2:30 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.

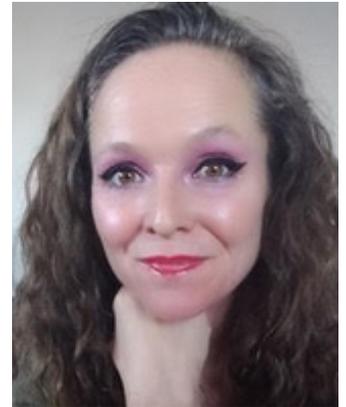
*064 - Make Freedom (and Responsibility) Great Again: Martin Luther's Treatise, "The Freedom of a Christian"*

This 6 week class will be principally theological and philosophical. We will do a deep dive into one of Martin Luther's foundational treatises forming the bedrock of the Reformation: "The Freedom of a Christian." Reading and discussing three sections of this work, spending two classes on each one, will provide an opportunity for us as post-modern people to engage with pre-modern thinkers who lived centuries ago. By reflecting on Luther's understanding of freedom and responsibility, we may reform our own ideas of these concepts. (This class is not necessarily just for Christians.) (Class limit: 25)

Wed 2/4/26, 1:00 PM-2:30 PM  
Wed 2/11/26, 1:00 PM-2:30 PM  
Wed 2/18/26, 1:00 PM-2:30 PM  
Wed 2/25/26, 1:00 PM-2:30 PM  
Wed 3/4/26, 1:00 PM-2:30 PM  
Wed 3/11/26, 1:00 PM-2:30 PM

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

The Rev. Dr. Lauren  
R.E. Larkin



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

## *065 - Mastering Meal Prep*

Join us for an immersive class/demonstration on everything you need to find the meal prep approach that works for your lifestyle! We will explore food budgeting, different styles of meal prep, and nutrition incorporation to help you explore options that will meet you and your family's needs. A live demonstration and food tasting will also give attendees insight and examples of meal planning. Whether you're looking to meal prep for school lunches or save time on household cooking, we have everything you need to get started!

There is a \$20 per person fee for materials that will be paid at the beginning of class. (Class limit: 20)

Wed 3/11/26, 10:00 AM-12:00 PM

*Colorado State University  
Extension Building  
3170 - B 1/2 Road  
Grand Junction, CO 81503*

Ann Duncan



Ann Duncan is a Registered Dietitian Nutritionist with Colorado State University Extension.

## *066 - Medical Aid in Dying: The Details*

This in-depth presentation will answer your questions about Medical Aid in Dying in Colorado. The specifics of the Colorado End-of-Life Options Act, the qualification requirements, as well as the limitations of the law will be discussed. A Medical Aid in Dying clinician will be available to answer your questions.

You may also be interested in registering and attending Know Your End-of-Life Options which precedes this class on the same day at 10:00. You do not need to attend both, only register for what you are attending. (Class limit: 50)

Fri 2/6/26, 11:15 AM-12:15 PM

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

Ellen Friedman



Ellen Friedman is a member of the board of directors for End-of-Life Options Colorado.

## *067 - Meditation in Retirement: A Practical Guide*

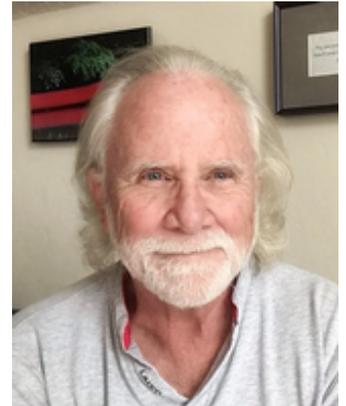
You are retired, and you are busy. Conventional advice tells you to take great care of your body, mind, and spirit. Health experts often recommend integrating a meditation practice into your health regimes. Sounds good, but how, exactly, do you do that?

This class provides a practical, secular, method to integrating a meditation practice into your retired life. We will discuss what, why, how, and the surprising simplicity of it all. (Class limit: 80)

Mon 3/16/26, 12:00 PM-1:30 PM

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

Tom Sawyer



Tom is a retired software and technology strategist, inventor, author, and life-long student of meditation and meditation practices.

## *068 - 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 limit: 12)

Wed 2/4/26, 2:00 PM-3:00 PM  
Wed 2/11/26, 2:00 PM-3:00 PM  
Wed 2/18/26, 2:00 PM-3:00 PM  
Wed 2/25/26, 2:00 PM-3:00 PM

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

*There is an elevator to the left and stairs to the right as you enter.*

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.

## 069 - Mesa County Search and Rescue

Mesa County Search and Rescue is a dedicated team of over 40 unpaid professionals who respond 24/7 to emergencies in our community. From high-angle technical rescues to lost hikers, our members undergo intensive training to bring their unique skills to every mission. This course will include an overview of team tools and specialties (drones, COTAK, dogs, rope rescue), a look at what the training looks like for a Mesa County SAR member, and case studies. (Class limit: 60)

Mon 2/9/26, 1:00 PM-3:00 PM

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

Lizzy Depew



Lizzy has been a member of Mesa County Search and Rescue for 4 years.

## 070 - Movies: Mad About Film

Your movie team: Dick Arnold, Wayne McCormick, Eileen Bird, Tim Carlson and Joe Zeni.

If you like movies, we hope you'll join us for Mad About Movies presented every Friday evening and one Wednesday evening this term. The films are shown on the big screen, with tiered seating and in the company of fellow movie lovers; the way movies are supposed to be seen!

These movies will be both entertaining and thought-provoking, explore a wide variety of genres, feature black/white and color films, represent domestic and foreign selections and range from early classics to contemporary cinema.

Your movie team has researched the films they present and will take a few minutes both before and after the movie to highlight information about the film. The intention is to stimulate discussion and guide audience thinking about the film. It is a class, after all!

It has been said that film is "the art form of the 20th (21st) century." Not all movies appeal to everyone, but one thing is sure... sometimes you can find a "gem" where are you least expect to! Join us, won't you, for an exploration of the movies.

The New Dimensions' film license prohibits publishing film titles in advance of showing. (Class limit: 100)

Fri 2/6/26, 6: 30 PM-9: 30 PM  
Fri 2/13/26, 6: 30 PM-9: 30 PM

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

Wed 2/18/26, 6: 30 PM-9: 30 PM

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

Fri 2/20/26, 6: 30 PM-9: 30 PM  
Fri 2/27/26, 6: 30 PM-9: 30 PM  
Fri 3/6/26, 6: 30 PM-9: 30 PM  
Fri 3/13/26, 6: 30 PM-9: 30 PM  
Fri 3/20/26, 6: 30 PM-9: 30 PM

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

Movie Team



The Movie Team members are movie enthusiasts: Joe, Dick, Eileen, Tim, and Wayne.

## 071 - Ortho-Bionomy(R) - A Wholistic Approach to Body Therapy

ORTHO-BIONOMY(R) is a gentle, non-invasive, osteopathically-based form of body therapy which is highly effective in working with chronic stress, injuries, and pain or problems associated with postural and structural imbalance. The practitioner uses gentle movements and positions of the body to facilitate the change of stress and pain patterns. A strong focus is placed on the comfort of the individual and no forceful manipulations are used. This therapy is effective in helping alleviate both acute and chronic pain and stress patterns by reducing chronic muscle tension. (Class limit: 50)

Thu 2/5/26, 3: 00 PM-4: 30 PM

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

Sheri Covey



Sheri Covey is an Advanced Instructor and Owner of Rocky Mountain Ortho-Bionomy Center.

Earlin Farber



Earlin Farber is a Practitioner of Ortho-Bionomy.

## 072 - 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 there will be a few insights regarding inspiration, tools of the trade, methodology, record-keeping, challenges, and sharing. (Class limit: 50)

Tue 2/3/26, 1: 00 PM-2: 30 PM

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

Hank Schoch



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

## 073 - Pakistan: Corrupt? Complicity? Conduit? RESCHEDULED

NOTE NEW TIME AND LOCATION.

We will discuss the role Pakistan has played in the War on Terrorism, as well as the social issues due to the widespread corruption, wealth disparity, and a very conservative interpretation of Islam that is practiced by a large portion of the population. Much of the course is based on two books: Ghost Wars and Directorate S. By Steve Coll. (Class limit: 40)

Fri 3/20/26, 3: 30 PM-5: 30 PM

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

Jon Larsen



Jon Larsen is a retired Foreign Service Officer.

## 074 - 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 on Thursday, Feb 5, 2026 (Class limit: 20):

Thu 2/5/26, 10: 00 AM-12: 00 PM

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

*(37 8/10 is Main Street north of E 1st Street)*

- OR -

Class on Thursday, Mar 5, 2026 (Class limit: 20):

Thu 3/5/26, 10: 00 AM-12: 00 PM

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

*(37 8/10 is Main Street north of E 1st Street)*

Colorado Department  
of Ag Scientists

This class is presented by  
Colorado Department of  
Agriculture Scientists.

## *075 - Parks and Recreation Department, City of Grand Junction: Get to Know Your City Series*

This class is part of the Get to Know Your City series, which offers residents an in-depth look at how the City of Grand Junction serves the Grand Junction community through essential core services. Hosted by a representative of the featured department, the class provides opportunities for discussion, questions, and firsthand insight into daily operations, priorities, and services that impact residents' quality of life.

The Parks and Recreation Department is responsible for the ongoing care, maintenance, and improvement of 43 parks and recreation facilities throughout Grand Junction, ensuring these public spaces remain safe, accessible, and enjoyable for the community. The department focuses not only on daily upkeep, but also on repairing, upgrading, and modernizing existing park infrastructure to meet community needs and extend the life of City assets.

This class will highlight how Parks and Recreation maintain landscapes, playgrounds, trails, and facilities, and plans improvements to enhance usability, safety, and resource stewardship. Participants will learn about maintenance priorities, infrastructure investments, and opportunities for residents to provide input and support the long-term care of Grand Junction's parks and public spaces. (Class limit: 21)

Thu 2/19/26, 10: 30 AM-12: 00 PM

*Hospitality Suite at Stocker Stadium  
1307 North Avenue  
Grand Junction, CO 81501*

*Park on the south side of the stadium. The elevator is located behind the bleachers. Follow the signs and take the elevator to level 4R.*

Sandra Núñez Currier



Sandra is the Community and Engagement Coordinator, City of Grand Junction.

## 076 - 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: 60)

Mon 2/9/26, 11:00 AM-11:40 AM

ZOOM

Joshua Tree National  
Park Ranger



This class will be presented by a Joshua Tree National Park Ranger.

## 077 - Postal History of the World (Including the Unusual and Downright Weird)

We will start with the 1700s and letters mailed without stamps, then move through the issuance of the first stamps. The class will walk through every major postage innovation and invention. We will look at stamps that are in the record books and countries with the richest postal histories. Among the 'weird' things are the deepest Post Office, highest, and most unusual mail carriers. (Class limit: 50)

Tue 2/10/26, 4:00 PM-5:30 PM

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

Ken Mabery



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

## 078 - Reading (a bit) of Homer's Iliad Together

Homer's epic poem, The Iliad, is a foundation of European literature and widely regarded as one of the greatest of literary works. It tells a small part of the Trojan War, a few days in the tenth year of the war. The focus is on Achilles, the greatest warrior, and Agamemnon, the leader of the Greek army, and their conflict. We will read together the beginning of the poem, their quarrel (Book 1), and the first attempt to end the conflict, led by Odysseus (Book IX). We will use the classic translation by Richmond Lattimore. (Class limit: 35)

Fri 3/6/26, 10:00 AM-12:00 PM

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

Lawrence Nees



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

## 079 - Restoring the Balance in Our Politics

Restore the Balance is a non-profit group in Grand Junction working to promote collaboration, compromise, and civility in politics and government, with a focus on western Colorado. The group was founded in response to the alarming growth of hyper-partisan behavior in the U.S., and the slogan of the organization is Country Before Party. Activities include candidate questionnaires and subsequent ratings, voter education events, quarterly public roundtable meetings with public officials, and monthly social gatherings. (Class limit: 40)

Thu 2/19/26, 3:00 PM-4:30 PM

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

Dave Murphy



Dave has been a board member for Restore the Balance since 2022 and Board Chair since January 1, 2025.

## *080 - Signs and Signals: How Words Take on Meaning and Purpose*

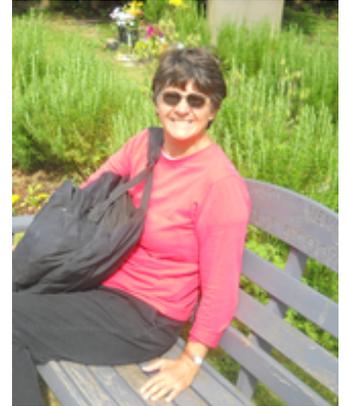
In this discussion-oriented course, we will explore a kitchen sink's worth of linguistic topics. We'll start with a quick review of theories of representation, which will then shape other course topics, including the role of the dictionary as an arbiter of linguistic authority and language use; the history of the English language and how this explains, in part, why English is so prone to (both) fun and mischief; and finally, we'll take a look at the many ways in which slang and swearing contribute to the ever-changing landscape of the English language. (Class limit: 35)

Mon 2/23/26, 2:00 PM-4:00 PM  
Mon 3/2/26, 2:00 PM-4:00 PM  
Mon 3/9/26, 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.

## *081 - Smart Ways to Support Causes You Care About - CANCELLED*

Do you have causes which are important to you? In this class we'll discuss smart ways to share your kindness. The presentation will start with how to evaluate what you want to accomplish with your generosity, continue on with how to look at your situation and needs, and finish with the best ways to share with these worthy causes. (Class limit: 24)

Tue 3/17/26, 10:00 AM-11:00 AM

*CANCELLED*

Rick Adleman



Rick Adleman, MBA, CFRE, is a 28-year veteran of fundraising and non-profit administration.

## 082 - Storytelling

There is a lot of hype about storytelling these days--not necessarily based in fact. So, what is it really, how does it work, why do I care, and is it useful for me? Through information and some practice, you will leave with an understanding of storytelling through the ages, across cultures, and with different goals and ways you might apply this in your world. (Class limit: 30)

Thu 3/19/26, 3:00 PM-4:30 PM

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

Michelle Auerbach



Michelle is a former professor of Ancient World Languages and Literature as well as Creative Writing.

## 083 - *This Land is Your Land, This Land is My Land . . . Importance of our Public Lands*

This class provides unique perspectives on the evolution of this nation's public lands, including their history, evolution of management, and their realistic futures. Participants may consider taking this class prior to taking "Your Public Lands and Their Benefits: A Panel Discussion" scheduled later in this term. (Class limit: 70)

Tue 2/3/26, 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.

## 084 - 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 and Underwater Zoo, Georgia Aquarium, Palms Casino Resort, and numerous scientific research facilities.

Class on Friday, Mar 13, 2026  
(Class limit: 15):

Fri 3/13/26, 3: 30 PM-4: 30 PM

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

- OR -

Class on Friday, Mar 20, 2026  
(Class limit: 15):

Fri 3/20/26, 3: 30 PM-4: 30 PM

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

Luis Villapando

Vic Neil



Luis Villalpando is with Reynolds Polymer Technology, Inc.

Vic Neil is with Reynolds Polymer Technology, Inc.

## 085 - Tour of the Grand Junction Elks Lodge # 575

This class will be a tour of the Grand Junction Elks Club Lodge building, built in 1912, a fine example of the architecture of early Grand Junction. The tour will include several floors and is conducted by an Elks Club officer. A brief history of the local club will also be included in the presentation.

**\*\*Important note--**This tour will include walking up and down steps to get to several floors in the building, and there is no elevator available. Please keep this in mind when registering for this class.

Class on Tuesday, Feb 17, 2026 (Class limit: 25):

Tue 2/17/26, 10: 00 AM-11: 00 AM

*Grand Junction Elks Lodge # 575  
249 S. 4th Street  
Grand Junction, CO 81501*

*Parking Note: There is free parking in the rear of the building; access parking lot from S. 3rd Street between Colorado Avenue and Ute Avenue.*

- OR -

Class on Monday, Mar 9, 2026 (Class limit: 25):

Mon 3/9/26, 10: 00 AM-11: 00 AM

*Grand Junction Elks Lodge # 575  
249 S. 4th Street  
Grand Junction, CO 81501*

*Parking Note: There is free parking in the rear of the building; access parking lot from S. 3rd Street between Colorado Avenue and Ute Avenue.*

Elks # 575 Tour Guides



Joe Zeni and Karen Enos will be your Elks Club Tour Guides.

## *086 - 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 3/5/26, 9:00 AM-10:00 AM  
Thu 3/12/26, 9:00 AM-10:00 AM  
Thu 3/19/26, 9:00 AM-10:00 AM

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

*Park in the lot off Elm Ct. Enter through door 01*

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.

## *087 - The Troubles in Northern Ireland: Past and Present*

This class will discuss the issues which led to the conflict in Northern Ireland. It will also address the impact of Brexit and the discussions around unification. (Class limit: 50)

Thu 3/12/26, 10:30 AM-12:00 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.

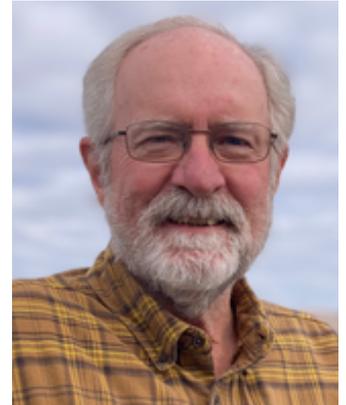
## *088 - Trout Fishing: Sport, Conservation , Science, Art, and Creativity*

Trout Fishing: How to reach veterans, youth, and adults of all ages with a message of conservation, sport, science, art, and creativity. This course will explain the areas of focus for Trout Unlimited nationally and locally, including projects with District 51 middle-schoolers and "Trout in the Classroom," Project Healing Waters with physically disabled and physically injured veterans, and other educational efforts. (Class limit: 15)

Mon 2/2/26, 2: 30 PM-4: 00 PM

*The Confluence Center of Colorado  
2596 Dos Rios Dr  
Grand Junction, CO 81501*

Tom Dykema



Tom is the President of Grand Vally Anglers, the local branch of Trout Unlimited.

## *089 - Turf to a Water-wise Landscape; 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 fits 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)

Mon 3/2/26, 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.*

Susan Carter



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

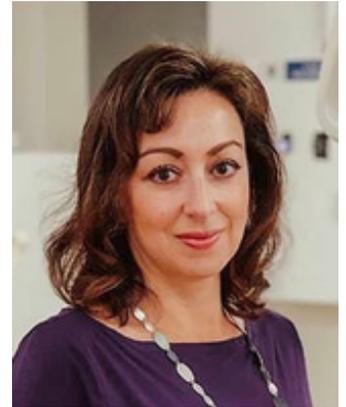
## *090 - Ukraine Beyond the Headlines: Culture, Identity, and Resilience*

Ukrainian culture plays a central role in shaping and sustaining the nation's identity, especially in the face of historical challenges and external pressures. For centuries, Ukraine has maintained its language, traditions, music, literature, and visual arts despite periods of foreign rule, political cruelty, and cultural suppression. Ukrainian traditions are often tied to family life, love for the land, seasonal celebrations, and religious holidays. At the same time, these cultural elements have served not only as expressions of creativity, but also as symbols of resilience, unity, and the desire for freedom. (Class limit: 50)

Tue 3/3/26, 1:00 PM-2:00 PM

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

Olga Grisak



Olga is a program coordinator and faculty member at Colorado Mesa University, originally from Ukraine.

## 091 - United Nations System and International Law

Session 1: The United Nations: Structure, Power, and Global Governance: This session introduces participants to the history, purpose, and internal architecture of the United Nations. We will explore how the General Assembly, Security Council, and key agencies operate, examine the limits and possibilities of multilateral cooperation, and discuss how the UN responds to global challenges ranging from conflict to climate change. Participants will walk away with a clear, accessible understanding of how the UN actually works—and why it remains central to world politics.

Session 2: International Law in Action: From Treaties to Enforcement: Building on Part I, this session demystifies international law: what it is, where it comes from, who makes it, and why states comply. We will explore famous cases, contemporary controversies, and the real-world tools available for enforcing global norms—from sanctions to international courts. By the end, participants will understand how legal rules shape state behavior, protect human rights, and address global problems in an increasingly interconnected world. (Class limit: 50)

Fri 2/13/26, 1:15 PM-3:15 PM  
Fri 2/20/26, 1:00 PM-3:00 PM

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

Holly Oberle



Holly is an Assistant Professor of Political Science at CMU.

## 092 - *Unsung Heroines of The American Revolution*

From the very first taxes and signs of tension between the colonies and the mother country, women were actively involved in the American Revolution. In addition to their traditional roles as homemakers and mothers, they became a driving force in resisting the British. Women of all backgrounds and classes stepped into new roles and became organizers, soldiers, and spies. Most history books mention only a few of the many women who played a critical role in every part of the American Revolution, from the early beginnings to the building of a new nation. We will look at the lives and contributions of some of the lesser-known women whose stories are critical to understanding the events of the American Revolution. (Class limit: 80)

Wed 3/4/26, 10:00 AM-12:00 PM

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

Mt. Garfield Chapter,  
National Society  
Daughters of the  
America Revolution



Beth Avery, Nancy Palubicki,  
Maggie Unfred and Dalia  
"Dee" Garrison are your  
Presenters.

## *093 - Using Zoom in a New Dimensions Class*

This class is for members who have registered for a class offered through Zoom Workplace and are unfamiliar with Zoom or want to review the Zoom features used in New Dimensions classes. Functions like raising hands, participating in chat, how to mute and unmute yourself, ways to customize your view, and the use of video filters and backgrounds will be covered. Zoom Workplace can be used on a computer, tablet, or smartphone. (Class limit: 12)

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

*ZOOM*

Dave Karisny



Dave helps with Tech Support for New Dimensions.

## *094 - 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 3/6/26, 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.

## 095 - Valor Tactical Innovation Tour

Valor Tactical Innovation, formerly CAPCO, develops and produces weapon systems enhancements, energetics, and barrels for the U.S. Department of Defense and other customers. The tour will cover the basic processes associated with manufacturing these items including metal cutting and forming, welding, and electroplating and coating. Jeff will also explain how Valor addresses sustainability, waste management, and quality assurance/control. Depending on weather, demonstrations of energetic devices will also be given.

Attendees must show a valid proof of citizenship (birth certificate, passport, permanent resident card, naturalization certificate, or military ID). Closed toed shoes and pants that extend to the shoes are required attire for the tour. Safety glasses will be provided where required. The tour requires movement in an industrial environment and safety and emergency requirements are not conducive to the use of mobility aids such as canes, walkers, or wheelchairs.

Class on Thursday, Mar 5, 2026 (Class limit: 16):

Thu 3/5/26, 10:00 AM-12:00 PM

*Valor Tactical Innovation  
1328 Winters Avenue  
Grand Junction, CO 81501*

*Park along the front of the facility in Visitor Parking*

- OR -

Class on Wednesday, Mar 18, 2026 (Class limit: 16):

Wed 3/18/26, 10:00 AM-12:00 PM

*Valor Tactical Innovation  
1328 Winters Avenue  
Grand Junction, CO 81501*

*Park along the front of the facility in Visitor Parking*

Jeff Purdy



Jeff Purdy is Director of Sustainability for Valor Tactical Innovation.

## *096 - Walking Tour of CMU Tech: Valuing Trade Education on the Western Slope*

Come and tour CMU Tech, the technical division of CMU. See how trade education is delivered to a wide variety of student types.

Expect to walk the equivalent of 1.5-2 miles. (Class limit: 15)

Tue 2/17/26, 10:00 AM-12:00 PM

*CMU Tech  
2508 Blichman Avenue  
Grand Junction, CO 81505*

*Meet just inside the doors of Kayenta Hall (formerly Building B).*

Kelly Reuss



Kelly is the Director of Instruction at CMU Tech.

## *097 - What Is the Sesquicentennial?*

Sesquicentennial. Just rolls right off the tongue, doesn't it! No matter how you say it, say it loud as a way to celebrate. In 2026, the United States will mark the 250th anniversary of the Declaration of Independence and Colorado will turn 150 years old.

Plans are underway across the nation, the state, and in our own communities. Learn how efforts are underway to celebrate this unique commemoration as we reflect upon Colorado's shared history and imagine our future together. (Class limit: 100)

Mon 3/2/26, 4:30 PM-6:00 PM

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

Zebulon Miracle



A Grand Junction native, Zebulon Miracle is the "Mountains and Mesa" representative on the state's America 250/Colorado 150 Advisory Panel. He is currently the CEO of the Roice-Hurst Humane Society.

## 098 - *When Someone Has Died: What Happens Next*

This two-part class is designed for seniors who want a clear, reassuring understanding of what happens after the death of a loved one. Whether planning ahead or supporting someone through loss, participants will find the first session in providing practical guidance on immediate next steps, common emotional responses, and funeral and disposition options—all presented in a caring, supportive environment.

The second session will feature a guided panel discussion with professionals from HopeWest Hospice. Participants will learn how support continues beyond the funeral, the roles of professionals who may be involved, what must be handled right away and what can wait, and common misconceptions and possible scams. There will be an opportunity to ask questions to better understand the resources available to them and their families. (Class limit: 50)

Fri 3/13/26, 1:00 PM-3:00 PM

Fri 3/20/26, 1:00 PM-3:00 PM

*Brown's Cremation and Funeral Service*  
904 N. 7th Street  
Grand Junction, CO 81501

*Limited Parking at the venue. Parking on the street is available.*

Brandon Alvelais



Brandon is General Manager and Director at Brown's Cremation and Funeral Service.

## 099 - Why Mars?

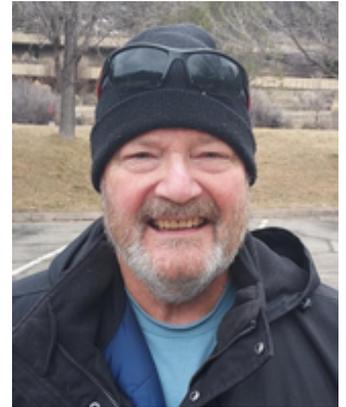
This course will be a discussion of the current state of planning for a human crew to visit (and live on) Mars. It will start with a discussion about our historic fascination with the Red Planet and a review of the scientific study of Mars (from Galileo's telescope in the 1600s to current family of orbiters 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 2/5/26, 5: 30 PM-6: 30 PM  
Thu 2/19/26, 5: 30 PM-6: 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.*

Rick Peterson



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

## *100 - Why Removing Library Materials From Communities is Bad for Democracy*

Open access to information plays a critical role in a strong democracy. This class covers the current issues surrounding the removal of library materials and provides actionable ways to support your local library and the First Amendment rights of library users. Learn how the official "request for reconsideration" process works and participate in a dialogue with fellow community members on your shared aspirations for our community. (Class limit: 45)

Tue 2/10/26, 10:00 AM-11:00 AM

*Mesa County Public Library, Central Branch  
443 N. 6th Street  
Grand Junction, CO 81501*

Michelle Boisvenue-Fox



Michelle Boisvenue-Fox is the Executive Director of Mesa County Libraries.

## *101 - Wildfire: Prepare, Evacuate, Survive!*

Join us to learn about wildfire, the most common natural hazard in Mesa County. You will learn how to know if you need to evacuate and ways to prepare for it. We will watch video clips of exclusive interviews with survivors of the Marshal Fire and learn from their successes and failures.

You will learn:

How to know if you need to evacuate.

Why most lists of what should be in your bug-out-bag or 72 hour kit are wrong.

The most important thing to bring with you when you evacuate.

The problems that pets present when evacuating.

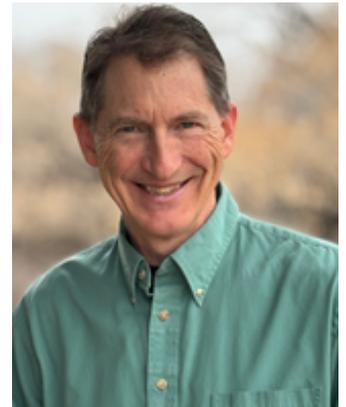
Why some people couldn't drive away from danger.

The information that every person who lost their home said you need to know. (Class limit: 90)

Tue 2/3/26, 10:00 AM-11:30 AM

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

Rob Hunter



Rob is a Community Preparedness Expert and Community Emergency Response Team Program Manager.

## *102 - Wills and Trusts and Durable Powers -- Oh My!*

When are legal documents needed to carry out your wishes for medical care or the eventual distribution of your worldly goods? The class will review the state laws that apply in the absence of personalized legal documents, the kinds of documents that matter, some steps that seem prudent but may backfire, and resources available to educate yourself about the issues. It will also address some practical considerations. (Class limit: 40)

Fri 2/13/26, 10:00 AM-11:30 AM  
Fri 2/20/26, 10:00 AM-11:30 AM

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

Mary Crumbaker



Mary Crumbaker is a Doctor of Law.

## *103 - Working on the Tractors at Cross Orchards*

This class will present a review of the early history of tractors while viewing the tractors at Cross Orchards Historic Site. Learn of the restoration of the Ford 2N and 8N tractors that run there. (Class limit: 25)

Fri 2/6/26, 3:00 PM-4:00 PM

*Cross Orchards Historic Site  
3073 Patterson Road  
Grand Junction, CO 81505*

Matt Darling



Matt is the Curator of Cross Orchards Historic Site, which is owned and operated by the Museums of Western Colorado.

## 104 - Writing Workshop

Personal narrative writing, the kind we use when we take the details and stories from our everyday lives to create a piece of non-fiction, is a powerful tool for creating connection and making sense of our lives. Over the course of this 6-week class you will try different forms of writing, learn from each other and from great writers, and practice the patience and curiosity that makes writing great. (Class limit: 12)

Wed 2/11/26, 3:00 PM-4:00 PM  
Wed 2/18/26, 3:00 PM-4:00 PM  
Wed 2/25/26, 3:00 PM-4:00 PM  
Wed 3/4/26, 3:00 PM-4:00 PM  
Wed 3/11/26, 3:00 PM-4:00 PM

ZOOM

Wed 3/18/26, 3:00 PM-4:00 PM

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

*There is an elevator to the left and stairs to the right as you enter.*

Michelle Auerbach



Michelle is a former professor of Ancient World Languages and Literature as well as Creative Writing.

## 105 - A Yearbook Story: Tracing the History of the Grand Valley Through High School Annuals

Exploring local yearbooks can provide interesting snapshots of life in the Grand Valley and Mesa County as the decades have passed. (Class limit: 60)

Wed 2/18/26, 3:00 PM-4:00 PM

*Mesa County Public Library, Central Branch  
Community Room  
443 N. Sixth Street  
Grand Junction, CO 81501*

Ike Rakiecki



Ike Rakiecki is a Librarian at Mesa County Libraries, where one of his responsibilities is for the Rashleigh Regional History Room.

## 106 - Yoga Flow

Join me for a classic Yoga Flow. We'll flow between effort and ease, strength and surrender, and stillness and movement as we flow through intentional movements and steady balancing poses. Some familiarity with Yoga is helpful but not required.

Wear comfortable clothing. Props will be provided, but if you have a yoga mat or other props you like to use, you are most welcome to bring those. (Class limit: 14)

Mon 2/23/26, 3:15 PM-4:30 PM  
Mon 3/2/26, 3:15 PM-4:30 PM  
Mon 3/9/26, 3:15 PM-4:30 PM

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

*There is an elevator to the left and stairs to the right as you enter.*

Laura Daniels



Laura is a 285-hour Certified Yoga Instructor.

## 107 - Your Public Lands and Their Benefits: A Panel Discussion

Bring your questions and thinking caps! In these changing times, this panel, along with you, will discuss the issues facing our public lands today. Local notables on the panel include Professor Tim Casey, CMU-Political Science; Ken Mabery, Retired Public Lands Manager (Colorado National Monument); Barb Bowman, Retired Tourism Director (Grand Junction); and Chandler Smith, Outdoor Recreation User Group (Grand Valley Outdoor Recreation Committee). This promises to be lively. If you'd like to gain more background on your public lands before taking part in this panel discussion, consider registering for "This Land is Your Land, This Land is My Land....Importance of our Public Lands" (February 3, 4:00-5:00 p.m.). (Class limit: 75)

Tue 2/24/26, 4:30 PM-6:00 PM

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

Public Lands Panel



The panel includes: Ken Mabery, Barb Bowman, and Chandler Smith. Tim Casey will moderate.